



Logger's Latest

Lincoln Orienteering Group, for those that like to challenge and exercise the mind and body.

November 2011

Ediptor's Intro – Ally 'Dippy' Wright

Welcome to the first LOG newsletter with me at the helm and what a hard act I have had to follow. As everyone knows Paul's done a fantastic job and I now have the daunting task of keeping it up to scratch and the exciting one of giving it a new look. Also I think it is about time we won the best newsletter award again...let's face it, it's the only thing I realistically have the chance of winning in the 'O' world!

So how did I end up orienteering- joining LOG- become publicity officer- and then get roped into taking on the newsletter...? Well I guess you're expecting me to say Paul (The VC)... but actually it was my Dad. He ran an Outdoor Pursuits business from when I was an early age so outdoor adventure was a way of life and we occasionally would dabble in a bit of orienteering with LOG. I remember aged 7 setting up relay runners around the courses Ian D had set up in Lincoln Castle, for a 'Search for Adventure' event and trying to make out I had run the entire course myself (I think he soon cottoned on).

After a long spell, I returned to have a go at the sport properly at 24yrs old, accompanied again by my Dad and this time my younger brother Will. As Will's cricket career was taking off and Dad has to taxi him around neither of them were able to continue.

It was then Dad muttered, what were to become the 6 words that led me to the most fulfilling sport I have ever taken part in and has given me another 'family' to be part of. **'She will never stick at it'** – R. Wright, 2008.



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I hope you enjoy the newsletter, and will continue to support it by providing me with reports by 20th of each alternate month). Thank you to all contributors in this edition.

I hope you all have a very good Christmas, don't forget it's the Christmas Social on the 15th Dec.

Next edition will be out end of Jan in what is our 25th Anniversary Year.

Chairman's Words—Sean 'LOG Daddy' Harrington

The LOG AGM was held on Wednesday the 19th October at the Golden Eagle. On behalf of the Committee I would like to thank Andy Lucas (Treasurer), Sarah Pike (Welfare Officer) and Charles Nell (Junior Rep) who have all left the committee. Andy having completed 5 years in charge of the finances, and leaving them in a healthy position, even taking into account Paul's occasional spending sprees. I would also like to thank existing committee member Hayley Fox for taking on the treasurers post and Tom George on joining the committee as our new junior rep.

We have had two new members join the club in the last 2 months and I would therefore like to welcome Dudley and Andrea Giles who live at Newark, I hope to see you both at one of our events soon.

The first event of the winter series took place at Branston with Andy Lucas putting on some good courses on his very own map; just over 40 people turned up which is a good start to the series. Please continue to support the remaining events.

On the EMOA front the AGM was held on Monday 17th October at Clifton, vacancies still exist for Secretary and vice Chairman, its is very important that these positions are filled, therefore if anyone is interested in taking on one of the posts please let me know ASAP.



Sean and friends =
Chasing Sprint, Leeds.

Club Championships 2011 by Sean 'LOG Daddy' Harrington

For the sixth year we will again be running a club championship at NOC's Walesby event on Sunday 18/12/11.

Last year we had another different winner with Tanya Taylor becoming our first women winner, I must apologise for the handicap we gave Tanya as she came in a staggering 9 min 33 Secs quicker than her estimated time, don't worry I will not be making that mistake again!!

On the orange course the winner was Elliot Stephenson also with a generous handicap.

The plan as in previous years is to give all runners a handicap, based on events that they have competed at in the last year. This will then give them an average Min/Km that will be used to calculate how long it will take to run the course. ie. if your handicap is 10Min/Km and the course is 7.0 Km, you will be given 70 Mins to complete the course. We will then give out approximate start times, with the aim of everyone finishing at the same time!

Last year we had 22 Seniors competing for the Blue Riband Trophy and 10 Juniors on the Chocolate Orange course.

