

## Events

The most common type of event people go to is District events (also known as colour coded), which are more informal. There are usually 7 courses, from white to brown, increasing in technicality and length. If you complete 3 events within the colour standard time, you can claim a badge and certificate.

At Regional events (also known as badge events), most people enter beforehand. There are five junior standards - JW1/JM1 (white standard) to JW5/JM5 (blue standard). You can enter any of these courses, depending on what technical standard you are, and whether you are male or female.

## Club Competitions

There are two important club competitions for juniors -

1. The Peter Palmers - where teams of eight compete in a night/day relay event, starting at 4:30am! The legs are of different technical standards and lengths. This is great for those with night experience or for those who want to have a go at night orienteering for the first time, as well as having day legs for those who are less confident.
2. The Yvette Baker Trophy is the other important club competition and each person runs separately on their own course (just as you would at a local event). The points for each competitor are added up at the end of the race. LOG has never won the Yvette Baker, yet!
3. LOG juniors can also take part in the Compass Sport Cup. This is a similar event to the Yvette Baker Trophy, but is open to adults as well.

## East Midlands Junior Squad

There is also the chance to get selected for the East Midlands Junior

Squad when you get to W14/M14 or above. With the Squad, you can go away on several weekends a year, either for training or to events.

These weekends are also for all junior members in Nottinghamshire, Leicestershire, Derbyshire and Lincolnshire, so you get to meet other juniors in neighbouring clubs. These weekends away are a great way to improve your orienteering on different terrain as well as competing in major events. Training by fully qualified coaches is provided.

For more information, contact the Head Coach Paul Murgatroyd 07787 963538 or the Junior Coordinator Ian Durrant 07964 004593

## Training

The Club often organises junior or club training sessions within easy travel distance for both beginners and the more experienced orienteer. These sessions include both technical and physical training. For full details, see the club website.

[www.logonline.org.uk](http://www.logonline.org.uk)

Everyone is welcome to these sessions, at the moment participants range from W12s to M70s to W55s. Maps are often brought to these sessions, for discussion of courses and events afterwards. Going to these training sessions is a great way to meet new people and improve your fitness and orienteering ability.

Sean Harrington Chairman Lincoln Orienteering Group

