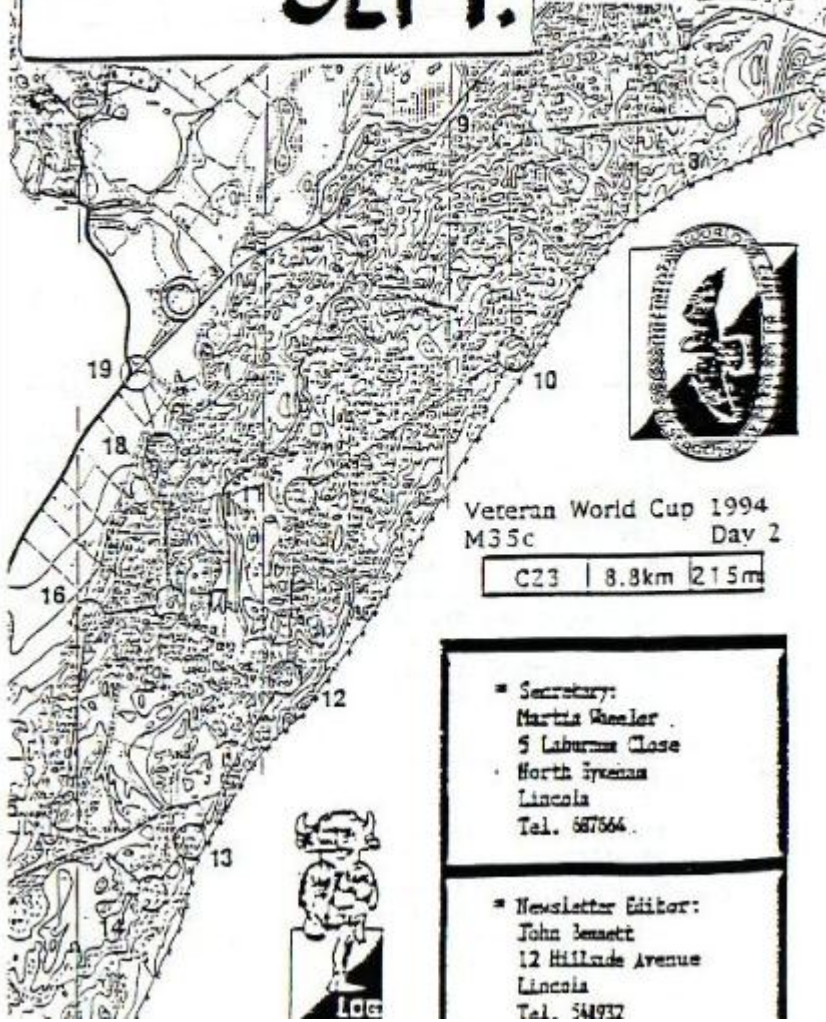


Lincoln Orienteering  
Group

NEWSLETTER **SEPT.**



Veteran World Cup 1994  
M35c Day 2

C23 | 8.8km | 215m

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# News



## WORLD ORIENTEERING CHAMPIONSHIPS FOR BRITAIN

It was recently announced that the 1999 WOC have been awarded to Britain. They will probably be held in Scotland because of the need to find enough new areas of a high enough standard close together. Orienteers of any standard will be able to compete in open events to be held alongside the main races.

## CONGRATULATIONS

Denise Artis and C.Pagan have both achieved their orange colour coded awards.

## NEW FORMAT FOR EAST MIDLANDS GALLOPEN 94/95 SEASON

The once popular Gallopen series has been re-vamped for the coming season, in an attempt to attract more competitors. It is still a series of colour coded events across the region, with orienteers choosing the course they want to be scored on. The best three events from a possible eight will be added together for the final total (instead of the old 4 from 6). There will also be a handicapping system to encourage juniors and older competitors. Each age class has a designated colour, eg. Orange=M/W13&55, and it will be an advantage to run above your colour (and vice versa!). Watch the fixtures.

## JFK...MYSTERY SOLVED

It has been reported in the United States that the gunman who assassinated President Kennedy was in fact an orienteer. Apparently no one else would have been anywhere near a grassy knoll! OK, but it's not as old as the one about Columbus making the world's greatest navigation error when he 'discovered' America.....

