



January 2013

Logger's Latest

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

✦ Chairman's Words—Paul Murgatroyd

May I start by wishing a Happy New Year to all LOG'ers and their families! As we begin to get our teeth into 2013, I would just like to start by looking back on what was a landmark year for the club. 2012, being the 25th anniversary of LOG, was full of activity and it was great to see so many members getting stuck into helping it to be a wonderful celebration of all that is good about us. A glorious dinner in March, followed by a cracking race weekend in September, were the obvious highlights, but there were a whole host of other moments to savour. Let's hope we can continue to build on this good work and move forward as a club - I have every confidence that we will!

Looking forward to 2013, this year will see us play host to our first ever national final, with the YBT junior competition coming to Belton Woods in July. This will put us as a club firmly in the shop window of orienteering, and demand a great deal of volunteer effort to make sure it is a success. I know that we will all rise to the challenge, so please put the date of Sunday July 7th in your diaries now!

Also at the national level, we will be competing against HALO and SUFFOC in the CompassSport Trophy qualifier on Sunday February 17th at LEI's Fineshade event and we will need as many runners out that day to try to make it our third final appearance in four years, so, again, can I call on everyone to put this in their diaries and come and help us to triumph once more over our local neighbours.

Our winter series is coming to an end and we're moving on to a busy period in our local events calendar, with the expanded Night Score Cup and then, after a short break, the newly devised Spring Cup and Summer Urban series, all on Thursday evenings. We'll be needing a number of planners for the latter two, so please step forward to take on an event if possible. If you're new to the planning game, don't worry, support and guidance will be there to make it a pain-free and enjoyable experience! There'll also be a revamped team event tied in with the Spring Cup and then, in September, the inaugural Lincolnshire Indoor Champs. Something for everyone in there, I hope.

I look forward to another great year of O!

✦ Ediptor - Ally 'Dippy' Wright

2013 may not be an Anniversary year however yet we have again another jam-packed year of events with the classic Winter and Summer Series evolving to incorporate a Spring Series and the extended Night Score Cup—and that's just at local level...Oh and of course there is our involvement in the EMOA and Nopesport leagues plus the hosting of the Junior Yvette Baker Trophy event.

On top of that we have social trips already arranged amongst members to the JK at Easter near Reading, and the Scottish 6 Day in Moray. There is a fantastic choice of Orienteering events to be done this year; I just wish I had more time to do them.

Sadly there is still a rather disappointing turn out at our Club Night's which run every Thursday we don't have an event on, 1820-1930 with a post session debrief in the pub. I can't say enough how beneficial these sessions are and how lucky we are to have Paul available to run them for us for the bargain price of £1.

See page 9 for a regular participants view on Club Night, and hopefully we shall see you there soon!

Upcoming Events:

Night Score Cup Events:

West Common 31st January
 Hartsholme Park 7th February
 South Common 14th February
 Sudbrooke Park 21st February
 Riseholme Park 28th February

More information regarding this series on the last page.

East Midlands League Events:

24th February - Crich Chase (DVO)
 3rd March - Harlaxton College (LOG)
 10th March - Bagworth (LEI)
 17th March - Harlow (NOC)
 7th April - Bramcote (NOC)
 18th May - Swithland (LEI)
 2nd June - Cromford (DVO)
 16th June - Burbage (LEI)
 8th September - Hardwick (DVO)
 12th October - Bestwood (NOC)
 13th October - Kedleston (DVO)
 27th October - Ratby (LEI)
 10th November - Thoresby North (NOC)
 22nd December - Walesby (NOC)
 29th December - Outwoods (LEI)



We operate a car share scheme to these events usually meeting at the Grandstand, Lincoln leaving between 8-9am and there is also usually a car coming from the Grantham area. This is usually arranged by Paul M or John Mather. Please email them at: pmmurgatroyd@me.com or j.mathr@ntlworld.com.

Check out more events at: www.fabian4.co.uk.

