



January 2012

# Logger's Latest

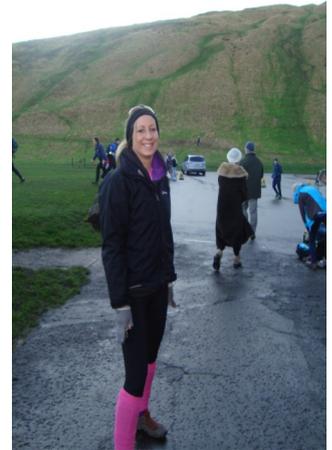
25 years of Lincoln Orienteering Group, for those that like to challenge and exercise the mind and body.

## Ediptor's Intro – Ally 'Dippy' Wright

It is the time of the year where Sean Harrington starts drinking squash in the pub (just Mon-Thurs), Paul sets his sight's on more than 2nd place, and most of us endeavour that from the start of the new year we will be better at *something*.

January is the most popular month for setting goals, and making resolutions, but for LOG and it's LOGger's it's also the start of a very special 25th anniversary year. As you will see later in the publication we have a jam packed calendar of events.

It is IMPortant that as we celebrate 25 years of LOG, we continue to look forward to how we can continue to develop and grow.. I am extremely IMPressed following the latst Logger's Latest many of you have adapted to the tricolour rule...and it is certainly getting us noticed! My next aim on the publicity front is getting us linked with as many clubs, facilities, media publications, events as possible to increase our statue in the Lincolnshire world of sport - so people know who we are and what we are about. Now we have the image, it's time to make a physical presence.



Thank you to all the contributors for this edition and for all the feedback I have received from my 1st issue, the additions requested I have tried to include. Any further feedback and advice is always graciously received.

### Inside this issue:

## Chairman's Words—Sean 'LOG Daddy' Harrington

Compass Sport Qualifier Info	2	First of all I would like to wish all our members a happy New Year. This is going to be a big year for the club as we celebrate our 25 <sup>th</sup> Anniversary, we have several special events to look forward to over the year, two of the main ones being the club dinner at the Bentley in May and our weekend of orienteering in September concluding with the Lincoln City Race.
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Fitness	4	As normal at this time of year several of our members have been stating their aims for the coming year, sadly some people have set their sites pretty low by having one of their main aims down as beating me on a regular basis.
Publicity Development/EMOA League Stars	5	What I think would be a far better objective would for all our members to try and get to at least some of our Thursday night training sessions, even if you can't make them regularly. It would also be nice to see as many members as possible getting to EMOA events more often. Recently we had 17 members at the Shining Cliff event which was a fantastic turnout.
Reports Know your Control discriptions	6/7 /8	
Know your fellow LOGger...	9	Our next big event will be held on the South Common on Sunday 4 <sup>th</sup> March as usual I will be chasing up people up to help on the day, so you have been warned.  We have had one new member join the club in the last 2 months and I would therefore like to welcome Richard Dodson who lives at Harmston, I hope to see him at one of our events soon.
25th Anniversary Plans	10	On the EMOA front for the first time we will be running an urban league with each club putting on one event, our event will be the Lincoln City race in September. The winners of the league will be based on your best 3 scores from these 4 events



## Compass Sport Qualifier 2012—LOG Team Captain Liam Harrington

The compass sport trophy is a club competition against all the small clubs in the country, with a qualifying round in each region and then a final for the winners of each of them.

The scoring works with the winner of each course receiving 100 points, depending on the course size, a certain number of points are then deducted for each place behind the winner. All points are then added together with the top 13 scores counting towards the team total, a maximum of 3 scores are taken from the brown course, 3 on the blue, 2 from across all other courses and finally a minimum of 2 scores must be taken from both the female and junior competitors.



Therefore we need as many club members as possible running for us, and although not everybody's points may count towards the clubs total the more people that run for us, the more chance there is at knocking the other clubs points down.

This year we are running at the EAOA Thetford Warren event on the 19.02.12.

Full info and details are on [www.eaoa.org.uk](http://www.eaoa.org.uk) you need to enter yourselves on [www.fabian4.co.uk](http://www.fabian4.co.uk) before the 05.05.12. You have to run the course for you age class to count.

For more info please email me at [liam@logonline.org.uk](mailto:liam@logonline.org.uk)

## LOG Fashion.... How far do we go?!



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## ...By Geoff Gibbs

To be fit in the M/W 50 and above group you have to train in a different way to the usual Thursday evening sessions. First is the bad news, you can't have a great body like Sean or Beyonce. Mother Nature has decided that only a few can look like that and you're not one of them. These privileged people are destined to have superb bodies even if their only exercise is eating crisps and watching the telly, while you can eat nothing but grapefruit rinds and still have the body of a water buffalo.