I wasn't exactly feeling at my best as I battled through the holiday traffic to The Lake District for The Capricorn Two Day Mountain Orienteering competition. Since Easter I'd been plagued with illness and injury, which was never diagnosed properly but seemed to have something to do with my immune system giving up the ghost. Anyway a ten tablet per day cocktail of antibiotics and steroids finally started to do the trick, and I decided that a weekend in The Lakes would be a good thing even if I couldn't run. I'd already dropped down from my usual 'B' course to the 'D' in recognition of my condition and lack of training, and only intended a gentle hill-walk instead of my usual bone-headed charge! The event centre/campsite was idyllic in the summer sun, situated at Fallside on the northern edge of the area commonly known as 'Back o' Skidda', also known as The Caldbeck Fells this region is wonderfully quiet and unspoilt compared to the rest of the Lakes, and perfectly suited to this type of 'long orienteering'.

Day 1 dawned hot and sunny, but not the oppressive muggy heat I'd left in Lincoln. Many of you will be familiar with "no cag no whistle no go" signs at exposed events, but how many have seen this followed by "controllers recommend sun hat, sun cream, no water above 350m!". I was thankful of my early start time. Typically for a mountain event the first control was 1 1/4/200m straight uphill, with the kite 'hidden' in a small waterhole in the middle of a featureless convex slope. I hit it bang on and my confidence soared as I realised I'd already overtaken the four starters ahead of me. Lots of crafty route choice, contouring where possible, and generally trying to avoid ascent. I found I was able to run far more than I'd expected. The hill pasture terrain was potentially very fast, and I was waiting for the chasing hounds to overtake me as I jogged down to my furthest control on the south side of Little Calva. At this point I realised that most of the day's climb was behind me, and after the gentle ascent to Bare Stones the hard work was over. That wasn't exactly the case though, and the last 3km in the cauldron of the valley bottom forced me to walk at times as I started to overcook badly.

I was the first competitor back on the 'D', and although some

later runners beat my time I was amazed to find myself 15th out of nearly 200, and therefore in the chasing start for day 2. Chasing starts are interesting because you set off at exactly the intervals you finished with on the first day, so you know who to chase (and who to stay ahead of!). Consequently they are very competitive, which was not how I wanted to be in my state. Well day 2 was cooler, and we had a bit of drizzle, so we could all afford to push a bit harder, it was also much shorter. I caught and passed three runners, but one got back to me on the run in and I finished 13th, a tantalising 3 seconds off 12th. Yes Capricorn '94 did more good in 2 days than weeks of pills. How's that for alternative medicine!

## Course details:

Day One	15.4km/1160m ascent	Time: 2hours 56mins
Day Two	8.9km/480m ascent	Time: 1hour 33mins



## APOLOGIES

In the July newsletter I described Ian Hudson from Stamford as insane because he also competes in mountain marathons. I do apologise to Ian as this is clearly not the case, he does in fact come from Bourne! I hope to see you on the 'Karrimor' Ian but at the moment I'm only on the reserve list.

## TRAVELLING TO DISTANT EVENTS

It seems that many club members do not travel far to events, and are therefore restricted to a handful of fixtures during the season. I have been known to travel to The Lake District and back in a day for Badge and National events and often have room in the car. Also I know of other members who camp or B&B. Can we make use of the newsletter to coordinate our travels?



It was 8pm on the Saturday night, and the girls of the Aviemore Tourist Board were at the end of their tether, it had been a hard day for all of us. I'd just driven 450 miles and hadn't pre-booked any accommodation for the World Vets because up until the last minute I wasn't sure whether I'd be fit enough to compete. I'd put my camping gear in the car as a last resort, but I didn't fancy feeding the midges for a week, and anyway all the campsites were full. "Any single rooms available for the night?" said the American in the queue ahead of me, "shut the door Pete, don't let anyone else in" said the girl, then with feeling "nothing nearer than Newtonmore, these orienteers have booked everything". A phone call showed even Newtonmore, over 15 miles away was full too! I started to think of a night in the car as the American left dejected. "Yes sir, can I help?", probably not I thought, but asked anyway. We scanned the booking sheets together, "what's this?", had she missed one?, a glimmer of hope, yes, a quick phone call and I was booked into the last B&B within 20 miles. Within half an hour I was unpacking at Kingussie 10 miles away, the luckiest orienteer in Scotland!

The World Veteran Orienteering Cup was a massive event, over 3000 competitors from 33 countries, the only qualification was being at least 35 years old. That first night it was hard to take it all in, but it promised to be an amazing week. Scandinavians made up the majority of the competitors, and I shared my B&B with 6 Norwegians, but every corner of the globe was represented from Canada to New Zealand, from Japan to South Africa.

