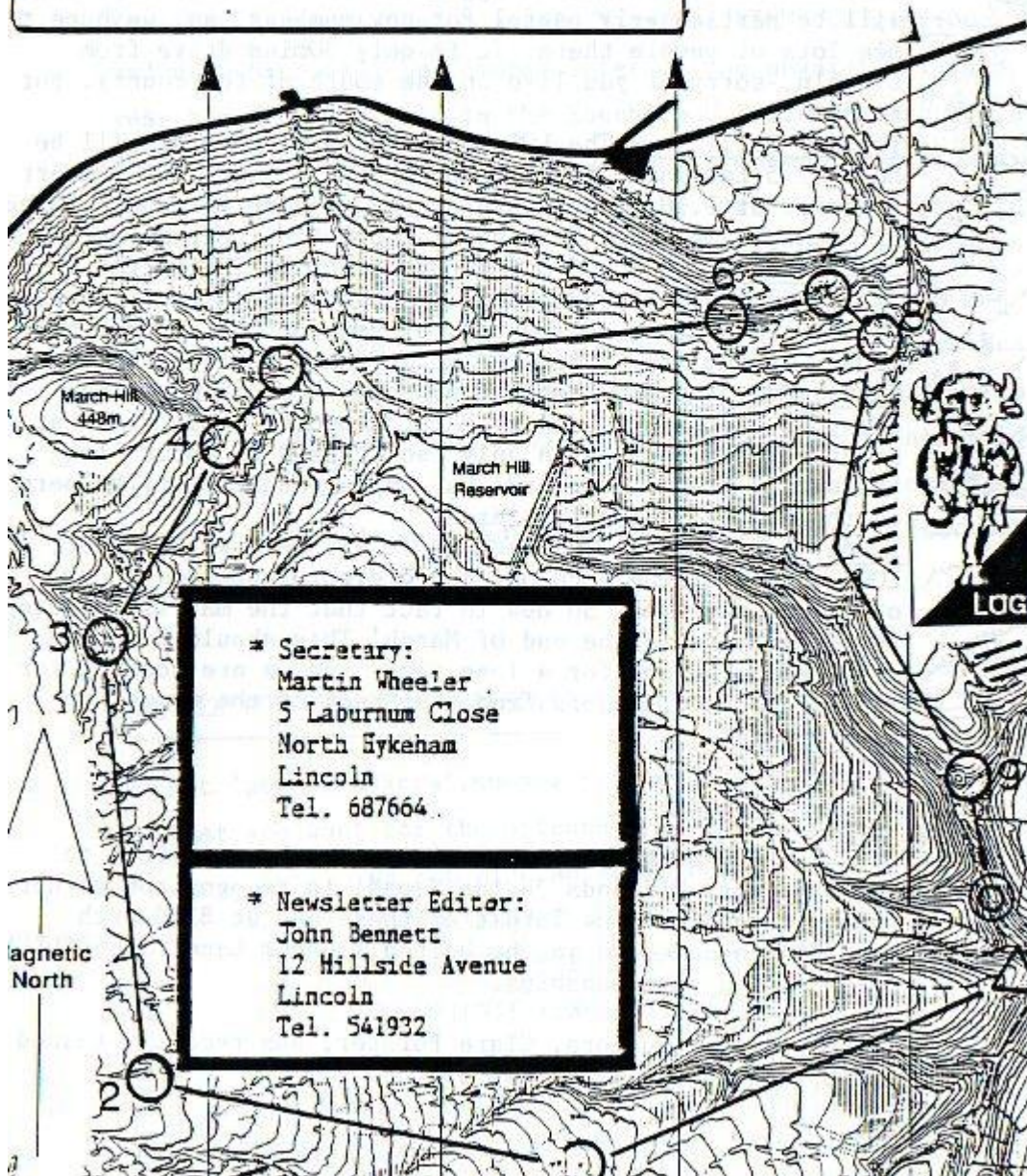


Lincoln Orienteering
Group

NEWSLETTER **NOV**



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News

FORTHCOMING EVENTS

Sunday Dec. 4th - LOG will be using the colour coded event at Primrose Warren near Brigg as a 'meet the club' day. This will be particularly useful for new members, and we hope to see lots of people there. It is only 30mins drive from Lincoln, sorry if you live in the south of the county, but read on...