Some recommendations include,

LEI British Sprints, Loughborough University. 20th April
 DVO British Middles, Stanton Moor. 21st April.



Please contact Dave Denness if interested in this one:

LOC Middle and Classic Distance Event, Graythwaite, nr Windermere/
 Hawkeshead/ Newby Bridge. 13th/ 14th April

Compass Sport Qualifier—2013

LOG Team Captain, Liam Harrington:

This year LOG are to run their qualifying round of the compass sport trophy at LEI's Fineshade event on Sunday 17th Feb 2013. The compass sport trophy is a national competition in which we have made it to the final twice in the last three years.

Therefore we would like to make it to the final again this year, so we need as many club members as possible to run for us. Runners have to run the course for their age class and are scored points towards the teams final points total.

Full details are on www.leioc.org.uk

Entry is senior £8 and Junior £4 this event is partly subsidised by the club.

Team entry is by 24th January for further details contact: liam@logonline.org.uk

Fashion Report—Clare Hanna

Some people can take fashion too far. Those walking down the Strait in Lincoln may have noticed the proliferation of 'vintage' clothing shops. This is really just posh for second hand. Imagine my surprise when attending an orienteering event further north, to come across a stall selling second hand O-kit. I'm sure it reduces greenhouse gases somehow, but it's one thing to be dressing up in '70s fashions, it's all together another to be running around the woods in someone else's smelly O-kit, that they've rolled in you don't know what in, and anyway how clean can you really get a pair socks ?

Yes, they were selling second hand socks. Actually the club concerned have a rather vintage look to their club kit, but mainly because they haven't changed it. Most of us who've done orienteering for any length of time have something nylon in the cupboard too.

However the Compass Sport Cup is the time to banish the old and wear your club colours with pride - no red army tops, blue tracksters or the like. Purple, black and white all the way!

Page 3 Pics

Congratulations to Ben Mather 2nd in the East Midlands League for the the Yellow course, and Tanya Talyor for being 3rd on the Brown Womens course.

More pics to follow next Edition to include Walesby Winners and Winter Series Champions.

Winter Series—Greetwell Hollow

Club handicap Championships—
Walesby



Who they are and What they do—Some of the LOG Committee Members

Club President—Ian Durrant

What do I do as Club President? Well, I suppose I do anything that is not done by the other members of our Committee which means – not a lot.

I have been known to present the odd trophy, give the odd speech and lay on the odd orienteering event for scouts, cubs and beavers at Dukes Covert, just south of Ancaster. I also still have involvement with North Rauceby Primary School, which my youngest grandson and granddaughter attend, where we all enjoy the odd Easter Bunny orienteering event. Of course I always get an egg.

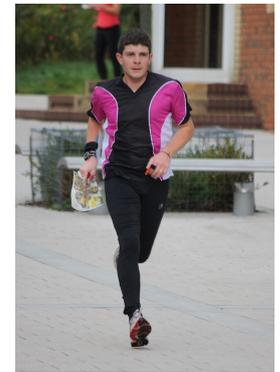
In short I am the club's odd job man.



Fixture Secretary—John Mather

As the LOG Fixture Secretary I undertake three main tasks:

- Registering the club's events with the Regional Fixture Secretary and British Orienteering
- Arranging access permissions for the club's events
- Preparing risk assessments for the planners/organisers of each of the club's events to ensure compliance with our insurance requirements



Each of these tasks is varied in complexity due to the type of event and the landowner. For example, the City Race, as a large Level B event in a city centre requires a 'bid' for Level B status to BO around 18 months before the event and the statutory authorities require a substantial event plan document detailing our approach to the event and risk management. At the other extreme, a Level D event on one of the Commons in Lincoln is usually sorted with a few emails and a re-refresh of the risk assessment.

Welfare Officer—Clare Hanna

The role of the Club Welfare Officer is to safeguard young people and vulnerable adults by the promotion and implementation of the British Orienteering, O-Safe – Child Welfare Policy and Procedures at a club level. They are also the first point of contact in the club for the reporting of concerns relating to the safety and welfare of children and vulnerable adult.