The first day was a colour coded event near Grantown on Spey, some people took it seriously but most used it as a training exercise. The wood was superbly open and runnable with little undergrowth, and some areas with intricate contour detail. My 8.3km brown course proved how unfit I was, and my brain failed to keep up with the more technical areas after months of inactivity. I retired, but the beautiful sunlit forest made it bearable.

contd...

Day 2 was a 'model event'. Basically an area full of controls, you used them however you wanted for as long as you wanted. I picked some testing legs, and tried to attune my mind to the terrain, because I knew that my best chance of success would be orienteering well rather than running fast. That evening we had the official opening ceremony, complete with an Olympic style parade through Aviemore, and finishing with a magnificent venison barbecue (with veggie option of course!). The whole place was starting to 'buzz'.

There followed two days of qualifying races, with aggregate times determining who got through to the finals at the end of the week. I knew I could never make the 'A' final, that would be filled with ex-world champions and the like, but could I get through to the 'B'?

The first qualifying race was 10km/245m through the natural Caledonian forest of Rothiemurchus, magnificent orienteering with intricate open heather moorland and semi-open birch, pine, and juniper. My old friend 'Heather Tussocks' had reduced my legs to jelly early on, and a lazy error at only the 6th control turned me into a headless chicken in the technical moorland. I wasted 20 minutes, my spirits sagged; normally I'd retire after a mistake like that, but if I didn't finish I'd be out of the finals, so I pushed on. I finished without anymore problems, but near the bottom of my qualifying group.

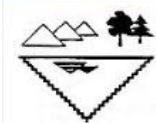
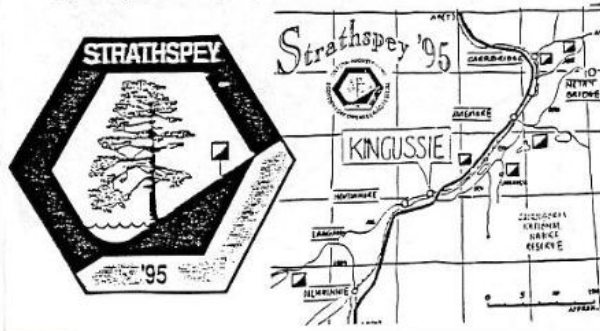
The next day we were Inshriach, and early finishers said it was tougher than day 1, they were right! It was shorter at 8.8km/215m, but the last two thirds was the most technical area I've ever seen (see front cover). Intricate glacial moraines formed a myriad of depressions/knolls and twisting ridges, with few line features. Brushings on the forest floor and new unmapped extraction lanes simply added to the fun. Actually the difficult conditions underfoot probably helped, as they stopped you going too fast and made you concentrate. I had a slow but near perfect round, and was one of the few people to improve on their day one time. I picked up several places but missed the 'B' final by four minutes, at least I'd be one of the favourites for the 'C'! The next day was a rest day, and I spent most of the time trying to explain the rules of cricket to the Norwegians. I failed, and they just wanted to talk about football, specifically who stopped England reaching the World Cup Finals! One of the men, Finn Ole Jorgensen had won both his qualifying races at M45, and hoped to improve on his 6th place at the previous World Vets in Tasmania. The Norwegian team coach appeared at

breakfast the following morning to crank up poor Fin Ole's nerves another notch. He could have done without it and finished 9th, and very disappointed.

Coaches don't bother with lesser mortals in 'C' finals, so I was left to prepare myself for the delights of Docharn and Deishar. Another 12.2km/370m of magical orienteering. Tough yes, but every thing that orienteering should be. Almost totally runnable wood, few line features, intricate contours, and a perfect map. Again I felt slow, but orienteered well until three controls from home, when I blew the simple leg from 13 to 14 by being lazy again, and lost 5 minutes.

I finished 9th, consoling myself that I was faster than a third of those in the 'B' final, and I still had enough energy left for a total blow out at the post event Highland Banquet that night.

Yes the Scots did British orienteering proud again. The Scandinavians unreservedly declared VWOC '94 to be 'of the highest quality', and they won most of the classes so should know! For those of you inspired by these tales of daring do, as opposed to you I've put off(!), the solution is at hand. Next year's prestigious, and totally brilliant, Scottish 6 Days Festival is also to be held on Speyside; and will use four of the areas visited by VWOC '94. There will of course be colour coded courses on all days, and unlike VWOC there will be short courses for all age classes as well as the long badge courses. It will be the best, and read my lips, 'NO MORE BRAMBLES!'