Tuesday Dec. 13th - The LOG annual general meeting will be held at 5 Laburnam Close, Nth. Hykeham. Business will start promptly at 7.30pm, to leave plenty of time for socialising! All members welcome, Gillian will provide 'refreshments'.

Tuesday Jan. 10th - LOG Social night out at The Bottle and Glass, Scothern. Apparently they do excellent food. Final details in January newsletter, please contact a committee member if you are interested so we get an idea of numbers.

Sunday Mar. 5th - LOG are having a low key orienteering event in Hartsholme Country Park, Lincoln. It is aimed at scout/guide groups, with only two courses of about 'long' yellow and orange standard, but anyone can try it, helpers on the day will be appreciated.

Sunday April 30th - The one you've all been waiting for, LOG are organising a colour coded event in Bourne Woods, our brand new area. So new in fact that the map isn't going to be ready until the end of March! This should be LOG's most popular event for a long time, and we are looking for willing course planners from that neck of the woods, no pun intended.

CONGRATULATIONS

15yr old LOG member Nicola Rawlings has been invited to join the East Midlands Junior Squad, in recognition of her recent successes. The latest of these was at Blidworth when Nicola came 2nd in the United Kingdom Land Forces(UKLF) orienteering championships.

Another of our juniors, Clare Forster, has recently gained her orange colour coded award.



BORDERING ON THE MAGNIFICENT

Two weekends in October saw me orienteering on both sides of the England/Scotland border. The 'October Odyssey' is an annual 2-day badge event held in the north east, and this year it was in Keilder Forest and Low Byrness; while the Karrimor International Mountain Marathon(KIMM) is glorious madness which will be covered later in the newsletter. This year the KIMM was held in the Southern Uplands between Moffat and Peebles. The 'Border' countryside is magnificent and well worth a visit whether you orienteer or not, but it is not for the faint hearted! Reflecting it's turbulent history and often extreme weather, the scenery is dramatic. Castles and fortified villages compliment the heather moors and spectacular coastline with it's perfect beaches, and the whole area is very uncommercialised. The orienteering is challenging to witness the five inch gash on my forehead after I lost an argument with a tree in Keilder, the forest doesn't just eat rally cars you know!



THE PERFECT CHRISTMAS PRESENT!

Forget 'power rangers', computer games are on the way out too no, what you want for the orienteer who has everything is....

THE ALL SINGING ALL DANCING

SARTORIALLY ELEGANT AND...

IMPOSSIBLE TO EVER GET LOST IN..

LOG ORIENTEERING KIT!!!!

ONLY £18.50 FROM ALL GOOD ORIENTEERING TRADERS STANDS, IN A FIELD NEAR YOU NOW. WHY LOOK BORING WHEN YOU CAN LOOK!!

'IT WASN'T MY FAULT....' (ORIENTEERING EXCUSES)

I've either used or heard most of these, have you?

- It was such a beautiful area it was a shame to rush...
- It was such a boring area I couldn't be bothered to rush...
- I was only running for training today...
- I felt a bit of a twinge(twit more likely!)...
- I stopped to help some juniors who looked lost(oh yeah)...
- My lycras had shrunk in the wash(join a choir then)...
- I must have drunk/eaten too much/little before I ran...
- I took my southern hemisphere compass by mistake... and possibly the most common depending on your start time:-
- Those elephant tracks helped the later starters or
- Those elephant tracks helped the early starters...

I have also seen people arrive at the start without their compass, and at the finish without their map!!!

COURSE PLANNERS GETTING YOUNGER!

A recent trip to a colour coded event at Allertorpe on the north side of the Humber was a pleasure. The weather was superb, and the courses excellent, a great day(I even ran well!). I was also amazed when I found out that all of the courses had been planned by juniors, some in tandem, but entirely by youngsters nonetheless, and they were very good to say the least. The wood was very brambly in places, they'd avoided the worst, and although there were many new extraction lanes in the wood the courses were planned so that good route choice was rewarded. Well done.

THE WHITE ROSE WEEKEND, PICKERING

It seems a long time since the summer now, but this account of a family pilgrimage to North Yorkshire over the August bank holiday weekend has just arrived from Martin Wheeler. It sounds like fun....