Lincoln Orienteering Group Executive Committee Meeting Minutes – 10th January 2013

Present: Paul, Sean, Amanda, Tom, Liam, Ally, Clare, Anne, Geoff, Hayley, Delphine, Jo, Michael.

Apologies for Absence: John.

Approval of Minutes of Meeting on 17 October 2012: Agreed with a few minor corrections.

Matters Arising: 3. Participations return figures would be compiled by SH and sent to HF so she could pay the levy.

Treasurer's Report: HF presented account details to date. Lincoln Minster School hadn't yet banked their cheque for parking fees at the City Race, SH to remind them. The Winter Series had helped club funds so far but new BOF Levies were now due on all events. The club debit card application had been mislaid by the bank so a new application was made

EMOA Report: NTR. Meeting on Monday. SH asked to comment on EML Handicap system and to ask about a Basic Planners Course(Level D).

Publicity Update: AW to send the LOG Development Plan to Andy Lucas to put on the website and to Ian Durrant to put in the Clubmark File. AW asked if everyone could help with taking photos for the newsletter over the next few months.

Yvette Baker Trophy - 7 July 2013: AR to give SH names of toilet hire companies. LH was appointed the Assistant Organiser. Lots of helpers would be needed but they should be aware that there might not be an opportunity to run. SH to liaise with Andy Lucas over the visual display of results.

EMUL – 6 October 2013 (Stamford): Dave Denness was the planner. PM was to discuss with him whether he needed an organiser and whether the event needed to be notified to the town council. AR to agenda for the next meeting.

EML – 3 March 2013 (Harlaxton): A controller had been found, Roger Edwards. JM to provide the Risk Assessment, Safety and Hospital Direction. SH to compile helpers list with details of experience. SH would post final details on the website. JM still trying to negotiate use of toilets.

CST Qualifier: To be held at Fineshade on 17 Feb 13. The cost is higher than usual due to parking logistics. It was decided that in order to encourage as many members to attend that LOG would subsidise the fees by a third, therefore Seniors £8 and Juniors £4. It was anticipated it would cost the club up to about £150. LH to email members with details and collate team entry by 25/1/13.

Event Organisers: Organisers for upcoming events were: NSC – PM, Spring Series – SH, Summer Series – SH, Harlaxton – SH, Stamford – tbc

Participation Returns: Already discussed at Item 2.

Access/Permissions: NSC all in hand but awaiting confirmations. Sudbrooke OK. West Common OK, the golf club bar may be open after the event, parking to be in the grandstand carpark.

Night Score Cup: Already discussed.

Spring Series: PM looking for planners. Short, Long and Tech courses. 4/4 Bourne, 11/4 Stapleford, 18/4 Revesby, 25/4 Ostler's, 2/5 Morkery Woods (AR and Trudy Crosby), 9/5 S.Common, 16/5 Stoke Rochford (Jeff Baker).

Summer Series: PM looking for planners for the LOG Events 13/6 Horncastle, 27/6 Lincoln, 11/7 Sleaford. HALO Events 20/6 Brigg, 4/7 Barton, 18/7 Louth.

WOC 2015: 1-9 Aug 2015 in Scotland. Volunteers were needed, PM suggested LOG send a group to help. AW to promote in the newsletter.

Best practice File: AG putting together file on all venues. The file would be forwarded to each planner when assigned a venue. Planners would then add to the file with own comments/observations after the event. AG to liaise with JM to keep copy of risk assessments for each venue with the file.

Dibber Hire: It was decided that the need to take a deposit to cover the cost of the dibbers and that the club needs the dibbers for events meant that this would not be viable.

AOB:

Winter Series Trophies: SH to arrange 3 trophies for 19 Jan 13, Short, Long and Orienteer of the Series.

Container: GG to look at the container and report back at next meeting on what repairs were needed.

Loggers Latest: Next deadline 20 January.

