



March 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

'The need for quiet, the need for air, the need of exercise, the sight of sky and all things growing seem human needs...common to all' Octavia Hill, one of the founders of the National Trust.

I saw this quotation recently and it made me think about Orienteering and appreciate further what opportunities the sport gives to us. How many people get to explore and see the country the way we do and encounter how it changes and grows throughout the year? Even somewhere as well run on as the South Common can satisfy the above quoted needs and provide us different challenges day to night and season to season. However, dodgy corner is always dodgy, Geoff's pond is never where he thinks it is, and my black hole remains constantly in the same place.

As Spring is now upon us we can look forward to being able to change from long sleeve base layers to short sleeve base layers and add that extra pair of leggings to protect us from the attack of the brambles. But as we have our head down in that map don't forget to appreciate and not take what we get to discover for granted as we get to see Cities/ Towns/ Villages/ Forests/ Woodlands from a very privileged perspective that non orienteers miss out on completely, and often with the head in the map, so do we.

Thank you to all contributors for this edition; I hope you enjoy it. As usual all feedback is gladly received.



Inside this issue:

Chairman's Words—Sean 'LOG Daddy' Harrington

EMOA League Dates/ LOG Fashion	2	The club has once again run the Night Score Cup which came to a successful conclusion at Riseholme on Thursday 01/03/12. I would like to thank Paul Murgatroyd for all his hard work in planning, putting out the controls and sorting out the event on all of the four nights. I would also like to congratulate the winners.
Photics	3	
Fitness	4	We have just had our event at South Common, where new planner Jeff Baker assisted by new controller Paul Murgatroyd put on some great courses. I would like to thank everyone who helped on the day, especially the ones who stayed till the end. I have got to say it was the worse conditions I have known for an event organised by us, at the end it was touch and go as to whether we would lose the tent or not, happily all the kit is now dried out and back down at the container.
Winter Series 2011/12	5	
Reports	6-11	Special thanks to John Mather and his family for putting out the string course and manning it all day, as numbers on the course were on the low side we had an informal "LOG" Sprint Championship round the course which was won by Charles Nell beating Liam by just 2 seconds.
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Know your fellow LOGger... Learn your Control decriptions...	13	
Publicity Update	14	The next thing on the clubs calendar is the start of this year's summer series on the West Common on Thursday 5 th April being planned by Anne & Geoff Gibbs, so let's see a large turnout to get the series of to a great start. The series is the same format as usual with nine events finishing of at Washingborough on 26 th July, being planned by yours truly.
25th Anniversary Update		



Our Chairman post-ironing event looking like he was in a worse state than he actually was—Must be the Struggler's effect!

Finally on the EMOA front we still urgently require a Secretary to take the minutes at the meeting, if someone has a bit of spare time on a Monday evening every 2 months it would be much appreciated.

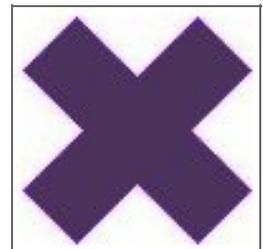
Upcoming Events:

East Midlands League Events 2012— Have you got them in the Diary?

- 1st April - Ratby (LEI)
- 15th April - Riber/Bow Woods (DVO)
- 22nd April - Thoresby North (NOC)
- 19th May - Bradgate Park (LEI)
- 10th June - Allestree Park (DVO)
- 17th June - Burbage Common (LEI)
- 9th or 16th September - Longshaw (DVO)
- 21st October - Byrons Walk (NOC)
- 28th October - Carsington (DVO)
- 4th November - Spring Cottage (LEI)
- 11th November - Wellow (NOC)
- 23rd December - Walesby (NOC)
- 30th December - Beacon Hill (LEI)

LOG Fashion...

This isn't just about looking 'cool' but taking Orienteering forward and evolving the sport's image into something which people WANT to be part of.



