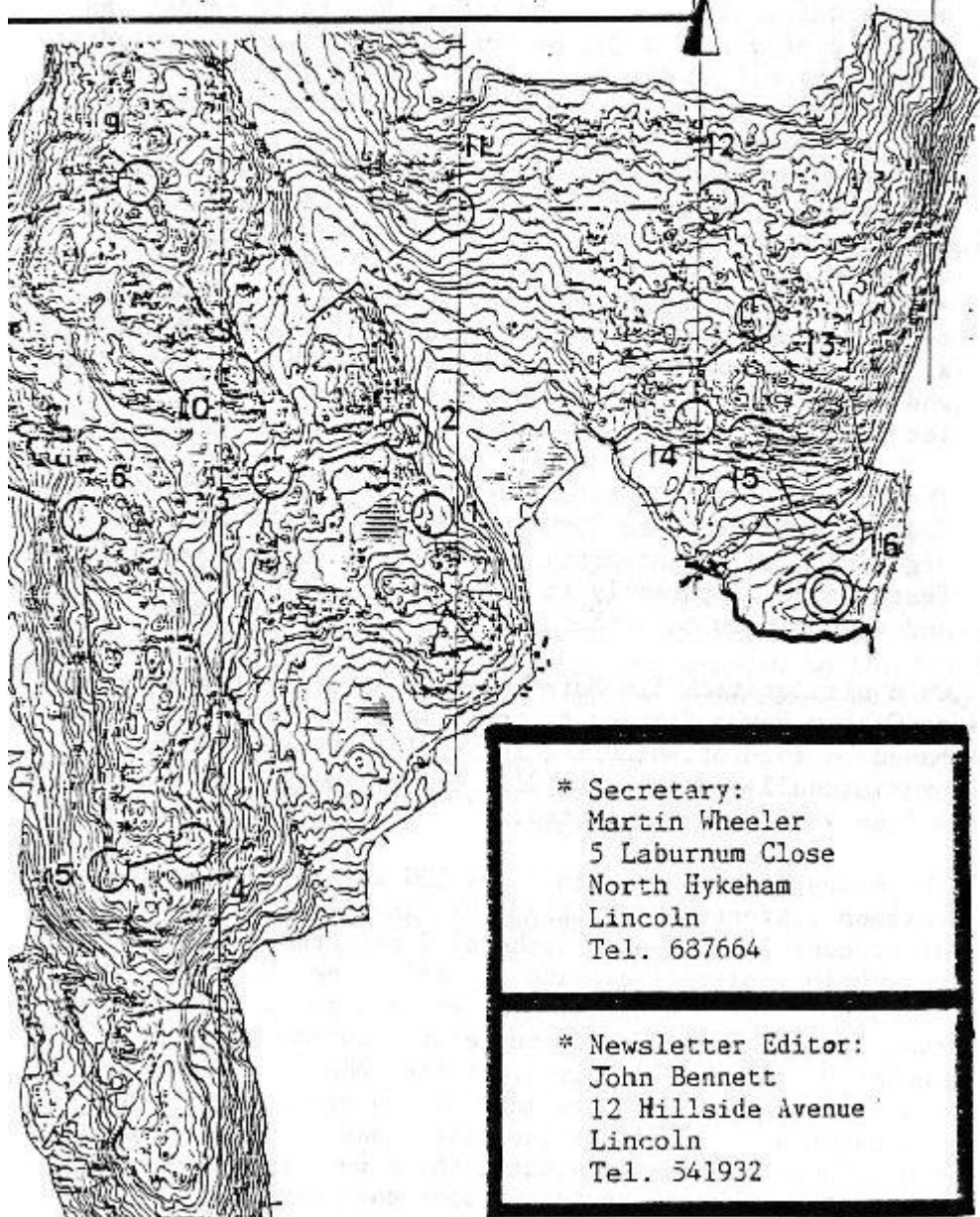


Lincoln Orienteering
Group

NEWSLETTER

MARCH
94



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News

We start this month with a 'boring' story from Hartsholme Park, as club members continue to work on the permanent course there. The initial assault led by Ian Durrant and Jane Rawlings armed with a manual post borer was defeated by the difficult ground conditions. Not to be undone Ian got hold of a petrol driven borer, and at very short notice I found myself in the park at 7.45am one Sunday morning in innocent expectation! We thought we were in trouble too when the first few holes took an age, especially when it dawned on us that we had the dodgiest backs in the club and didn't know one end of a post borer from another. Luckily the well oiled (I wish I was) machine started to roll, and all bar four holes were completed before a prior engagement with a pint of Timothy Taylor's Landlord lured me away. Hopefully by the time you read this the posts will all be in, so many thanks to all who lent a hand, and those who didn't can help at the opening on May 15th and we'll let you off!