Membership Renewal: AR to send out further reminder to renew membership in a weeks time.

Date of Next Meeting: Thursday 14 March 2013, 8pm at The Golden Eagle, Lincoln.

Winter Series 2012/13 Reports

South Common, Lincoln - Event 3: 1st December, *Planner Dudley Giles*

I think South Common is a great area on which to plan a Winter Series event so I was grateful to have the opportunity to do it. It offers some interesting challenges; not least the fact that it is very open and full of tracks (and you all know it so well!). And it's almost impossible to find control sites which are not within (it seems) inches of a defined attack point. So I thought I would share with you the approach I took to the courses on Saturday 1 December 2012.



I was given very clear planning directives. The long course should be as technically challenging as the area and the map can stand and be between 4 and 6kms in length. And the short course should be between 2 and 3 kms and set around technical difficulty 2 and 3.

Planners are, almost by definition, experienced orienteers and as a controller I've found making certain they pay proper attention to the guidelines for the less technical courses more challenging than actually getting the technical courses right. We all forget what it was like to be a novice orienteer and we all have a tendency to try to make the courses 'a little more challenging' when actually we should be going the other way. The last thing we want is for people to be put off. It's always better to err on the side of 'too easy' than 'too difficult'. There is time enough for them to experience the 'pleasures' of being absolutely lost later on!

The first four controls on the short course were all beside defined handrails and all went in the same general direction. So by the time I gave them a very short (70m) compass leg (4-5) I was hoping that they were, by now, well and truly 'into the map'. The leg from 5 to 6 was inelegant and, in planning terms, I should have avoided the obvious dog-leg but, in my defence, I wanted to avoid having to put out yet another control and, as it was another short leg which was shared with the long course, I hoped the beginners might get a bit of unexpected help. The last three legs were all set at TD3 but, to counter-balance this, all the controls were on or very close to distinctive features or handrails.

The great temptation on the long course was to turn it into a 'control-picking' exercise. You can try to keep people off the paths on South Common but, if you do, you end up with controls every 100m or so. The alternative is to try to plan long legs which go across the grain of the path network and which offer a number of route choice possibilities. And that's what I tried to do.

A planner also has to look at the area as a whole and try to work out what are the 'best' bits and what are the 'worst'. For me the best area is the central belt, particularly the area to the east of the central woods. And the worst (sadly), at least for me, is the southern triangle. Paul M would no doubt disagree with me. It does offer some technical challenges but at the moment the ground is really, really wet and I don't think you would have thanked me for getting you up to your knees (or higher) in very boggy ground.

The long course was built around four legs: 4 to 5; 6 to 7; 9 to 10; and 15 to 16. The first three were designed to reward the runner with the confidence (and the strength) to go as straight as possible whilst at the same time offering the others a variety of other possible routes. The last one (15-16) was supposed to be pure route choice. I wondered if anyone would chose to ignore the path on the east edge of the map (going round to the west is a viable route choice). I suspected not. But there are a number of exits from the eastern path that you can take to come back onto the Common and the further north you go along it the easier you might find it to select a simple attack point.

On reflection the leg I was most dissatisfied with was 13 to 14. I could, and should, have put another control in between – and I also know where it should have been. And that's the advantage of having a controller – he or she is there to keep the planner on his toes and to make certain he or she strives for excellence rather than going with 'this will do'!

Footnote: Paul M went west from 15 to 16 and, as he pointed out to me afterwards, by failing to put another control in (either between 13 and 14 or between 15 and 16) I allowed him to simply reverse his route from 13 to 14 when choosing his route from 15 to 16. Obvious really. And that's why having a second pair of eyes is always a good idea!

Greetwell Hollow, Lincoln—Event 4: 15th December, *Planners Anne and Geoff Gibbs*

A lovely sunny day for a newly mapped 'O' ing area. Being bits or urban, bits of woodland and bits of quarry made control features limited but participants had to be more focussed than usual so it led to more interest on the courses.

