

Lincoln Orienteering
Group
NEWSLETTER MAY '94



WEST SUSSEX
BOC94
19-20 MARCH 1994

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FESTIVAL EDITION!

News

Welcome to a bumper edition of the LOG newsletter, lots of interesting articles to ponder over, and lots of information to pass on. Many thanks to those of you that answered the call and sent articles in; the next newsletter will be out at the beginning of July with a copy date of June 30th.

HARTSHOLME:-Our 'event of the year' is almost upon us, please turn out in force to support your club, last minute offers of help will be gratefully received. It is a lovely Park so bring your friends too, after your run why not stay and feed the ducks, or explore the Swanholme Nature Reserve that is attached to the park.

CLUB 'O' KIT:-After literally searching the globe (well Sweden and Switzerland at least) Ken Broad of Ultrasport has started to produce our new club colours. Initially only tops will be available, price about £10.50, but matching 'O' trousers and 'lycras' can be made if there is a demand. I hope that some of us will be wearing the new colours at Hartsholme, so keep an eye out and tell us what you think. Ian Moir has already noted that the combination of black/purple/electric green will make us look like rhododendrons, but I'm used to being called a 'thicket' anyway!

LOG EVENT AT WILLINGHAM WOODS, MARKET RASEN?:-We have been in contact with our neighbours at HALO about LOG using Willingham Woods for a colour coded event in the autumn. Watch this space, and prepare for brambles!

SOMETHING TO PROVE?:-Whilst planning the courses for our Hartsholme event Ian Moir and I 'provoked' the following comment from our Controller Kevin 'you don't want to do it like that 'King of NOC: 'you can't be orienteers, you're members of LOG!' I have been trying to resist the temptation to rub in what always happens when Kevin and I compete at M35L but... If you hear of something floating in Hartsholme lake you'll know it isn't a duck!

IMPROVING LOG YOUNGSTERS:-It's been great to see so many LOG members featuring high in East Midlands results lately, especially our younger members. Maybe we'll be able to get more relay teams together in the future (see Martin and Gillian's article on the JK), or even the Compassport Cup?

Small areas contd....

Many ground features today-keep eyes peeled for control sites as the course criss crossed the boulder and bracken strewn hillside making the most of this 'perfect little area'. Running's fast today, especially downhill!!

Next time you fancy somewhere different-and challenging-then the small areas close to Sheffield come highly recommended (I'll second that-Ed.). Give them a try. Enjoy yourself!

PS It was dry as well; a far cry from recent mud baths!

As I put the final touches to this newsletter I keep being distracted by the glorious weather outside, I really should be in Hartsholme Park with the dog, planning the more devious legs for the longer courses. It seems ridiculous that only a couple of weeks ago we were bemoaning the 'unsettled' weather that pounded the JK Easter festival in Herefordshire. The following article sent in by the Wheelers (Gillian, Simon and Martin) gives a great insight into the ups and downs of a multi-day event, and records the first official LOG relay team success....

HIPPO'S DELIGHT!

"Easter in Hereford" seemed a great idea when it was first mooted that the family should go to the "JK". Plans were made for the three days (four if you count the training day) of top class orienteering amidst the rolling hills and chocolate brown fields of Herefordshire. Saturday saw a long slow moving convoy of vehicles heading down narrow country lanes towards the assembly area where thousands of cars were meticulously parked between the poplar trees. Immediately you left the road it became obvious what was under foot as water oozed from the ground and feet slid effortlessly across the grass. Events of this size often have multiple starts and long walks to them, this was no exception. Simon trotted off to his start a mere 800m along the road whilst I trudged the 3000m to mine. It's one way to warm up I suppose. The courses proved a true test of skill and stamina with careful route choice on the longer legs deciding the placings.

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BRITISH ORIENTEERING CHAMPIONSHIPS 19th & 20th MARCH 1994



Glorious Goodwood certainly lived up to its name for BOC'94, as thousands of competitors (some more competitive than others!) basked in the sunshine and enjoyed the surrounding woodland. The terrain was wonderful mixed runnable forest, surprisingly hilly for the 'soft south', with small areas of brushings to slow things down. I've included my M35L course for those arm-chair runners amongst you, I took 115mins but won't know my position until the results come out in a few weeks. As you can see there were a lot of tracks/paths, but the planner did a great job because I spent very little time on them. An interesting fact is that over half the controls were either pits or depressions, and I didn't have a single reentrant. This could have become a 'treasure hunt', but the map was excellent and if a pit was shown it was there on the ground. Rarely have I run so long on a bearing, this was true orienteering and it was wonderful!

John Bennett

SMALL AREAS CAN BE FUN: by Martin Wheeler

"Beeley Wood", where's that? A quick glance at the map showed it to be a small area close to Hillsborough on the edge of Sheffield. Should I go? The day was sunny and the morning inviting, the omens looked good.

As I approached through almost deserted streets the beauty of this 'little area' became clear and I was delighted to discover a superb open and highly runnable hillside rising majestically from a gritstone brook. A quick squint at the map showed lots of contours and very little green. The course chosen, blue, had 285m of ascent if all went well. The pace was fast and furious from the start with the direct route being the obvious choice. Some areas looked tricky, others less so; concentrate and relax-but not too much.