This doesn't mean you shouldn't exercise but you need to know the reason for it. Fitness helps you cope with the rigors of age both physically while orienteering and mentally when the kids come around to borrow money for the deposit on a house far nicer than yours. You need to prepare your body for this.

Take joggers for instance. You see them in the street clearly hating every second of it and you say, "What's the point". Ha! Years from now you'll struggle with the aches and pains of old age, whereas joggers who've been in agony for ages will accept the transition smoothly, unless of course, they've committed suicide.

Okay, make the decision that today that you're going to start an exercise program to make you fit, healthy and attractive, like the people in McDonald's adverts. The engine of your body is your heart and the best way to study this is to collect a few animal hearts from your butcher or road kill on the A 46 bypass. You'll notice the hearts vary in size but they all have one thing in common, the animals they came from are all dead. This tells us that the heart is extremely important in physical fitness.

Now you're ready to take your pulse. The traditional method is to press your fingertips against an artery in your wrist. The only drawback is that if you squash the artery flat, the blood will back up until your arm explodes. A far safer method is to drink gin and tonics until you can hear your pulse pounding in your head and use a stopwatch. Count the number of times your head pounds in one minute; if you're healthy then this should be a two or three digit number.

Next, check your weight. If your belly is hanging over your pants, you can attempt to disguise it by wearing clothes with vertical stripes; actually this makes you look like you're wearing a café awning and tells the world that you're really a fatty!

To determine if you are overweight, consult this scientific table of correct weights - Male – 70kgs.  
Female – 52kgs. Child – 28kgs.

If you are heavier than this then sooner or later you'll have to go on a diet to reduce the number of calories you consume, but you have to understand why. A 'calorie' is a unit that tells you how good food tastes. Really good foods like steaks, chips and ice cream are loaded with calories while awful foods like lettuce and broccoli have hardly any calories at all.

To get an idea of a diet you have to understand digestion. This process starts in the mouth, which tastes the food, covers it in spit then sends it to the stomach. Here the food is sorted and used for bodily parts. The selection process is done by colour. Red foods like beetroot, plums and Hawaiian Punch are used for the heart and liver, while green foods such as beans, Brussels sprouts and lime jelly form parts like the kidneys, bowels and intestines. Beer forms urine and so on.

If your body doesn't need any more parts, it turns the surplus food into fat. Your body fully intends to do something useful with the fat one day but it never gets the chance because you're always shoving more spit covered food and booze down your throat. That's why you have to go on a diet.

## LOG's Development, 25years and beyond... by Ally 'Dippy' Wright

What are we doing already?... and how do we continue to develop and progress as a club not just in 2012 but beyond?

In 2009 LOG set four key areas as it's development plan:

- To achieve Clubmark accreditation
- To increase and retain junior participation and membership
- Expand club's links with local schools and youth groups
- To continue to provide high quality Orienteering events

Have we met these or is the still room for improvement?

Does this plan need updating to follow British Orienteering Federation's, 'More people, More Places, More Podiums' aim?

Well Clubmark was successfully achieved thanks to the hard work of Ian Durrant, and since then we have continued to increase our number of high quality events. We now have the Night Score league a great link between our Winter and Summer Series as well as the Midsummer Madness Event and Inter County Competition with HALO.

An area we are still lacking in as a club is our Juniors, and links with other groups. I am currently as publicity officer looking at ways I can improve this.

Over the next couple of months I'm looking at revising the development plan looking at where we are now, where we want to be in the future with strategies and clear pointer's to how we can achieve this.

By the next Logger's Latest I hope to have a skeleton plan available for you to all scrutinise and provide feedback on. Please feel free to send your views to me in the meantime.

### East Midland's League 2011—Leading LOGger's

Ben Mather—Yellow 2nd



Tanya Taylor—Blue 2nd



Paul Murgatroyd



## Walesby Report by Tom George

On Sunday 18th December the club saw its annual handicap championship, at NOC's Walesby event. It was a record breaking turn out as the Logger's readied themselves for the days affair and additionally it was really nice to see some familiar faces. Fortunately, unfortunately which ever way you look at it there was no snow unlike last year, however it was bitterly cold prior to the event which ensured that everyone thoroughly warmed up before competing.