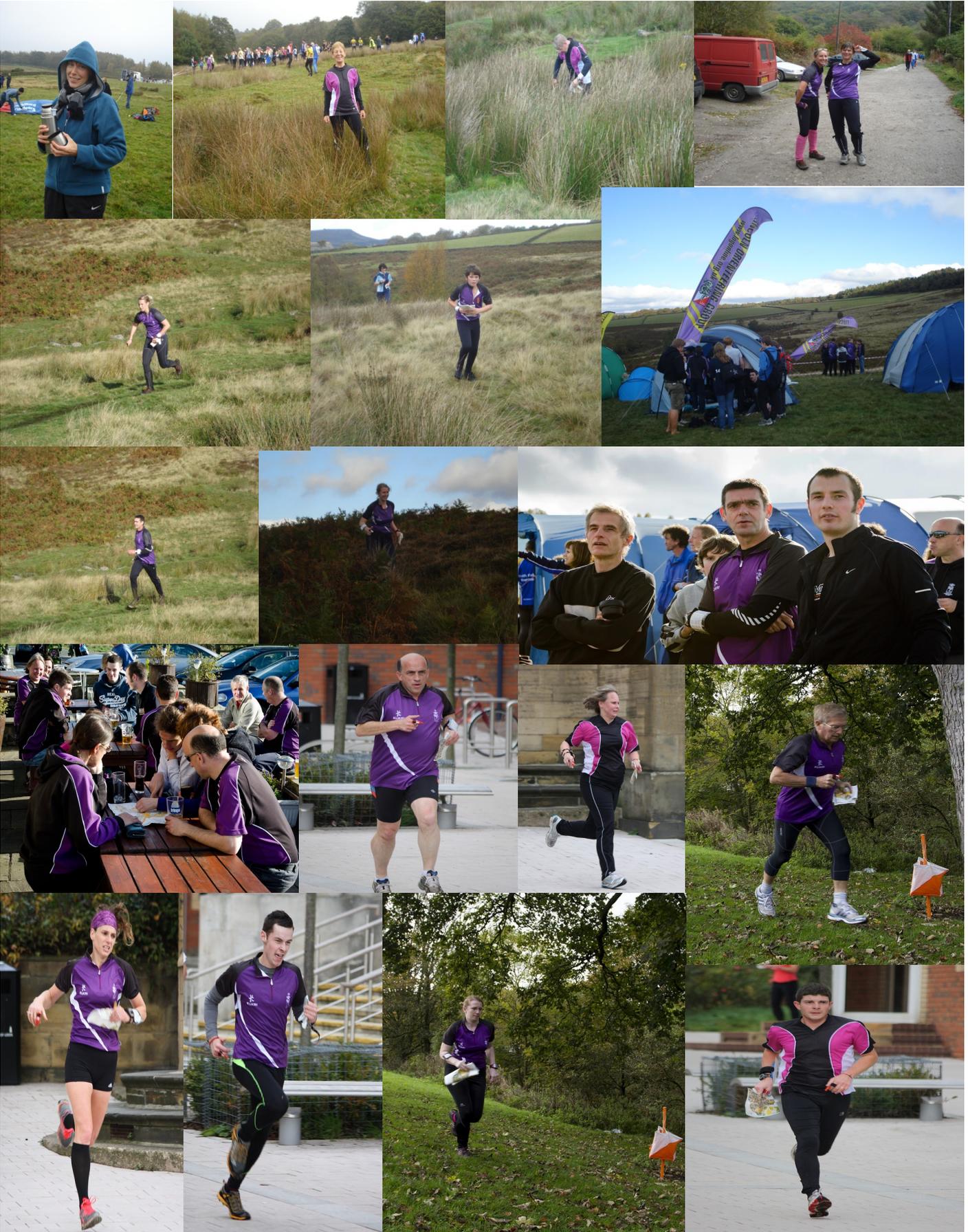
This year Joanne & Michael Nell have kindly donated a trophy to be presented to the winning junior on the orange course (name of trophy still to be decided).

Once again Paul Murgatroyd is joining me on the "Handicapping Committee", as normal we will be firm but fair with the handicaps, except for past winners and Liam.

For anyone who has not been to Walesby before (there can't be many now), the area is mainly fast open grassland, the further North you go the more intricate it becomes.

If you are interested in competing at this event, please contact me on 01522 791344 or sean@logonline.org.uk.

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Cross-Training by Chris Sanderson

Regrettably, it's a factor in ageing that our bodies don't cope well with being asked to run over hard, uneven and (sometimes steeply) undulating ground. The injuries that most of us are carrying would provide ample material for several orthopaedic surgeons' conferences or research projects. It took me a long time to realise that warming up prior to a race is no longer about preparing the body to perform at its peak from the start. Warming up now is about getting the endorphins to kick in early enough to kill the pain sufficiently to be able to run at all! Ultimately, pathetic though that may be, it does actually work and may give you an edge through those first few controls, while your rivals are still struggling through the pain barrier.