Page 3 Pic's



...By Chris Sanderson

The Art of Staying Lost

I've probably had more reason than most to contemplate the state of being lost during my orienteering "career", including a particularly memorable attempt at rough compass training in Sweden in which it took me $\frac{3}{4}$ of an hour to get to the first control, some 400m away, having been completely unable to hit/recognise the 50m x 50m clearing that I'd decided I would relocate on!

The reasons we act illogically and stay lost have always interested me, because we all know what to do, but very few have the courage to go into recovery mode the instant that they realise that they are not where they thought they were. We shouldn't be afraid of being lost. After all, once you start to run faster in orienteering it becomes your natural state. Those who claim always to know exactly where they are on a map are usually either not going very fast or are in very easy terrain. If you want to beat the rest you inevitably have to take some risks, and one of them is losing contact with the map with the knowledge (or desperate hope!) that you'll be able to relocate once you hit something obvious. It's pretty pointless stopping me if you're lost, by the way, as I rarely know exactly where I am. I'll know where I crossed the last collecting feature (roughly), and I'll know where I'm heading next, but unless I'm near a control I won't have a clue precisely where I am. I'm simply not interested – knowing exactly where you are takes time and slows you down; my body has very effective ways of doing that without adding more! If you've planned the route properly (and assuming that the mapper has depicted the ground exactly as you would, which is not always the case and can be a major stumbling block) everything should go well. So what happens when it doesn't? I imagine that everyone knows the basic recovery action: go back to a point that you recognise and start again. How many of you do that? Not many, judging from my conversations – I know that I don't very often. So, why not?

When they come to analyse it, most people don't have a good reason for not taking the basic recovery action. "It'll be around here somewhere", "I'm sure I'm on track", "There's someone else here", "It's just around the next tree/rock/corner/spur" are all common, but false, reasons. The more honest may come up with "I can't afford the time loss" or "I've climbed too high to go back". More honest, perhaps, but still not logical arguments. Nine times out of ten it would probably be quicker to go back, but we don't do it. The reasons are complex, but I'll highlight a few of the psychological reasons why I believe that we don't do as we're taught:

Heuristics. We use unconscious comparisons in order to make complex decisions easier: something a certain size, shade or colour must be a certain object or a certain distance away, for example. An obviously dangerous strategy to use when judging how far you've come or whether the feature you passed was actually the one you were looking for. I'm sure I'm not the only one who's chased a deer's eyes into the wood on a night event, convinced that it was the reflective strips on control. You are particularly vulnerable to this at night, because it is so difficult to judge distance, size and colour.

Anchoring. Your reaction to a problem will depend on how the question or material relating to it is phrased. Saying to yourself: "this spur is that one on the map" has anchored everything else to the assumption that the statement is true. You will now seek information that confirms, rather than denies that assertion. It's also the reason, incidentally, why salesmen are keen to find out, and why you should never say, how much you have to spend – by doing so you've pretty much anchored yourself to something around that figure.

Status Quo. For those of us who grew up in the 70s, there's little doubt that too much loud Status Quo music has undoubtedly affected our decision making process. However, this term more usually relates to most people's subconscious desire to avoid change. Going back, after all, means admitting that we're wrong, something most wish to avoid. The desire to maintain a course of action increases with the number and complexity of any alternatives and, hence, increased opportunities for failure or making the wrong choice. We're also conditioned only ever to make positive changes, to keep pressing onwards. Going back is seen as failure.

Irrecoverable Investment. We often make decisions that reinforce other decisions, even if these are known to be flawed. Why? Because we have invested time and effort in those decisions and can't face the fact that they may be wrong. "I've struggled up this hill, so I'm not going down again; so what if it's the wrong hill".

Confirming Evidence. When presented with evidence people will only extract that which supports their view. I already know where I am, right? Well, roughly anyway. Therefore, all I need are a few things to confirm it. It's surprisingly easy to find these things, even if they perhaps aren't exactly mapped correctly, and maybe they're a bit further away than expected. Yet, funnily enough I still can't find the control. You should, instead, play Devil's Advocate with yourself and deliberately seek out evidence that indicates that you are not where you think you are. After all, if you are actually right, there won't be anything, will there?