While 30 seniors prepared themselves to run for the impressive Blue Riband Title, previously won by Tanya Taylor, there were 14 juniors lined up ready to compete for the Chocolate Orange Trophy. Both courses provided an excellent view of the surrounding scenery and grounds of Walesby woods which was enjoyed by many.

One by one the Logger's came piling into the finish line physically and mentally exhausted hoping they had bagged the winning position. Once all hydrated and warmed up we were all called round by our club chairman, Sean Harrington, to announce the final scores and conclude the days event.

Firstly the Chocolate Orange results were announced in which Heather Stacy ran an exceptional 6 minutes in front of brothers, Michael Theobald (2nd) and Tom Theobald (3rd) who are all members of 1406 Spalding Air Cadets accompanied by their fellow cadets and instructors Mr and Mrs Nell.

Next the final scores of the Blue Riband Trophy were announced in which everyone was eager to find out the top 3 spots. First place went to Tom George (myself), winner by just over 2 minutes, Kevin Kirk, (2nd) by 52 seconds and Andy Furnell, just 1 second ahead of 4th position.

Being given this opportunity to write this small article I would firstly like to thank NOC for hosting the Walesby event. Secondly I would like to thank everyone for turning up and representing the club as whole. Finally, most importantly, I would personally like to thank those who have helped me over the last 3 months during club training as this was a defining moment in my orienteering performance creating a nice end to the year for me.

Tom George was introduced to LOG through the RAF Cadets, and since joining Lincoln University has become a more active member of the club.

At our last AGM Tom was appointed as our Junior Representative, he is hoping to help us in our aim to increase junior participation and build a strong junior team of LOG Members.



If junior members <20 years could please email Tom at : [tomg93@hotmail.co.uk](mailto:tomg93@hotmail.co.uk) to become part of Tom's junior mailing list, Thanks.

## Urban Report by Andy 'The Funnel' Furnell

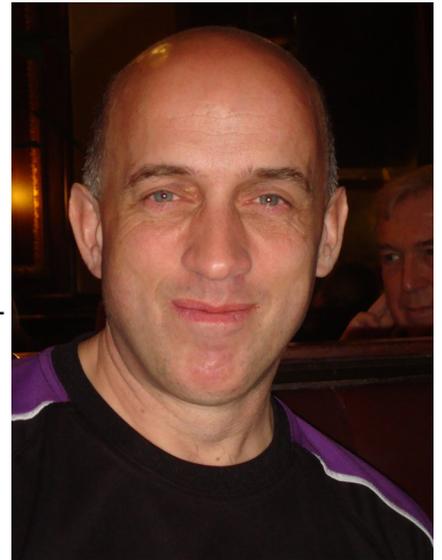
It's been a quiet end to the year on the urban event front...

The 2011 Nopesport Urban League ended in November with the final events in Chester and Penrith. With both being some distance away and the former having been visited as a LOG weekend previously, there were no LOG competitors competing at either. With the events being more widely spread geographically, most age classes seem to have only had a few people with a full set of six counting scores from the 12 events. Possibly with this in mind, the organisers have set up the 2012 event with 14 events from which 6 events can count. This should hopefully help attract more interest.

From a LOG perspective, the inclusion of the Lincoln City Race for a 3<sup>rd</sup> consecutive year provides further recognition for this event. This coming alongside the inclusion as a fixture in the UK Masters Cup really does raise the profile of the event further and does show how it has become one of the leading urban events nationally. Elsewhere, there should be good opportunities for LOG members to pick up points at locally at Nottingham and Sheffield. The series finale returns to Sheffield this year so will provide a welcome opportunity to be present for the final and presentations.

The LOG contingent travelling to Edinburgh will already have picked up points at the first event of the series. Elsewhere, a number of new events are on the list. Of these, I think the most interesting sounding are Great Malvern on 10<sup>th</sup> March 2012 and Kendal on 7<sup>th</sup> May.

Overall, though, the list does show that urban events are still cropping up for the first time in areas that have not hosted significant events before. This should make 2012 another interesting year for urban events.



## Edinburgh Trip Report

by Sarah Edwards...to follow in the Next Edition of Logger's Latest!



## Winter Series –Event 3 Stapleford Woods by Jeff Baker

What more can be said about Stapleford than what was already moaned about on the day. In my enthusiasm to provide some good orienteering and some good courses a few mistakes were made and for this I humbly apologise. However what must not be forgotten is all the hard work that goes in to both planning and organising these events and the goodwill of the people that do it. A little praise and a thank you wouldn't go amiss.