There is, however, hope, you may or may not be pleased to hear. It is possible to maintain your fitness without the pain of running every day. The answer is cross-training. Personally, I have not done any running in training since the year 2000, when I finally decided that taking pain killers just to be able to train was not clever. Since then, I have done all my training in other ways. The road bike forms the backbone of anything I do. I have used a mountain bike, but find that, if you go off-road with it, you start to rely more on technique and thus don't always manage to push the pulse rate up high enough to have the maximum training benefit. And that is the key element: many people who cross-train try to become proficient in the new activity, forgetting that that does not necessarily produce the desired effect for running and may even be counter-productive. Therefore, everything I do is aimed at improving/maintaining the cardio-vascular system and/or strengthening the running muscles. My bike is set up to give as close a running action as possible, but without the weight-bearing that causes the pain. Tri-bars and a low, aerodynamic position are out. I try to ride out of the saddle as much as possible as this exercises muscles not otherwise touched by cycling in an efficient manner. Cycling theory encourages a high cadence at a relatively low resistance. However, in running you can't lower the resistance when the going gets tough, you actually lower your cadence (ie leg-speed in running) instead. Therefore, I measured my leg speed when running (around 70-80 steps a minute) and match my cycling cadence to that (which is somewhat below the 100-120 revolutions a minute that some cyclists try to achieve). The difference is that I try to use a higher gear than most cyclists normally would.

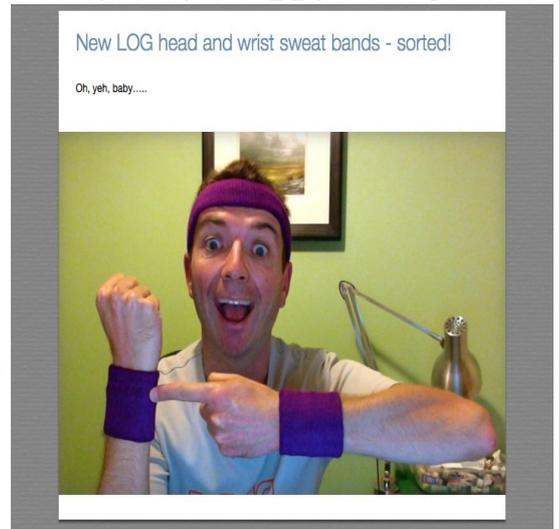
Although cycling forms the basis of the 8-12 hours training a week that I try to maintain, I also have used gym equipment with some success in the past. The biggest problem I have found with cycling is that it doesn't prepare you for running up hills very well, as it doesn't exercise the right muscles. Therefore, any additional work tends to be geared to trying to compensate for that and preventing old men with walking sticks rushing past me when I get to the slightest incline. Elliptical trainers, step-machines and moving stairs are all better than nothing for hill-training. They are not as good as running, but they don't have the associated load-bearing problems.

The benefit I have found from this cross-training regime is that I can now train much more effectively. I don't have as much time off, as there are no niggling little stress injuries that demand the odd day, or longer, away from training. Furthermore, it is possible to do some light exercise even with some injuries or a mild illness (although you should not try this at home!) and I've been able to get back on the static bike two days after major surgery, which would be unthinkable on a running programme. The addition of a turbo-trainer means that you can train in all conditions in the luxury of your own garage, tailor a programme to a particular goal or simply get in a quick training session when a run would take too long. Judicious use of the heart-rate monitor means that I can now train harder, as the limiting factor is now my cardio-vascular system, rather than the pain in my joints.

The disadvantages I have found are a greater risk of running injuries when orienteering, as the muscles are not subjected to the same stress during training; hills still present a problem, but probably always did, if I'm honest, and multi-day orienteering events are still pretty painful by the end. In addition, the phenomenon of Delayed Onset of Muscle Stiffness (DOMS) means that the second day after a run is particularly painful. However, all of these can be overcome, especially if, unlike me, you can do at least a couple of training runs a week.

Does all this work? Well, I vowed to retire from orienteering after a year of this regime, if my results deteriorated. In fact, I've won 8 of my 10 national titles since 2000. I feel that the benefits of being able to train harder and more regularly far outweigh the disadvantages. Yes, it's tough being beaten by faster runners in easy terrain, when they may not have managed it a few years ago. Fortunately, most championships are in technical terrain, in which technique and overall fitness/stamina play a greater role. If you're struggling, as I did, to balance pain and fitness levels, why not try cycling? You may be surprised at the results. As always, there's much more to it than I can fit in here, but I'm happy to discuss any of this further, either in an article or with individuals.