Mostly flat terrain meant the fast boys dominated with Paul Murgatroyd winning the long course by eight minutes against Justin Williams second and Charles Nell third.

The short course was won by Toby Williams with Dominic Simmonds second and Lisa Mulvey third.

The only complaint was by dog walkers the next day of stains from blood dripping off the thorn trees.

Burwell and Haugham, Nr Louth—Event 5: 5th January, *Planner Liam Harrington*

On 05.01.13 the winter series travelled just South of Louth for the second new area of the series. Burwell is a traditional orienteering area with many contours which doesn't happen on many of LOG's areas, therefore it made a nice change.

The day saw a good turn out of 47 runners coming to try out the new area.

On the day the short course saw Karen Williams taking top spot by a clear 5 minutes ahead of Henry Brown.

The long was won by Paul Murgatroyd for his 3rd win of the series with Justin Williams in second and Andy Stevenson in third.

From the comments I received at the finish I think most people enjoyed their course and everyone said it was a great new area that they were looking forward to coming back to.

Westgate Woods, Wyberton—Event 6: January, *Planner Paul Murgatroyd*

This event was postponed due to the snowy weather for 26th January. Report will be in the March Edition with all the Winter Series Results.

PLANNERS WANTED FOR SPRING & SUMMER SERIES

April

04.04 : Spring Series #1 – Bourne Woods

11.04 : Spring Series #2 – Stapleford Woods

18.04 : Spring Series #3- Revesby Estate

25.04 : Spring Series #4 - Ostler's Plantation

May

02.05 : Spring Series #5 - Morkery Woods (possibly Amanda Roberts)

09.05 : Spring Series #6 – South Common

16.05 : Spring Cup (Team event) – Stoke Rochford

June

13.06 : Summer Series #1 – Horncastle Town

27.06 : Summer Series #3- Lincoln City (possibly Hayley Fox)

July

11.07 : Summer Series #5 - Sleaford Town

Please let Paul know if you're keen to take on one of these events - help and assistance will be provided for those who are just starting out as planners!



An EMOA Conference for Experienced Planners and Controllers

Saturday 27th April 2013, 10.00 - 15.00

(tea/coffee from 09.30)

**at Rushcliffe Country Park, A60 (Loughborough Road), Ruddington,,
Nottinghamshire, NG11 6JS**

What the day will include:

We are hoping that Barry Elkington (OD) will run a session on planning long distance courses. Barry was Chair of Rules Group and is now on the Events and Competitions Committee. He wrote the very useful series of articles on course planning for CompassSport which are on the British Orienteering website at http://www.britishorienteering.org.uk/page/handbook_mapping.

Hilary Palmer (NOC) will run a short update and discussion session on [Safety and Welfare: Sharing Good Practice](#).

The week after planning the British Middles Distance Championships at Stanton Moor, John Duckworth (DVO) will run a session on [Experiences and challenges planning the BMDC](#).

Through a series of role plays, small group and plenary discussion the emphasis will be on the practical interpretation of the BOF Rules, Guidelines and Appendices as they relate to the events with which we are involved. We will use some recent events to analyse the courses and consider planning and controlling issues, including the need to change the map during the process.

The day also provides a valuable opportunity to meet and discuss issues with other EMOA event officials

What to do:

If you are interested in coming, please let Ranald Macdonald know by Monday 22nd April at r.f.macdonald@btinternet.com

Lunch and drinks will be provided if we know by this date – late bookers may have to bring their own!

There will be no charge for the event as it is being run as part of EMOA's Development Plan activities for 2013.

The day is being put together by Ranald Macdonald (DVO) and if there are particular issues you would like us to bring into the workshop, please let Ranald know in advance.

Know your Fellow Logger : Delphine Suty

Anyone who has been in a car with me would know that my sense of direction is at time, somewhat missing.. Truly, I can get lost in a car park, even a linear one! I don't know where I go but it is only this sense of 'déjà vu' that brings me back to reality!