Back to the event. It's hard to really plan anything different around Stapleford because everyone knows the area so well and there are only so many hills, depressions and gullies that you can put controls in or on. With this in mind I decided with Santa's little helper to use the majority of the area on both sides of the road especially for the long course. After walking round three times and covering a few miles in the bargain plus getting caught out in the dark without a light (thank God for the occasional car going along the road) the long course took shape, the only problem being that it was over five miles or eight kilometres for those of youthful years. Back to the drawing board move a few controls and hey presto 4 miles with some long and short legs thrown in for good measure.

The short course was kept on the car park side of the road in order to keep the younger orienteer's out of danger. The problem here was how difficult to make it. In the end a compromise was agreed on and some of the controls were made a little more difficult than others in that they were moved off the paths and in to the undergrowth. (Luckily the snakes sleep in the winter).

As it happened over thirty people attempted the long course where Paul was a convincing winner by over three minutes. On the short course another eleven tried their luck with Edward Nicholson taking the honours in front of our own Hayley Fox.

The numbers on the long course seem to bear out what some people were saying afterwards that if they are travelling then they would prefer a bit longer run.

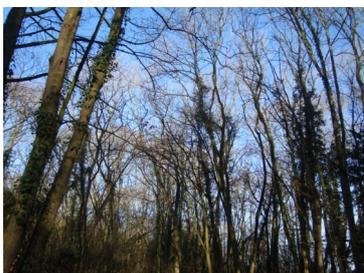
As ever thanks go to the ever suffering Tanya whose advice I never take and to all the helpers on the day.

## Winter Series—Event 4 Lincoln City by Hayley Fox

On one of the coldest mornings of the year so far I headed out extra early, in the dark and cold to put out controls. My thoughts were on avoiding the Riseholme disaster and not falling off my heavily laden bike; the family's that I must be barking! The course planning had started around stairs and progressed to take runners around some of the historical and more picturesque parts of Lincoln. The controls and route choice enabled the opportunity for those who wanted to take advantage, some excellent views across the city.

At 9:30 in the warmth of the nearby McD's I started to relax a little with all controls out, and half an hour to warm up. Andy L was the first to brave the course and it was with relief that he arrived back and all was in order. Thirty-six runners braved the cold over the two courses with Jack Audis narrowly edging out Pauline Ward of DVO as fastest round the short course. On the long Paul M easily claimed the fastest finisher, 5 minutes ahead of his nearest rival Clive S.

All in all, despite the cold it was a much more positive experience, one I'll probably repeat, and all the kind and encouraging comments afterwards definitely helped!



## Know your fellow LOGger by Dudley Giles

I wanted to start orienteering in about 1972 when I first came across a copy of John Disley's book *Orienteering* in the school library. This was the sport for me I decided but as I lived in South London, my parents didn't drive and orienteering in the south in those days seemed to be predominantly in Surrey it was not to be. I had to wait until I went to Leeds University in 1976 before I could finally engage in a love affair with a sport which I find endlessly rewarding and frustrating in equal measure.

In the ensuing 35 years in a career spent in the Army, I have orienteered all over the UK and have lived and orienteered in Belgium, Canada and Germany. As an itinerant I have been a member of countless orienteering clubs, organised, planned and controlled events, done a bit of coaching and mapping, formed an orienteering club (in Canada), been in a few successful teams and even won a few events (always on the B or Short course and usually when everyone else was away on holiday!) but I would never categorise myself as anything other than an indifferent orienteer. When I'm fit I run too fast to stay in contact with the map and when I'm not fit, although I might make fewer mistakes, I'm hopelessly uncompetitive (sound familiar?).

I'd been courting my future wife, Andrea, for 4 months before I discovered that she'd actually been orienteering longer than me (that clinched it - I had to propose!). Our 3 children, Nick, Emily and Laura all orienteered when they were younger and now complain that they never had a 'proper' holiday (what's wrong with a constant diet of the Scottish 6 Days, Welsh 6 Days, Lakeland 5 Days, interspersed with multi-day events in Germany, Belgium and Canada I ask?). None of them orienteer now.

In 1989 Andrea and I took on the editorship of *CompassSport* and only gave it up when I was posted to Northern Ireland for 2 years. In 1996 we set up *Handrail: A Quarterly Magazine for Orienteers* and, just as it was getting established, had to abandon it when I was posted back to Germany (not to return to UK for another 7 years.) I stopped orienteering in 2008 when trouble with my eyes meant I couldn't read the map properly but I have returned this year with new enthusiasm and vigour.