Appropriate Attire as Orienteering Ambassadors, by Ally 'Dippy' Wright



'As far as urban racing goes, not caring isn't an option we are all ambassadors for the sport and as such, must put our best foot forward- with our best shoes and socks on it', Mrs H (Compass Sport, 2010).

To elaborate on this statement, it is not just urban racing where we need to consider how we present ourselves. The image of Orienteering (even the word is now non explanatory) is still stuck back in the 70s, I've seen countless trackies and tops that should have been thrown out before I was born. The fact companies are still producing this attire proves to me that for some reason some of you out there like wearing a mismatch array of coloured clothes. As publicity officer for LOG I want to change this image, not because I want you all to be fashion icons (I'm a realist) but because I want to attract new people to this amazing sport. To do this we need to drop the geek look, so people will want to be associated with us, take part, and spread the 'O' bug. My mission is to get orienteering 'in' again. It would be great to say the word 'Orienteering' and people say, 'I want to try that', opposed to having to spend 20mins explaining what it's all about.

So where do we start? Well we are already leading the way, and have made quite an impact at our latest events by wearing our new LOG tops. For those of you that don't go on the Nopesport forum they have been quite a talking point, as well as how we have been accessorising them.

To keep it simple I would like introduce the LOG attire tri-colour rule, and ask if members of LOG as 'O' ambassadors could present themselves in our three club colours: Black, purple and white.



Compass Sport Trophy Report by Anne Gibbs

Longshaw Estate is an area of moorland, woodland and farmland located within the Peak District National Park. It is situated in excellent walking country on the moors above Hathersage. It was once the Duke of Rutland's shooting estate but now belongs to the National Trust.

Car parking for the O event was opposite the pub then a scenic walk to registration to find our club tent already up with our two flags flying, and a superb turnout of LOG members. The few ominous clouds that hung above the hills lifted to give us a most glorious day. The field had a holiday atmosphere with hundreds of lycra clad legs and colourful tops milling around, Compass Sport and Ultra Sport had their mobile shops there to tempt people to buy that one bit of O gear they cant possible live without. A long 1.8K walk/ climb to the start encouraged much moaning, we 'lost one of our Rafo here, Elliot , after a fall resulting in a thought broken rib, but fortunately only winded. Finally made it to the start and nervously waited for our names to be called.

My route to number one was mean – straight up a near vertical grassy bumpy cliff, #2 should have been pretty flat except I did my usual wrong map reading and went up another steep cliff so had to come down again, mostly on my bum, pretty straight forward to # 3, 4 and 5 with Liams compass and pacing training coming to the fore. Tried to run through the thigh deep dreaded heather to #6 then straight downhill to our supervised road crossing with a 2 min time allowance, I used this to check my next routes (thks Paul for tip) more compass and pacing to # 8 and 9 then disaster to #10 as wasn't sure if I could run on a path that seemed to go through an out of bounds area, finally found a way round along a very narrow path along a cliff edge – stunning views of the valley – then followed everyone to last control and the 200m up hill sprint to finish. Very well planned courses with a good variety of terrain



We came eighth out of eleven a good result but not good enough – next year the prelims is on Feb 19th at Thetford with the final on Sept 30th on the Scottish Borders. So EVERYONE come to training and lets improve and 'whoop um' next year.

Scorers this year were Chris Sanderson – Joanne Nell – Luke Fortune – Paul Murgatroyd – Charles Nell – Jeff Baker – Liam Harrinton – Micheal Nell – Georgia Davey – Clive Street – Amanda Roberts – Anne Gibbs – Lauren Bates.
But everyone is valuable on this event.



Urban Report by Andy 'The Funnel' Furnell

The latest LOG weekend away trip saw a record turnout head up to Leeds / Skipton weekend which organising club AIRE had named the Fat Rascal Races. The group converged on Leeds University for the Chasing Sprint event. I believe I was the only one present who had done either event before when it was last staged three years ago - but that wasn't necessarily going to prove advantageous. I found the Prologue race to be fairly straight forward but this focused on the north and west side of campus and the more complicated remaining area was being saved for the chase. The most interesting outcome of the prologue was with Paul and Liam ending up just one second apart amongst a group of seven runners who would all be starting the chase in a 24 second spell. The event was based at the Student Union building to which we were allowed access which was ideal for grabbing a bit of lunch before the serious battle was to commence. The chase was to prove to require a good deal more thought with several flights of steps and a footbridge all needing careful planning when the pressure was on. I completely messed up the chase event and had made major errors before completely missing out one control which ruled me out altogether. The major debating point which ran on into the evening was the battle over the last control with Paul accusing Liam of foul play as he came from behind to steal into the final control.