Bounded Awareness. Tied in with the tendency to seek out only confirmatory evidence is the idea of bounded awareness. In some cases, particularly when a high degree of concentration is needed, people will fail to spot anything that is not directly related to the task. An example of this happens to me fairly regularly, most recently at Control 2 of the Compass Sport Trophy this year: I literally cannot see tracks or other man-made features on the map. Normally, I rarely use them as I am not a strong enough runner to make it worthwhile. I have to rely on going straight(ish) and that usually means using the contours. Therefore, my brain will block out any man-made features, as I try to identify and simplify the contours. At Thetford, I came across a track that I hadn't previously noticed on the map and made the assumption that I was in the wrong place – still not noticing the actual track on the map. Unfortunately, I wasn't wrong: something I only realised after running 200m in the wrong direction, when the rest of the information no longer fitted.

Past Experience. Like it or not, we are influenced by our past, and we are unduly influenced by events that appear to be significant. Even if we repeat a thing successfully many times, a single failure will remain in our minds for longer. A bad experience in one type of terrain, or when dealing with a particular type of feature, is likely to make you much less confident the next time you find yourself in the same position. You will slow yourself down unnecessarily seeking too much confirmatory evidence, and/or you will be much more inclined to question your ability to identify what you need.

In themselves, knowing the above won't help you relocate and there's no need even to remember the details. Just remind yourself that these reasons exist and that, in reality, the control isn't "around here somewhere" and never will be. Despite the investment you've made in getting there, you're wrong. At the very best, you're right, but you can no longer confirm it. Facing that, turning around and going back may be psychologically difficult, but you'll benefit in almost all cases. Now, if only I can remember that the next time the rocks stop looking as I expected.

Winter Series Results : 2011-12

The final Winter Series Event took place at Sudrooke Village, followed by refreshments - LOG Mummy's renowned Chilli, and the Presentation for the Winter Series. It was a fantastic turnout, and the best of the series with the top spots to be decided on the day.

Final Top 3 League Results:

Long

Clive Street	3000
Paul Murgatroyd	3000
Mike Capper	2754

Short

Dom Simmonds	2823
Hayley Fox	2691
Robert Lambert	2474



**Long Course League Winner:
Clive Street**



**Short Course League Winner:
Dom Simmonds**



**Best Chilli Maker:
Nikki Harrington**



**Orienteer of the Series:
Robert Lambert , a
Promising up and coming Junior**

Compass Sport Trophy Report by Amanda Roberts



THETFORD WARREN – 19 FEBRUARY 2012

The big day was finally here. All members were on a three line whip to help LOG qualify for the Compass Trophy Final for the third year running. The day dawned with blue skies and Trudy and I left for Norfolk full of optimism. The added bonus for us being that the climb on the courses would be negligible compared to recent orienteering experiences we have had e.g. Arthur's Seat, Edinburgh.

As we joined the LOG camp the cry went up that 'Dippy' had lost her phone – hasn't this sort of thing happened before? Everyone set about combing the grass areas; is this a novel way to get the team warmed up maybe and take their minds off worrying about the competition ahead? The panic was soon over, it was in her bag!

The way the start times had been arranged we were due to set off in groups all on different courses. This did give some good photo opportunities, but then we were all off on our own – we had already checked the first control numbers and everyone's was different. The area was lovely to run in, no stinging nettles or brambles. I thought the wooded areas were quite good to navigate through but obviously got lulled into a false sense of security when between the 7th and 8th control I managed to find myself on totally the wrong side of a block of wood, luckily there was a very obvious feature so I managed to relocate myself on the map quite quickly – but I reckon I lost 3 minutes doing that – so with that managed to ruin my time. I wasn't the only one to have problems, there were stories of aliens beaming runners up, turning them through 180 degrees and then beaming them back down again, others had problems with woodland imps borrowing their dibbers, then there were those who left the map completely and had to find their own way back to the assembly area (we are still waiting or the story of how they did that).