The 'Search for Adventure' weekend is being held at Lincoln Castle again over the 25th/26th June, and LOG will be organising an orienteering based competition as part of the festivities. Apparently it was a great success last time, and any helpers on either day will be most welcome.

On a similar tack Ian Moir has been asked by his employers at Cottam Power Station to organise a 'corporate games' based on team orienteering in Stapleford Woods. This is provisionally on Saturday 21st of May. Again any willing bodies would be appreciated.

The competition to design a new LOG kit got a tremendous response, unfortunately only from Jane Rawlings! However after consultation with 'others' I sent the winning design in subtle violet/black/with electric green stripes off to Ultrasport for 'technical evaluation', and I have just had their reply. There are a couple of problems with colour matching that can be solved, but the committee badly need your views, especially how many of you are likely to buy the kit, because this affects the cost. Some of you may not like the colours for instance, but I think we need some club identity, and we'll certainly spot each other in this lot!

35 years old or over, then how about it? The terrain will be the best you've ever orienteered on, and this will almost certainly be your only chance to compete in a world championships. Don't worry about your standard of orienteering, the only entry requirement is age, and each day has colour coded courses for non-vets. Apparently a series of qualifying days sorts everyone out, leading to A and B finals on the last day. Speyside is a beautiful area, with lots to do apart from the orienteering, and I'm certainly looking forward to it. Unfortunately, as an M35 looking forward to a holiday with my girlfriend, I now hear that I'm up against the world champion from 1991 who has just become a veteran. Looks like I'll have to take this seriously. Who says I'm too competitive anyway!?

More details at the back of the newsletter.

'I want you to tell me a story'

There must be people out there with an interesting or funny story to tell, so why not tell the whole of LOG? Last week at Sherwood I ruined an excellent run by trying to be clever with a short cut. It led through to the toilet tents, and I soon found myself in the proverbial up to my stupid neck! Now don't be shy, you've all done it. I know a LOG member who got lost and found himself on the string course! Names can be changed to protect the guilty, but I just might change them back again.....

I've got plenty of drivel up my sleeve, but I'd prefer to use your's for a change. Remember dictionary corner!

A GUIDE TO THE BRITISH ORIENTEERING FIXTURE STRUCTURE

Event Type	Age Groups	Notes
British Championships 'Jan Kjellstrom' Easter 2 Day Event	Age Groups 10-70, plus élite (M/W21E).	Advanced techniques for M/W13 'A' classes upwards.
National Events	Age Groups 10-70, plus élite. Entry must be made in advance. BOF Members only. String and colour-coded courses available for entry on the day for non-BOF members.	
Badge Events	Age Groups 10-70. Pre-entry or entry on the day. Badge Award Scheme. String and colour-coded courses often available.	Basic and advanced techniques.
Open/Club Events including introductory events. Usually colour-coded	Colour-coded courses open to individuals, pairs and groups. Club membership recommended after three events.	Getting started and basic techniques.

There are many other events included in the fixture list each year. Multi-day events, inter-club and schools league events, night events and relays are just a sample of the variety which exist.

CLASSES FOR BADGE/NATIONAL/CHAMPIONSHIP EVENTS

Class	Winning Time	Tech. Diff.	Phys. Diff.	Class	Winning Time	Tech. Diff.	Phys. Diff.
M10	20-25	1	2	W10	20-25	1	1
M11	25-35	2	3	W11	25-30	2	2
M13	35-45	2/3	4	W13	30-35	2/3	2
M15	45-55	3/4	4/5	W15	35-45	3/4	3
M17	55-65	4/5	5	W17	45-55	4/5	4
M19	70-80	5	5	W19	50-60	5	4
M21E	80-90	5	5	W21E	60-70	5	5
M21A	80-90	5	5	W21A	60-70	5	4
M35	70-80	5	5	W35	60-70	5	4
M40	65-75	5	5	W40	60-70	5	3
M45	60-70	5	4	W45	55-65	5	3
M50	60-70	5	4	W50	55-65	5	2
M55	60-70	5	3	W55	55-65	5	2
M60	55-65	5	3	W60	55-65	5	2
M65	55-65	4/5	2	W65	55-65	4/5	2

Times and Standards.

Distances will vary according to the roughness of the terrain.