The group then moved onto the Travelodge in Skipton conveniently placed close to the park where the next days event was taking place. The walk into town for the evenings drinking and curry took us past the park and the wall which was only a modest height on the road side but had a longer drop on the park side. This led to a lengthy debate on the way home on the issue of crossable and uncrossable features.

After a breakfast in the Little Chef next door to our accommodation, it was time to head for the urban event. This event was to offer good value for money with course lengths of 7.2k and 5.5k for the A and B courses that most of us were all running. The courses started in a school with quite a detailed layout which provided potential for early slip ups - and not just because of the slippery wet paths. The course then worked it's way into town via open land and the canal. The town has various passageways and cut throughs - which whilst not providing too many traps to fall into required close attention to detail. The south west part of the map was an area not used last time and involved a run across a bridge over the railway line before the course worked it's way back into town through another school before a climb up terraced streets led to the finish back in the park. All in all an enjoyable event and I felt the course distance with the only hint of repetition coming with a crossover the earlier route on the 2nd pass through the town centre. Time for home then and I was grateful that Sarah had found space for Tom and myself in the back of her car as it was a longer than usual drive home and I was tired out.

Nopesport Urban League points were at stake at the Skipton event. None of the LOG members look set to complete the 6 scoring events. The closest to that are Liam currently in third place from his 4 events. On the Womens Open, Sarah is currently in 9th with four events. Unfortunately, Hayley was unwell and unable to complete what would have been her 5th event at Skipton leaving her placed 11th.

Winter Series –Event 1 Branston Village by Andy 'Lucky' Lucas

The 2011/12 Winter Series got on its way on 5th November with an urban event at Branston, just over a year after I started work on it. The map was my first attempt at mapping, following a day's course delivered by Paul in Autumn 2010. Having produced my map, I had several control sites in mind that I'd noted on my countless surveys of the area. When it came to planning the courses however, I found the vegetation in the only non-urban area of the map was about 4 feet higher than when I'd mapped it, so I had to reduce the use of this part of the map, which was slightly disappointing. Rightly or wrongly, I decided to base the long course around two or three "urban traps", as well as trying to give a selection of route choice to many legs, although I found myself having to put controls in to set up the next leg. The traps appeared to be successful, with many people ending up on the wrong side of an uncrossable wall at the last control, and falling foul of the "maze" I'd tried to set up with the tennis courts & bike sheds. (I believe the importance of reading your control descriptions may have been mentioned!)

Overall, I was very pleased with the comments I received from many competitors, and will also learn from some of the constructive feedback received.

Winter Series –Event 2 Washingborough Village by Liam Harrington

The second event of the winter series saw the newly mapped area of Washingborough being introduced. Having lived there all my life, planning was enjoyable and not particularly hard. The morning of the event was cold and misty, yet we still had a good turnout of 34 entries, with Dom Simmonds winning the short course and Paul Murgatroyd gaining his second win of the series on the long course; he did however slip to 3rd on production of the handicapped results, where Clive Street overtook him to take first place.

Learn your Control Descriptions by I should have known better... *Knolls*

Apparently...in geography, a **knoll** (or hillock) is a small, low natural hill.



LOG Member makes Cover of National Orienteering Magazine: Compass Sport



Our very own Vice– Chairman/ Head Coach at Tralee Bay on the rest day sprint race at Oban 2011.

Potential Christmas Gifts:

Forest Challenge! The orienteering board game for 2-6 players

Available now. Ideal for:

*Christmas and birthday presents;
club evenings;*

prizes for winners of club events;

teaching youngsters about orienteering and letting them have fun at the same time.



"We had such fun that we immediately had another game . . . We've already got plans to put one of our favourite areas onto the hexagons . . ." "I think it's a brilliant game - the kids love it."