As competitors started to return the scores were looking hopeful, LOG was in the lead for most of the afternoon (would we need a minibus for Scotland?). Fantastic runs by Hannah McNab and Bella Williams taking the full 100 points on their courses were helping. However, in the last few minutes CHIG managed to pick up those all important positions and creep ahead of us by 7 points.

So my third trip of the year to Scotland for orienteering is not to be. A real shame for the club. As Sean had said we had a fabulous turn out of over 90% of the club members. It just shows the commitment and enthusiasm that LOGgers put into the sport. So chin up everyone – we now need to start training for February 2013.



Edinburgh Report by Sarah Edwards



The EUOC Big Weekend of 21st-22nd January saw 12 LOGgers & 2 LOG husbands on an expedition to Edinburgh for some exciting O action. Two days of racing, with an urban event around the South side of the city on the Saturday and a colour coded event with mass start options at Arthur's Seat on the Sunday made for an action packed weekend.

Travelling up by train & plane on the Friday, upon our arrival in Edinburgh we were greeted by the cold- a theme that was to run through the weekend. A couple of beers to stave off the chill made the Friday night very enjoyable with some parties choosing to go out & get the lie of the land.

Saturday morning was sunny but cold & Paul led the march through the city towards Edinburgh University and the assembly point. Not warming up was not an option with most people jogging to the start which was a good 5 minutes away & then jogging and jumping around at the start to avoid freezing prior to their race! Fast urban racing around an interesting mix of university campus, parkland, housing estates and 'olde worlde Edinburgh' saw us pass the famous mercat cross and along a bit of the Royal Mile. With LOG runners on 4 of the 5 courses we had to remember to concentrate on the map rather than just the scenery so as not to be caught out by the under/over pass streets unwittingly luring us away from our intended destinations, giving a tantalising glimpse of orange and white as you found yourself on the wrong street level. Local egg throwers on the housing estate added an unexpected element to the event but didn't deter team LOG. Towards the end of the longer races runners were taken into the edge of Holyrood Park, giving just a glimpse of what would face us the following day. LOG's turnout was impressive when you consider how far we'd travelled compared to most other clubs with comparable turnout and the races ended on a high with all LOGgers successfully finishing their courses & looking good in our new purple kit.

For those of us who danced, the ceilidh on the Saturday night turned out to be almost as energetic as the day's racing and the temperature in the hall was about 50 times warmer than the streets outside by the end of the first set. Team LOG enjoyed the festivities - dancing, a couple of beverages and the address to the haggis followed by a taste of the delicacy itself. The presentations for the day's events saw Paul being awarded a third prize for his performance on the B course, well done Mr Murgatroyd! As usual Ally was there with her camera to capture some of the smiles and post the photos on the LOG Facebook page. It was a fantastic end to the first day's events.

Sunday saw a bitterly cold wind whipping through the city and team LOG making the scenic walk past the Scottish parliament buildings and Holyrood Palace to Arthur's Seat. For me the wait, sat like an imp on a rock in the biting cold for an hour after



most people had set off for the mass start and the trek up to the start, followed by nearly being blown over at the start line didn't bode well for the second race of the weekend, but once I got going the race started really well. With tricky vicious vegetation to navigate, extremely steep hills to climb and several paths not being marked on the map, the terrain gave a great opportunity to put to the test navigational skills in a way that you can't in LOG territory and it certainly tested your fitness. My good start ended on the way to number 6 when I realised that I wasn't where I thought I was, but had no idea where I actually was- and spent 19 minutes figuring it out, by which time I'd lost a lot of ground. The mass start race options gave the chance for people to compete on the brown or blue courses with a twist, though the gaffling caused some confusion and was to the detriment of some runners. The 'map geeking' and route choice session the at the previous week's club night certainly came in handy for helping decide whether to go round or over the peaks on a map with more contours than I've ever seen before on just one sheet of paper. The green course saw LOG husband Jonathan Roberts making the most of his start position just a minute behind wife Amanda, chasing her, catching up and then overtaking her to secure 'team LOG & friend's' best time on the course at 75:59, 54 seconds ahead of Amanda and half way up the results table- especially impressive after a break of several years from orienteering. 'Relief' was my overriding feeling on completing this challenging race & I was well ready for a sit down and rest on the train home!