August bank holiday is never a good time to travel, and although we left plenty of time to get up to Levisham frustration was soon to set in. The main concern was whether we would get there before my start time. The traffic was at a standstill as we neared the centre of Malton and local knowledge helped avoid the worst of the bottleneck. A little later we were heading for Pickering and suddenly rounded a corner to join a queue of stationary traffic. There ahead of us bathed in strong sunlight was the open moor, and to the trained eye an ant like stream of people could be seen making their way to the start 12 miles away(oh what big eyes you've got granny.ed!)

Levisham, as you may know, is approached via a narrow road with a 1 in 3 gradient and two sharp bends. Foot down and go for it? Fine idea, except for the caravan ahead slowly edging backwards down the hill. While we waited for the road to clear a quick look at the final details confirmed a 30 minute walk across the moor to the start. Time was running out. Would this be the first time I had missed the start at a major event? Eventually we pulled into the car park and I hurriedly prepared to dash to the start. The weather was fine if a little breezy, and I took this to be a good omen.

Eborienteers have access to some of the most outstanding areas of scenic splendour in N.Yorkshire, and Levisham Moor is no exception. However their areas usually have steep, often precipitous, slopes. At least the route to number 1 was roughly flat with only knee length heather to contend with. After that it was a very rapid descent into Newtondale, plunging into the only bit of woodland on the map. There followed lots of contouring through glorious sunlight between open deciduous trees, taking care to avoid the worst of the muddy gullies. Then the inevitable took over, the long and relentless climb out of the deepest gorge in the North Yorkshire Moors up to the highest point of the map with just a token control to justify the ascent. Just as I arrived at the summit the torrential rain, and

I swear there was hail in it, came down and the wind nearly took my map away. The more open the moorland the greater the scope there seems to be to make those silly errors of route choice and fine navigation becomes essential. All the pits looked the same and the lack of a mapped woodland between 10 and 11 made things even more interesting! The final crawl up to the relative sanctuary of the finish and the much needed orange was the last straw. Day 1 was nearly over, just the 2km walk back to the car, but it was downhill. The journey was eased a little by information boards set out along the route.

Day 2 dawned and we returned to Levisham to navigate across a slightly different area of moorland, and traverse Yorfalls Wood on the lower slopes of Newtondale. At least I would be able to see the steam trains today. Arriving early was a priority and with only a 30 second walk to the start things looked promising. The open moorland lay before the crowd assembled at the start, and careful watching pointed to the rough location of the first control, a wet pit on the edge of an area of numerous wet pits! Needless to say after a run of 1000metres the pit was not as easy to find as I had at first hoped. Soon the course plunged into the woods to take in several more controls, non too easy to find and one taking at least eight minutes.

As I approached no.10 a quick glance at the map and the terrain ahead confirmed that the long climb to the finish was about to begin. It was the last 65metres of climb took my breath away and made my heartbeat even higher; well at least it was 'Heartbeat Country'. The views were stunning if only I'd time to look.

As I strolled back through the car park to find Simon tucking into a jacket potato it was good to catch up with fellow orienteers, most of whom I only see at large events. It's a pity that LOG couldn't muster a relay team after the JK success, but there is always next year at Cawthorne and Cropton!!

This talk of relays is serious, anyone who fancies a go please get in touch.....

WARMING TO THE TASK?



As winter takes hold it is easy to find yourself shivering with cold at the start of events, this is asking for trouble. Not only will you feel uncomfortable and vow never to turn out again until next summer, but you run the risk of injury, so stay warm.

You should know what clothes suit you best in the prevailing conditions, but just in case you are still experimenting here are some tips(some obvious some not).

Don't get to the start too early, find out how long you need to get there, and make full use of any 'clothing dump' system in operation(or persuade a friend to walk to the start with you then carry your clothes to the finish!). Consider taking a 'bum bag' to put a hat/cap and gloves in while you are running. Some windproof/waterproof cagoules pack into their own 'bum-bags', and are well worth £20 or so. In winter I wear a thermal vest underneath my 'O' top, and lycras still suffice for 'downstairs', but then I sweat playing draughts! Of course if you only walk round(and there's nothing wrong with that), you probably wonder what all the fuss is about because you just keep your jacket on in winter.