**THE LAKELAND 5 DAYS**  
INTERNATIONAL ORIENTEERING

The Lakeland 5 Days was a direct descendant of the 'Mammoth' orienteering festival, but much more ambitious in every way. Clearly organised to rival, and alternate with, the well established biannual Scottish 6-Days, the Lakes 5 promised much. Personally I feel it was a mixed bag, but a brave and largely successful effort.

Broughton Forest was an eye opener for day 1, a bit like the Somme before all the trees were blown up! At 6.7km my M35L shouldn't have been too bad, but with 380m of ascent and the most ridiculous conditions underfoot I'd had enough by the 3rd control! The brushings came as whole trees, and the open areas were newly felled ankle breakers. I have to admit that I didn't start in the most positive mood, but halfway round I was just about suicidal, and I retired at the map exchange. After all, only your best four results counted out of the five, and three would get you in the final table.

Day 2 next door at Caw (which is how I greeted the map) was a different kettle of fish altogether. A fast open fell with lots of rock and intricate contours isn't everyone's cup of tea (or kettle of fish!), especially with 475m of ascent, but I found it's 9.2km a delight in the summer sun. I was going great guns until I made a big error near the end that cost my aching limbs about 50m extra climb just when they were about shot. Actually the views were so stunning I could feel my concentration starting to drift much earlier, but I finished a happy man.

Day 3 was at Bigland, touted as probably the best area in England, it was certainly as good as anything I've run on. 8.4km with 430m of ascent, initially on a very steep slope with intricate contours through lovely runnable deciduous woodland, no undergrowth and good visibility. Amazingly that bit went OK, but I lose time on the open moorland looking for 1m high rock features in 1.5m high bracken! I really enjoyed my run, especially when I saw the number of retirements, but I do think the bracken made the moorland unfair and a bit of a lottery at this time of year.

If Broughton was the Somme, day 4 at Simpson Ground was the 100 years war! At 7.1km and 'only' 245m of ascent it looked relatively easy, but we knew conditions underfoot would be bad

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North Western

20th - 24th  
AUGUST 1994

Orienteering Association



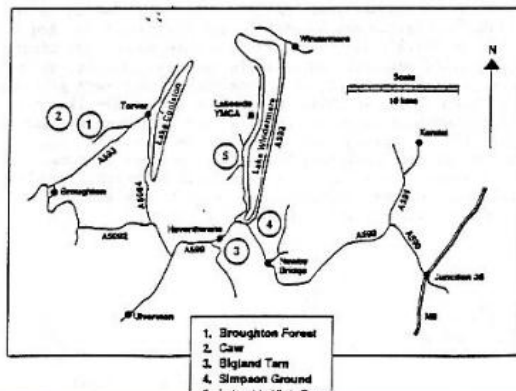
SOUTH LAKELAND - CUMBRIA

again. Overnight thunderstorms and continuous rain throughout the day left the area in a desperate state. En route to the first control I was knee deep in a bog, and the only time I wasn't paddling I was waist deep in heather and bracken on the exposed hill top. If I'd made any significant mistakes early on I would have dropped out again, it was not fun. Towards the end I made a bad route choice across a dangerous marsh and lost time, compounding it with more small errors as I tired. Of course as I squelched back to the car it stopped raining and the sun came out!

After a dry spell I'm sure Simpson Ground would be a good technical tester, but when unaccompanied children aren't even allowed on the string course, well.....

On day 5 it rained and rained and rained, and High Dam was even wetter underfoot than Simpson Ground. There was a really nice area of runnable wood early on, but it is just a distant memory now, lost in a haze of unending bog and head high bracken.

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LAKES 5 DAYS contd...