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After a strenuous run it was pleasant to relax along with other LOG members in the sun to watch other competitors searching for their final control, a 'boulder' (actually a pile of bricks!) on the edge of an indistinct open area. Some of the verbal comments are not repeatable here... How very different Sunday was to prove. The word in the assembly area the previous day had been that parking was going to be tight, so allow plenty of time and share cars if possible. We set off to arrive well ahead of our start times. The clouds were gathering as we headed for the side road leading to the steeply sloping field that was trap many a car later in the day. The rain began as we pulled off the track and slid to a halt. What luck, only 50m to the colour coded start so I knew Gillian would't get tired on the way there. As the weather worsened the hillside became ever more treacherous. A mud bath rapidly developed around the results boards and the refreshment tent. All we needed were a few trenches and the assembly area would resemble the Somme. News eventually filtered through that all start times after midday had been put back an hour. More waiting! This had been done to allow those late arrivals, including John, Cath and Clare who were parked in the garden centre over 3km away, time to get to the starts. At least they would be able to drive straight off which could not be said of those in the main field (£10 per tow off I understand the farmer was charging!! Ed.)

The routes to both starts involved steep ascents along very muddy paths made worse by those starting earlier. The highly viscous mud would not even allow me to lift my shoes without the threat of losing them. Another good run with only one error. Would I improve on day 1? I was not about to wait around to find out. A hot shower beckoned but first the slight problem of leaving the car park. We eventually got away with a liberal covering of mud, to say nothing of that which covered those who pushed us out of the mire! As we headed for the main road an eye in the mirror picked up a small sign which said "please try not to spin your wheels". Some chance I thought...

A much drier day 3 dawned which was to see the debut of the LOG relay team (LOG-AHEAD!) in the mixed Ad Hoc class. John looked composed (I felt decomposed) as the whistle blew and he dashed towards the forest with over 90 competitors in hot pursuit. Big Wood was waiting to test the finest navigational skills. As he emerged from the trees and pounded

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More Hippo's delight.....

up the change over lane his cry of "go straight" was heard across the field. The advice proved spot on (Martin hasn't been in trouble with the Police since! Ed.) and I soon completed the middle leg before handing over to Simon (an M11 about to run the most technical leg of his life, and his first relay). Simon stormed round to bring LOG-AHEAD home comfortably in the top half of the field.

All in all this was a great weekend of first class orienteering in venues which would have delighted a Hippo, but unfortunately provided a real headache for those of us who had to clean shoes and the car! If anyone knows how to remove brown stains from the inside of trousers then please let me know!

Quote of the weekend overheard in the assembly area on day 1... J asks G "Have you seen the Mappa Mundi yet?" G replies "No, but I hope it's a good one for the relays".

I can't follow Hippo's Delight without mentioning some of my own highlights from the JK....

"Folding" back the tent flap on the Sunday morning because it was frozen solid!

The two stunning old country pubs we found, oozing character and Buckley's excellent beers at even more excellent prices.

The looks of bemused curiosity we got when erecting the LOG 'club tent'. It was my 2man 'spacepacker' flysheet, compared to everyone else's 'mess tent' jobs.

The amount of really young children seemingly oblivious to the weather and mud, great fun....

The cover photo shows LOG-AHEAD in nervous anticipation....

Trim Your Times with Training Tips

Words and diagrams by Graham Thomas. Drawings by David Thomas.

During each leg find an opportunity to check your next control description. Then you will know where to look and recognize the right flag when it pops up.

If a bearing is needed from attack point to control - set it up early - on the run. Maintain smooth progress through the attack point, glance down, line up, and Go!

2

3

Check your map to see which way you will leave the control. Choose a major catching feature on the exit side where you can relocate and begin navigating the next leg.

4

Once you are inside the circle - keep your head up, looking for the flag. Take your control card in your hand with your thumb pointing to the next box. This saves waste of time, fumbling for the card, and ensures you will avoid mispunching.

5

On the run-in to the flag check the code and look for your exit route. When you reach down to punch is the moment when you may become disoriented which can cause you to run off in the wrong direction.

6

DON'T JUST STAND THERE!

When you have punched, leave swiftly in your previously noted direction. Don't stand and scratch your head, next to the flag, giving it away to everyone else.

7

Once clear of the control, relocate on your chosen catching feature and begin navigating the next leg.

SCRITCH SCRATCH

LOG LIBRARY ... ORIENTEERING BOOKS AVAILABLE FROM IAN DURRANT

Map Making for Orienteers
International Specifications For Orienteering Maps
Course Planning
Guidelines to Course Planning
Drawing Maps for Permanent Orienteering Courses
The Coaching Collection
Planning a Colour Coded Event
IOF Map Symbols
Orienteering Map Symbols
BOF Orienteers Handbook
BOF Coaching Award Scheme
Orienteering, a Guide to Training
Orienteering, Take it to The World
Orienteering for the Young
Orienteering, Training and Coaching
Know The Game, Orienteering
BOF Rules and Guidelines
Trail Orienteering
Plastic Covered Wallchart
Old but unused maps for instruction

If anyone has other publications they don't want and would like to donate, please bring them along to Hartsholme or contact a committee member.

IT'S A GAS GAS GAS.....

A disaster was narrowly averted on April 9th when the LOG post boring team were banned from Boutham Park, Lincoln by the Gasboard. Apparently they thought we'd hit a gas main. I don't know how deep they thought we were going. Suffice to say that Ian D will find it harder to get volunteers for the next attempt!