A gentle jog to the start will help you loosen up as well as warm up, but I would still recommend doing some simple stretching exercises before you race away from the start! Try to loosen up from the head down, but pay particular attention to your leg muscles. Some stretches that can easily be done in the forest are shown overleaf. Go steady though, don't injure yourself by warming up too enthusiastically, and avoid 'ballistic' bouncing a la Linford Christie. Remember that orienteering is not a sprint event(apart from sprint 'O' of course!).

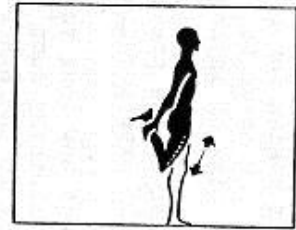


FIXTURES CONFUSION

Apologies to anyone who fell foul of the fixture list in the last newsletter, several events were either changed or cancelled at the last minute and I had no practical way of letting you all know. I suppose the simple answer is to always ring the contact number the night before, but then none of us do that unless the event is a long way away. It pays to ring up if the weather is particularly bad too at this time of year, especially open moor events.

Stretching exercises

Standing stretch. Stand on one leg. Bend the other knee up, holding your ankle behind you with your hand. Pull your heel towards your buttock, keeping your hip well forward, until you feel a 'pull' on the front of your thigh. Hold to ten, then repeat on the other leg.



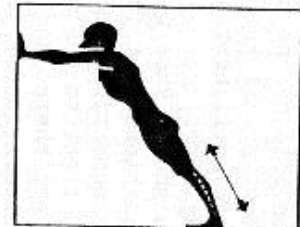
Calf exercises

STRETCHING EXERCISES

Single calf stretch. Place one leg behind the other, with feet parallel, and back heel flat on the ground. Bend the forward knee, until you feel a 'pull' on the calf of the hind leg. Hold this position to ten, then slowly release. Repeat with the other leg back.



Two-leg calf stretch. Lean forwards against a wall or support. Move your legs backwards, keeping your heels flat, until you feel the pull on both calves. Hold to ten.



Soleus stretch. Standing with your heels flat on the ground, bend both knees, letting your ankles bend as far as they can while your heels stay flat. Hold to ten.

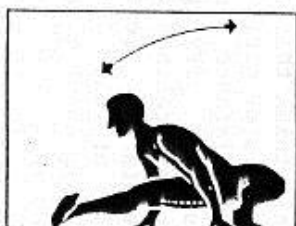


Hamstring exercises

STRETCHING EXERCISES



Standing stretch. Stand on one leg, place the other straight in front of you on a support (fence or chair). Reach forward from the hips to hold your foot or ankle, keeping your back straight, head up. Hold, then repeat on the other leg.



Crouching stretch. Bend one knee, balancing with your hand if necessary. Stretch your other leg straight out at right angles to the bent knee, with your foot pointing upwards. Lean forward over the straight leg from the hips, keeping your head up. Hold, then repeat on the other leg.



The following gem has been sent in by Ian Hudson, I think we'll all be looking forward to his next contribution to the newsletter.

Where did you spend the extra hour?
(a report by your South Kesteven Correspondent)

It was Friday 21st October, it was Scotland, it was dark, it was raining and it was 90 seconds past closing time when we arrived at registration. The helpful man just made our day after 7 hours of driving by informing us that he reopened at 06:00 the next day. But not to be downhearted we just pitched the tent next to the car, consumed a couple of tubes and went to sleep listening to the rain. Our Karrimor International Mountain Marathon weekend had begun.

I was stood, deep in conversation with a woman I had never seen before in my life, in the queue for the portalo after breakfast, registration, map pick-up and getting changed when who should tap me on the shoulder but the editor of this periodical. "Nice to see you made it" I said "see you at the overnight camp" he replied as he and his partner moved like a pair of well oiled(I'll see you in court Hudson! Ed.) orienteers towards the start. Until you've done this event it is difficult to understand the social interfacing that is possible while using the facilities at the overnight camp.