So yes, I had thought about orienteering some 15yrs ago when I first came across the sport but I was then actively running with a local club (Woodford Green AC with Essex Ladies) and NEVER really thought that this would be a sport for me!

My first training session was in Hartsholme in October 2010 and after this first meeting I really did not think I could hack it. I was not sure at all about the whole idea of running in the dark with a dim head torch, fearing about tripping up, getting wiped in the face or worst when running in Hartsholme (day or night)... So no understatement there, it was not the evening that sold me the sport, even though there was something exciting there, I saw myself more as a daytime orienteerer.

Truly enough, looking back at my maps, I don't seem to enter any races until Grantham in June some 6mth later! By the beginning of 2011 I was making most training nights which made racing the right progression. This all seems so long ago; as I now find myself in times of uneasiness with signs of withdrawal symptoms when there are no events at a justifiable travelling distance at the weekend.

I fear a slight addiction has taken over me and I really enjoy the thrill of night orienteering.

What I like the most about the sport: is the individuality of it, the level of fitness that is required and a sense of complete freedom when you do your race without having to worry too much about what's going on around you (ok not fully true there!!) but you have your map and you get on with it!

My frustrations; a fear of miss-punch; tripping; not using the very good tool I've been given through training *mea culpa* but this is all behind and I fully intending to work very hard to get better at it this year!

My other challenge is with the sport itself; to be specific the map planning of some of courses that can, if badly prepared, trash a site, in addition to giving bad press to the sport! Rightly enough if you have x amount of runners that are likely to use the same control, the ground around its location will be placed under pressure so control location needs to be thought carefully!

Apologies Ed has to jump in here to say that all the studies that have been done on this subject 'showed that any impacts were insignificant and short term' (P. Brett, 2013, Environmental Officer, Orienteering Focus). However it is important that we consider our effects on the environment and follow Orienteering's Environmental Guidelines available to view on the British Orienteering Website—EDips.

Which leads me to my other interest in my live which is habitat conservation and I'm a member of the Lincoln Conservation Group, so please visit the site www.lincolnconservationgroup.org.uk and who knows you might find something there that will offer you a chance to work out different muscles in your body than you would during a race in the summer time in the Peak (ermmm maybe not the best example here...)

Wishing you all the very best of health for the New Year.



Club Night Blog By a Regular Club Night LOGger - Why aren't you joining in the fun?

Anon:

I should never have agreed to write this on the same day as I did Pauls gym circuit, my knees feel like over-ripe bananas and my jumper is too heavy for my body. Still I am sure that once my heart rate drops below 185 and my pectorals come out of spasm and the acute pain from my calves abate so I can walk again, I'll feel like a million dollars.

All this to improve my orienteering!!!

As a rule I am a back packer and my consuming dream is to pass a few LOGgers in 2013 and achieve some PBs. So beware you who DON'T come training are going to be left behind.

Its not all hard work there are some easy bits like running with one leg straight, knee locked, while flicking the other up to the bum, this really gets us breathless (with laughter)

After only a few weeks the Xmas wobbly bits are fitter and some have even glimpsed a muscle.

So do come along on a Thurs evening and enjoy this torture... oops sorry I meant training.

Club Handicap Championships 2012

LOG's annual Handicap Championships at NOC's event at Walesby saw a record 35 runners competing on the senior, Blue Riband course, with another 6 juniors taking on each other on the Chocolate Orange course. The weather was the best it's been for several years and, despite the recent deluges, the underfoot conditions were remarkably quick, making for some very fast times, with lots of runners taking time out of their handicaps.

On the Blue, Liam Harrington recorded the day's fastest time, but it was the old hands who claimed victory on the main handicap chase event. Ultra-vet, Geoff Gibbs, destroyed his predicted time by over 14 minutes, with Hayley Fox taking second, 3.5 minutes down, and then new boy, Jonathan Roberts, nipping in to take third, a further 23 seconds back.