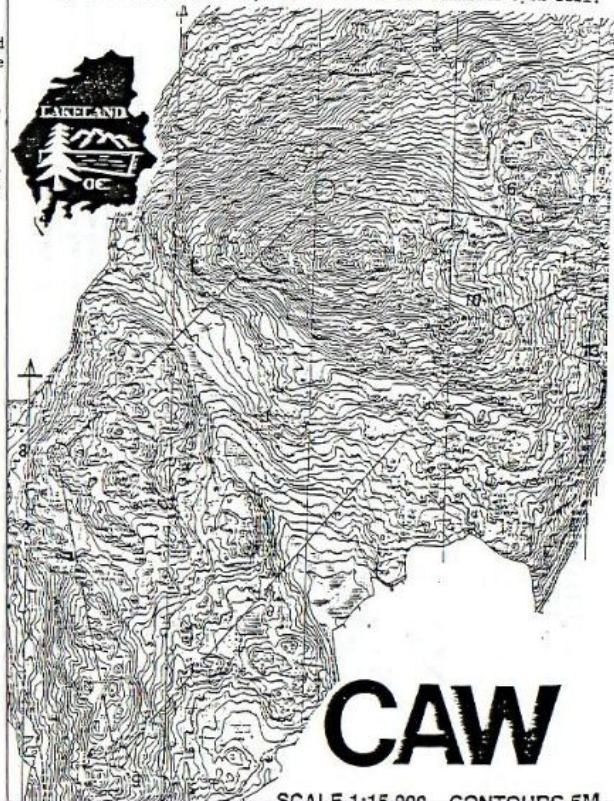
Bog melancholia set in after I'd spent 10 minutes wading around number 9, then one look at the part two map was enough to induce another retirement, I wasn't alone!

To summarise, the first Lakes 5 will no doubt be regarded as a success, and the general consensus is 'roll on Lakes 5 days '96' but many share my concerns. Was summer the right season to be in some of the areas because of the bracken? Did the planners really need to exceed the recommended amount of climb on nearly every day? and, would Broughton be a fair area in any conditions? To continue my metaphor of the Somme; like the old battlefield it should never be forgotten, but no orienteer should ever have to go through it again!

MAILING/MEMBERSHIP LIST

In the past it has been LOG policy to send two complimentary copies of this newsletter to anyone who contacts us for any information on orienteering, whether or not they intend to join the club. When Martin and I compared the newsletter mailing list with the membership list we found that this policy had created some anomalies. Basically some people had been getting too many free copies through their letter box, indeed they were probably sick of them! Anyway we think we have the definitive list now, but if you know of anyone who thinks they have been wrongly dropped off the mailing list please let me know. Members of groups affiliated to LOG will not get personal copies anymore unless they have individual membership too, but we will continue the complimentary copies to new enquiries to encourage new members and publicise our sport.

Try out your route choice on these long-O style legs from day 2 of the Lakes 5 Days at Cav. It is all runnable open fell.



**CAW**

SCALE 1:15,000 CONTOURS 5M

**BRITISH ORIENTEERING FEDERATION — STANDARD ENTRY FORM**  
COMPETITORS TAKE PART AT THEIR OWN RISK, AND ARE RESPONSIBLE FOR THEIR OWN SAFETY.

Entry for ..... (event) on ..... (date)

NAME AND ADDRESS

TELEPHONE NO. INCLUDING STD CODE:

BOF NUMBER

AGE CLASS

FULL NAME — FORENAME FIRST  
max 20 letters: abbreviate forename if necessary

CLUB

PREFERRED START E/M/L

PARENTS SPLT STARTS Y/N

RANKING POSITION

BADGE STANDARD

YEAR OF BIRTH

FEE £

FORM NO.

SPECIAL REQUIREMENTS:

No. of copies of Pre-Race Info.      No. of copies of Results

TOTAL FEE ENCLOSED:

Have you remembered to enclose:  
1. Two suitable size's (minimum 9" x 4", preferably 9" x 6")  
2. A cheque/p.o. made payable to the organising club?

8 5 4 3 2 1 M 3 6 1 V A N O M A P C O S S O C I E 1 2 3 1 7 1 8 0 Example

MORE FIXTURES.....

date	club	event	venue	contact
NOVEMBER				
13th	WCOC	National Event	Dalegarth, Eskdale	07687 75033
27th	DVO	Badge Event	Eyan Moor	0332 515862
Provisional East Midland Galloper Series dates, no more details.				
23.10.94			Bramcote, Nottingham	
29.10.94			Bradgate, Leicester	
7.12.94			Walesby	

Remember that to enter Badge or National Events you need to be a member of BOF, and you really need to enter in advance to be sure of getting in. However all these events have at least a limited range of colour coded courses too, and like Colour Coded Events they are open to anyone. You also need a standard entry form (SEF) for Badge and National Events, one is reproduced opposite, feel free to use it and/or photo copy it.

Apart from some more distant big events the fixture list is basically for relatively local colour coded ones. EMENS and Compass Sport magazine contain the full national fixture list and I'd be interested to know if anyone would like them in this newsletter.

Next month I'll print a guide to the pictorial control descriptions used at National and Badge events, because I know they phase alot of people; well they used to do me! In the meantime try and work out the ones in the centre pages from the WVOC M35 final map of Decharn and Deisbar.