As it turned out both teams were doing 'short score' but don't think that amounts to just a 3 or 4km jaunt. This is big boys(or girls) stuff, we managed to get round in a total distance for the two days of about 40km. That of course is carrying your home, bed, kitchen, larder, and cocktail cabinet without the aid of a manservant. We got to the start in plenty of time, old hands at this event always allow at least 30mins for loo queues. Why are the starts to this event always uphill? The rain held off for the start and in fact no H2O fell on me all Saturday. So just to make up for this loss I fell into some H2O instead. My partner tells me that Scottish hill water is good for the

filled up, right up. At the close of play some 940 people were huddled together, the late arrivals searching in vain for enough room to pitch a tent in the dark, never mind the state of the ground. The 470 tents were small, in the main green and three or four designs predominate which does not help when you have popped out to 'check the results' in the dark, it's raining and the headtorch battery is getting low. Always tie something noticeable to your tent. Yes, I always carry a helium filled condom.

By the way if you're interested we were 114th out of 241 overnight. But it sounds better if I tell you that the leaders had 235 points, we had 115 and the last had minus 203 points. Watch that clock when doing score.(We were 33rd on 151, Ed.) It rained all night and was still at it at 06:00 when the pipe band marched through the site playing their hearts out! Funny I did not see them on the hill. The rain continued for the start of day two, this together with only 4 hours to play with affected our route choice. We plumped for 3km along a road before starting up the hill. This paid off because we quickly got to our first control, but it left us with 20mins left at the end with no more controls in reach.

The morning went well once the rain stopped, controls came up where and when we expected and I managed to avoid the sphagnum. Once again the planner took his revenge in the closing minutes, with a steep descent to ford a stream, then a steep climb up a muddy slope. But it was downhill to the finish. Once the finish tent is in sight you know it's over and you can go all out in true Olympic style. Of course to finish it requires both team members to cross the line together, so I was a little worried when my partner stumbled at full pelt down the hill about 100m from the line. But what a recovery! Lionel Blair eat your heart out, first one way then the other without any loss of speed, all that was missing was the top hat and cane. We finished with 21mins to spare and picked up another 115 points making a total of 230. On the face of it this is 20 short for a certificate but as a veteran team we should get enough extra points on the handicap system, hopefully. The results are not out yet.

By the way, I almost forgot, where did YOU spend the extra hour?



complexion. Years of careful training have gone into our route selection and planning phase, which is the reason we usually complete it in 6 or 7 minutes and then change our minds on which controls to go for 30 minutes into the event. But what the hell we were off and running. I think that should read 'off and moving'. Much of the first day was spent bog trotting(you should have gone our way, Ed.), and I don't mean making frequent trips to the loo. This of course develops that long low lope which works wonders on the lower spine. It was during one of these bog crossing periods that I lost it and ended up taking a closer look at the sphagnum moss.

The first day was coming to a close, just a 150m climb to a col and some scree running for the descent, we always work to the maxim that who goes up always comes down. The climb was a drag, the scree was fun, the killer was the turf path along the bottom of the valley. I tripped at speed, adopted the relaxed position of a parachutist's roll and bounced just the once. I was uninjured. Unfortunately getting into the relaxed position caused severe cramp in the calves(calves?), the team behind thought I had broken my legs with the amount of noise I was making. After about a mile and a half my partner had stopped laughing, my legs had almost started working normally again and we started to build up speed on the path.

My feet were warming and nearly dry, for the first time that day, as we came to the end of the path, but the planner had anticipated this and took us through a small river followed by a quagmire on the way to the finish. Oh joy, we were home 11 mins under the 5 hours allowed and it was only 13:45, just 17 hours to go before tomorrow's start.

Filling that amount of time without the usual consuming aids; painting the back bedroom, washing the car, etc. is a challenge, but getting a brew going comes first, then eating, then socialising, a nap and more eating, followed by sleep. The preparation and consumption of food that you have carried over mountain and bog becomes a ritual lasting as long as possible. The ceremony culminated, in our case, at approximately 20:30 with coffee and After Eights washed down with a tot of malt whisky(I thought you were quiet, Ed.). While this was going on the campsite

HOW IS YOUR KNOWLEDGE OF IOF SYMBOLS?

Try to work these out if you can, then check with the 'crib sheet' on the next page. You'll soon get the hang of them.

NB. The control codes are shown below, but not their number on the course.