- ✓ *The game includes everything you need to "step over the line" - laminated map, kites, punch cards, "Control" cards, "Advantage" cards, instructions, dice, tokens etc;*
- ✓ *Design a different course each time you play by using the moveable control stickers;*
- ✓ *The map sections can be fitted together in different combinations for more variety;*
- ✓ *Choose score or line orienteering;*
- ✓ *Add even more variety by drawing your favourite terrain on the blank map grids supplied.*

You can buy your copy for £7-50 at most NGOC events or through the post (please add £1-50 for postage, cheques payable to NGOC) from Alan Brown, 10 Brizen Lane, Cheltenham, GL53 ONG. All profits to the Woodland Trust. Email legend@ngoc.org.uk for further information.

Women's Sporting Calendar featuring Grace Crane

The Women's Sporting A3 Calendar 2012 is now on sale and contains twenty four action shots of Great British sportswomen to motivate you right through the Olympic year.

Orienteer Grace Crane is one of the athletes featured after we submitted a fantastic photo taken by Rob Lines (SO) at the British Middle Championships. Thanks to Grace and Rob for getting involved.

Three charities are promoting the calendar to raise funds directly and, in addition, 20% from each online sale will be donated to YOUR chosen Sport's NGB using our 'box - again to support women's sporting projects. ALL profits will be donated to women's sport. Please remember to select orienteering from the drop down donation box to ensure orienteering benefits from the calendar sales.

The calendar is available to buy online at www.illustratus.co.uk/shop/wsc2012 and costs £8.99.

The calendar features:

Chemmy Alcott - Skiing, **Chrystall Nicoll** - Fencing Sabre, **Jenny White & Gabby Wallwork** - Badminton, **Maggie Aalphonsi** - Rugby, **Fiona Pennie** - Canoe Slalom, **Rachel Yankey** MBE - Football, **Beth Tweddle** MBE - Gymnastics, **Nicolla Weekes** - Rounders, **Rebecca Romero** MBE - Cycling/Rowing, **Holly Lam-Moores** - Handball, **Charlotte Edwards** - Cricket, **Helen Naylor** - Basketball, **Katherine Grainger** MBE & **Anna Watkins** - Rowing, **Katie Dawkins** - Synchronised Swimming, **Lucy Boulton & Denise Johns** - Beach Volleyball, **Helen Jenkins** - Triathlon, **Rebecca Adlington** - Swimming, **Danielle Brown** - Archery, **Tamsin Greenway** - Surrey Storm & England Netball, **Grace Crane** - Running, Orienteering, **Georgie Twigg** - Hockey, **Sarah Kippax** - Squash, **Amy Williams** - Skeleton Bob, **Rachel Kirchheimer** - Lacrosse

Also check out the calendar advertised through Compass Sport, which supports the Junior British Squad.

Dates for the Diary: 2012

January

14th – LOG Winter Series, Chambers Farm Wood

21st/ 22nd – LOG Social – Edinburgh

28th – LOG Winter Series, Sudbrooke Park

February

9th LOG Night Score Cup (NSC), West Common

16th LOG, NSC, Hartsholme Park

19th Compass Sport Qualifier, Thetford (East Anglia)

23rd LOG, NSC, South Common

March

1st LOG, NSC, Riseholme Park

4th East Mid League Event hosted by LOG, South Common

23rd-25th LOG Social- Rome

24th/ 25th British Sprint/ Middle Distance Champs, York Uni

April

5th LOG Summer Series (SS)

19th LOG SS

May

3rd LOG SS

5th/7th British Champs, Lake District

17th LOG SS

31st LOG SS

June

5th HALO 30th Anniversary Relay Event

14th LOG SS

16th/ 17th LOG Social, Jukola, Finland

28th LOG SS, Also incorporating the Lincolnshire Challenge Shield

July

12th LOG SS

26th LOG SS

August

2nd LOG Midsummer Madness Chasing Sprint, Lincoln Uni

September

1st Sheffield Sprint Relays (SYO)/ LOG Score Event, followed by 25th Anniversary BBQ, Riseholme Park

2nd Lincoln City Race

30th Compass Sport Final

December

23rd LOG Club Championships, Walesby

This list is not exhaustive, and will be updated with each edition.

For reminders on all upcoming events / club night venues don't forget to look on our Facebook page 'Lincoln Orienteering Group' or our website: www.logonline.org.uk.

Also feel free to add own Orienteering pictures and make comments to Facebook page and copy and paste event info on your own wall's as it is a great free publicity tool for us.