Andrea has never considered herself anything other than a recreational orienteer but that's never stopped her being the 'Giles Family Champion' at most of those orienteering holidays! Technically, as residents of Newark we ought to have joined NOC but I've always preferred small clubs to big ones (e.g. LUOC, SARUM, KERNO and Lagan Valley Orienteers - even British Army OC has a small club feel about it) so I'm very grateful for the way the club has accepted me in to your ranks and I look forward to many more years of orienteering to come.

## Learn your Control Descriptions by I should have known better...

### *Cairn*



**Cairn** is a term used mainly in the English-speaking world for a man-made pile of stones. It comes from the Irish: *carn* (plural *cairn*) or Scottish Gaelic: *càrn* (plural *càirn*). Cairns are found all over the world in uplands, on moorland, on mountaintops, near waterways and on sea cliffs, and also in barren desert and tundra areas. They vary in size from small stone markers to entire artificial hills, and in complexity from loose, conical rock piles to delicately balanced sculptures and elaborate feats of megalithic engineering. Cairns may be painted or otherwise decorated, e.g. for increased visibility or for religious reasons.

In modern times, cairns are often erected as landmarks, a use they have had since ancient times. Since prehistory, they have also been built as sepulchral monuments, or used for defensive, hunting, ceremonial, astronomical and other purposes.

## LOG's 25th Anniversary Year 2012 - by Paul 'The VC' Murgatroyd

This year sees LOG celebrate its 25<sup>th</sup> birthday and it is probably going to be the most active year in the club's history. A full calendar of events has been put together by the committee and every month, from January all the way through to December, will hold possibilities for O'ing! Here's a round-up of all the main events happening in 2012....

**January** kicks off with the continuation of the 2011/12 winter series, culminating in the last two events at Chamber's Farm Woods and Sudbrooke Park, the last of which will also host a social and trophy presentation in the local village hall. The club is also making a trip up to the Burn's Weekend in Edinburgh, with the Nopesport Urban race on the Saturday and a traditional colour code event on the Sunday on Arthur's Seat.

**February** sees the second LOG Night Score Cup, with four events around Lincoln on Thursday evenings, and the qualifying round of the Compass Sport Trophy at Thetford Warren on the 19<sup>th</sup>. It would be great to see another strong turn-out from the club here, so that we can do the hat-trick of finals in our birthday year!

Into **March** and the early Spring season sees our East Mids League event on the 4<sup>th</sup> on South Common and then the second club trip of the year to Rome, for the Mediterranean Orienteering Championships, on the weekend of the 23<sup>rd</sup>-25<sup>th</sup>.

**April** brings on the traditional summer series, kicking off on the 5<sup>th</sup>, and running through on alternate Thursday evenings until August. A few hardy LOG'ers will also be making the trip up to Scotland for one of the main events in the O calendar – the JK festival – over the Easter weekend (6<sup>th</sup>-9<sup>th</sup>).

Finally, **May** rounds off the spring season with the British Championships on the 5<sup>th</sup> – 7<sup>th</sup> in the Lakes.

The summer season kicks off in **June** and this month is all about our partnership with the other Lincolnshire O club. On the 5<sup>th</sup> the club will be participating in HALO's 30<sup>th</sup> anniversary event, the Humber Bridge relay, which should be a great celebration of Lincolnshire orienteering, and then on the 28<sup>th</sup> we renew our annual rivalry with HALO at the 3<sup>rd</sup> Lincolnshire Challenge Shield event, held on home turf this year at Riseholme Park.

**July** and **August** are a little quieter for the club, with the summer series continuing and finally culminating with trophy presentations at the Midsummer Madness Chasing Sprint on the 2<sup>nd</sup> August.

Into autumn now and the weekend of 1<sup>st</sup>/2<sup>nd</sup> **September** is the big one for the club. The Saturday evening sees us host a 'friendship relay' race at Riseholme, with a club barbeque alongside, and then the Sunday is our premier event, the Lincoln City Race, and this year it will be part of both the Master's Cup and the Nopesport league – prestige indeed! If we qualify, the CompassSport trophy final will see us travel up to the Scottish Borders on the 30<sup>th</sup>.

**October** witnesses the 2012/13 winter series commencing on the 27<sup>th</sup> and running through **November** and **December** on alternate Saturdays and then we finish the year on the 23<sup>rd</sup> December with the annual Club Handicap Championships at Walesby.

I'm sure you'll agree that that is one packed year and for a small club like ourselves is a great testament to our energy and enthusiasm! You'll certainly not be short of O'ing in 2012...

**Keep up to date with LOG via Facebook—'Lincoln Orienteering Group', Twitter—@LOGGER'SLATEST or our website—www.logonline.org.uk .**