Langstrothdale Chase 18.9.94. Control Descriptions

127	☉		☉
128	☉		☉
130	↙	↖	↗
131	↘		
132	↙		
133	↖		
134	↖		↗
136	↖		↗
137	▲		☉
138	≡		
139	↖		
140	↘		☉
141	↘	•	☉
142	↙	↖	↗
143	↘		↖
144	↖		
145	☉		☉
146	↖		↗
148	•		☉
149	↙		↖
150	▲		☉
151	↖	↗	☉
152	↖		↗
153	↖		↖
154	↖	↗	☉

155	↖	↗	↖
157	↖	↗	
158	≡		↖
159	↖	↗	↖
160	≡	4	↖
161	↖	↗	☉
162	↖		↗
163	↖		☉
164	↖		☉
165	↖		☉
167	↖		☉
168	≡	1.5	☉
169	↖	↖	☉
175	↖		↖
177	•		☉
180	≡	1.5	↖
181	↖	↖	1.5
182	↖		☉
185	↖		↖
188	•		☉
189	≡		☉
190	☉		↖
192	≡	3	↖
193	↖		↖
194	↘		↖

INTERNATIONAL CONTROL DESCRIPTION SYMBOLS

M17A 8.5 km 210m

1	31	□	□	□
2	52	□	□	□
3	37	□	□	□
4	40	m	4	□
5	49	H	1.5	□
6	75	□	□	□
7	32	□	□	□
8	54	□	□	□
9	70	□	□	□

example: control 5
code 49
middle boulder
height 1.5 metres
north side
refreshments

marked route to the finish
350 metres

column C

- northern
- northeastern
- upper
- lower
- middle
- between

column D

- steep bank
- quarry
- earthbank,dam
- terrace
- spur
- rib
- re-entrant
- gully
- dry ditch
- hill
- knoll
- saddle
- depression
- small depression
- pit
- cliff
- bare rock
- cave
- boulder
- boulder field
- stony ground
- cairn
- lake
- pond
- waterhole
- stream
- fish

column D (continued)

- marsh
- small marsh
- firm ground in marsh
- well
- source
- open land
- semi open land
- forest corner
- clearing
- thicket
- filled area
- vegetation boundary
- copse
- road
- path
- narrow ride
- wall
- fence
- footbridge
- building
- run
- tower
- shooting platform
- ladder rack
- rock pillar
- single tree
- salt lick
- tree root
- boundary stone
- charcoal burning ground
- anthill
- broken ground
- special feature
- social feature

column E

- shallow
- deep
- overgrown
- open
- rocky
- marshy
- sandy
- coniferous
- deciduous
- end
- bend
- junction
- crossing

column F

- height in metres
- length/width in metres

column G

- northern side
- northwest edge
- east corner (inside the angle)
- southwest corner
- southern tip
- western part
- upper part (head)
- lower part (foot)
- on the top of
- southern foot
- at the foot
- (direction not specified)

column H

- refreshments
- radio control
- manned control
- first aid

Key to the columns

i class
ii course length
iii climbing

A control number
B control code
C which feature
D the control feature
E details of appearance
F dimensions of the feature
G location of the marker
H other information

350m 350 metres, marked funnel
350m 350 metres, no markings

SAFETY WHILST ORIENTEERING IS YOUR RESPONSIBILITY PLEASE TAKE CARE.

MORE FIXTURES.....

DATE	CLUB	EVENT	VENUE	CONTACT
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January				
2nd	DVO	score event	Cromford Moor	(01629)650053
February				
12th	HALO	colour coded	Elsham Country Park	(0724)
			Brigg	861150
March				
18th/19th			British Orienteering Championships (BOC'95)	
			North Wales, special entry form in New Year	
26th	HALO	badge event	Willingham Woods	(0724)846202
			Market Rasen	
April				
15th-17th	Jan Kjellstrom	Festival of Orienteering (JK'95)	event centre Harrogate, Yorkshire,	
			special entry form in New Year	

Making plans for '95? Any LOG members fancy a weekend away in North Wales for BOC'95 or spending Easter at the JK? Want to try your hand(or legs!) at a relay for LOG at either event? Several of us had a great time at JK'94 in the mud round Hereford, your standard of orienteering doesn't matter, you are bound to have a laugh, and the t-shirts are lovely!

Can those of you that go to Rufford for a 'run round the lake' please think of me at the National Event in the Lake District on the same day. I've got a 4km walk to the start, should be a good warm up!