Level 1 (Easy)	Level 3 (Medium) (level 2 between 1 and 3 medium)
Technical <ul style="list-style-type: none"> controls on line features, usually paths controls close together no route choice routes follow line features Physical <ul style="list-style-type: none"> minimum amount of climbing avoid undergrowth and green areas use best available terrain 	Technical <ul style="list-style-type: none"> controls on easier point features controls near obvious attack points 'catching' line features behind controls some route choice but good navigating features quickest routes go direct but easier and longer alternatives available encourage simple use of contour detail Physical <ul style="list-style-type: none"> some climbing (not vertical), no extended climbs only short distances through green areas
Level 5 (Hard) (level 4 between 3 and 5 hard)	
Technical <ul style="list-style-type: none"> controls on any features but not hidden controls far from collecting features but enough detail in control areas for accurate navigation errors at controls expensive as few controls as necessary for good planning legs demanding a range of techniques legs across slopes Physical <ul style="list-style-type: none"> climbing as necessary for good planning crossing areas of green acceptable but minimise 	

COLOUR CODED COURSES - GENERAL GUIDELINES

Colour	Length	Control sites	Type of leg	Technical level	Time for most finishers	Age
String	0.5-1.5km	On the line		Easy	10-15 mins	3-10
White	1-1.5km	Major line features + junctions	Line features No route choice	V. easy	15-40 mins	6-12
Yellow	1-2.5km	Line features + very easy adjacent features	Line features Minimal route choice No compass	Easy	20-45 mins Beginners	8+ Beginners
Orange	2-3.5km	Minor line + easy point features	Route choice Collecting features near control	Med.	35-55 mins	10+
Red	4.5-6km	"	"	Med.	50-80 mins	"
Green	3.5-4.5km	Small point + contour features	Fine compass and contours More physical	Hard	35-55 mins	"
Blue	4.5-6.5km	"	"	Hard	50-75 mins	"
Brown	6.5+km	"	"	Hard	60-85 mins	"

Badge awards and colour coded certificates are given if you achieve certain times on three separate occasions on the same course within two years. The times you need to get are always clearly shown in the results from each event.

Other colour coded courses not always seen are:-
light green-slightly shorter and easier than green!
purple-a long red, I've done one, nearly 9km easy running.
black-a long brown. I've never seen one, but they exist.

I've also seen an 'offstring', brilliant for youngsters, I don't know why they are so rare because they are easy to plan and set up.

PLANNING YOUR SUMMER HOLIDAYS?

Why not include orienteering in your summer holidays this year, you'll only end up riddled with guilt if you spend all your time lazing on a beach!

For those of you that are still with Me, and have controlled your laughter, I include a list of multi-day 'O' events. Remember they are planned with families in mind, often have a creche for instance, and the atmosphere is far more relaxed than the usual Sunday morning thrash round your local wood.

If you fancy something a bit more challenging how about a mountain marathon? These can be a serious physical undertaking because of their greater distances and ascent, but they are far less technical than you think, and if you pick your course carefully they can be no more intimidating than a hill walk. Most mountain marathons are pairs events too, making it easier for first timers. Many people are put off by the dreaded overnight mid-camp, they are usually two day events, and having to carry the gear for it, but never fear there is an alternative. My own particular favourite is the Capricorn, a two day event where you return to civilisation at the end of each day. Apart from the pairs course, that is aimed at juniors mainly, it is also an individual event.

Try one, you may surprise yourself. They really are great fun, the t-shirts are brilliant, and the 'afterglow' is wonderful!

**September 3rd/4th
Rohan Mountain Marathon**

Venue: Scottish Highlands, 1 hour from Glasgow.
Contact: Rohan Designs plc, 30 Maryland Road, Tongwell
Milton Keynes MK15 8HN.
Tel: 0908 618888.

July 23/24th

Capricorn Mountain O

Venue: Northern Lake District

Contact: Brian Pilling, 4 Peel Place, Barrowford, Nelson, Lancs
BB9 6BE. Tel: 0282 618592.

	Day 1	Day 2	Total
Elite	30k	20k	50k
A	24k	16k	40k
B	21k	14k	35k
C	18k	12k	30k
D	15k	9k	24k

Pairs 12k 8k 20k
Tim A non-competitive wayfinders course which comprises 6 to 8k per day of scenic route



October 22/23rd

Karrimor International Mtn M'thon

Venue: to be announced after entries close.
Contact: Karrimor International Ltd., Petre Road, Clayton-le-Moors, Accrington, Lancs. BB5 5JP. Tel: 0254 398531.