The Chocolate Orange saw Fred Beech post the day's fastest time, but this wasn't enough to take the main handicap title, with Maria Lockie wiping over 8 minutes off her predicted time and picking up the coveted trophy. Ben Mather recorded a notable 2nd place on his first ever run out on an Orange course and also tied with Ben Scott on handicap time, with Toby Williams only four seconds back from these two

A Blue Riband Champion report by Geoff Gibbs:

I was dreading the club championships at Walesby on 23rd of Dec. It's a fast runner's area but a few injuries and lots of lost controls through the year had earned me an excellent handicap time. With this I was the first of 35 away for LOG, feeling pretty good and had even remembered my glasses. Sean shouted "My money's on you".

I found the navigation fairly easy with no hidden kites. Control 14 was a dog's leg if you used the paths; I didn't meet any other LOGers on my return leg so I knew that assuming no late disasters I was well up.

Thanks for the handicap chaps, you were very generous. I'll be there to defend my title next year but have already received the official message "You've got no chance".

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

Further Explanation of Column G:

Column G - Location of the control Flag

11.4		East Corner (inside)	Used where: a) The edge of a feature turns through an angle of 45-135 degrees; e.g. Open land, east corner (inside); Ruin, north west corner (outside). b) A linear feature turns a corner; e.g. Fence, south corner (inside); Stone wall, south west corner (outside).
11.5		South Corner (outside)	The orientation of the symbol indicates the direction in which the corner points.
11.6		South west Tip	Used where the edge of a feature turns through an angle of less than 45 degrees; e.g. Marsh, south west tip.
11.7		Bend	Used where a linear feature makes a smooth change of direction; e.g. Path bend; River bend.
11.8		North west End	The point at which a linear feature ends or starts; e.g. Ride, north west end; Stone wall, south end.

Night Score Cup 2013

2013 sees the third Night Score Cup series, with 5 events running on consecutive Thursday evenings between the end of January and February. Open to all, this series is suitable for everyone from novice to experienced orienteers.

Each event comprises of a single 45 minute, mass start, score race. Collect as many controls from the 25 available as you can in within the 45 minute time limit. Each control is worth 5 points; there is a time penalty of -5 points for each 30 seconds (or part thereof) over the time allowance.

Registration will be open from 6.30pm, with call up and briefing at 7.05pm. Maps will be released at 7.12pm allowing a maximum of 3 minutes of route planning. There will be a mass start at 7.15pm. Course closes at 8.15pm. Entry fee is £3.00 for LOG/BO members (adults), £4.00 for non-members, £2.00 juniors (all) and includes SI dibber hire.

The orienteer's final score from the series will be based on their best 4 scores from the races, with the planners of each event being awarded a 'joker', which means a doubling of their best score from their tally across the series. Winners medals will be awarded in each of the following categories:

Series Champion
 Highest Scoring Female
 Highest Scoring Junior (M/W<20)
 Highest Scoring Veteran (M/W>50)

Please email Paul Murgatroyd at pmurgatroyd@lincoln.ac.uk including age class & dibber number if you have one, as this will help to predict map quantities needed and will speed up registration. For more information, contact series co-ordinator Paul Murgatroyd via email or on 01522 837095. **Bring a torch!**

World Orienteering Championships 2015 - Volunteers Wanted!

www.woc2015.org

Please view the details on the above website regarding volunteers to be part of the World Orienteering Championships which will be based up in Scotland in 2015.

There is the option of volunteering individually, however it would be fantastic if we could get a strong LOG contingent together. This would mean commitment well in advance hence why we are trying to see who may be interested now and get an idea of numbers.

The WOC team will offer training and modest rewards for their volunteers. The training will vary from role to role but for key posts this will include a subsidised trip to WOC 2013 or WOC 2014 to experience firsthand a World Championship environment and the nature of the area of responsibility. All volunteers will receive uniform and refreshments and, in addition, for those clubs that provide a large work force, if funds permit, we will provide a reward directly to the club.

This would be a great opportunity not only for us all to get involved with individually, but would be brilliant for LOG as a club as well.

If interested please contact Paul M and let him know.



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