So, how would I sum up the Edinburgh Big Weekend in one word? Cold! No, seriously, it would be 'great'! Two very different races offered something for the greyhounds amongst us as well as those who rather relish the navigational challenges & there were some stunning views of the city and the sea, especially from the top of Arthur's Seat as you eclipsed the crest of the hills. Better yet, this was another demonstration of what for me makes LOG stand out from the crowd, not only our dedication to the sport (we had to be dedicated or crazy, O'ing in such cold, windy conditions on the top of an extinct volcano!) but also the fact that club members with such different outside lives get on so well and enjoy a such a great social side to the club. If there's an option for a club trip to the EUOC Big Weekend again next year sign me up!



Night Score Cup 2012 Report by Paul Murgatroyd



The second annual LOG Night Score Cup saw four events across the same Lincoln venues as in 2011, with 23 participants turning up to take part in at least one race each and 8 managing to make all of them. Numbers were slightly down on last year, which was a bit of a disappointment, but then running around on dark, cold evenings is always going to be a niche activity, even for orienteers.... Those that did turn out were treated to four highly enjoyable races, with no issues over vandalized controls or excitable locals harassing the competitors, so that had to be seen as a bonus!

In terms of results, Liam Harrington continued his winning ways and remains unbeaten at any night event that LOG has hosted – a remarkable record. He retained his title with some ease, with an 85 point cushion over second place, and the only thing that was going to stop him was his knee injury sustained on the Edinburgh weekend. We need to see if we can do something about that unbeaten record next year.... Also retaining her title from 2011 was Tanya Taylor, who cruised to the title with no serious contenders in sight. Last year, Jeanne Gaudin and Amanda Roberts both threatened her ambitions briefly, but neither was present this year to put her under any sustained pressure and she came in 2nd in the series overall too, 10 points clear of 3rd. The junior title, and 3rd place in the series, was taken by Tom George this year, running in his first night series and again, his only challenger was last year's winner, Will Parkinson (NOC). However, Will was unable to make all 4 events and so never seriously threatened Tom's drive for victory. Finally, Jeff Baker, fourth overall, took the veteran's title for the first time, with Sean Harrington, his nearest rival, ending up 40 points back in 5th. Sean held the lead briefly after the first event at West Common, but a disastrous run at Hartsholme cost him dearly and he never managed to make up this lost ground, with Jeff becoming ever more consistent as the series went on.

Next year, the series grows to 5 events, with the best 4 to score and we'll be looking for 5 different planners to share the load. If you're interested in taking on an event, then let me know and we'll put you in the frame!



Junior Champ:
Tom George



Leading Veteran:
Jeff Baker



Leading Female:
Tanya Taylor



Cup Winner:
Liam Harrington

Extreme Ironing by LOG Mummy Nikki Harrington



Our Edipitor was all excited one day asking for people to join her and make some teams up for an 'Extreme Ironing' event to be held at the Lindum Cricket club, which a few 'Loggers' agreed to, then we were told, 'Sorry but I am working so can't make the event but will join you for a social afterwards', this sounds all to familiar!!

So on Friday 2nd March 4 LOG teams turned up at the Lindum cricket club Liam, Murgers and Lucky were to be our elite team, hoping to beat the top cricket club team. The aim of the evening was a bit like a score event, you had to be in a team of three, carry an ironing board, iron and camera and run around as many places as possible from a list of about 20 all over town, each location was worth with varying points depending how far away they were. Once you arrived at the location you had to set up your board take a photo and then move on to the next location. There was a limit of 45 minutes to get to as many locations as possible, if you were over the 45 minutes then points would be deducted.

I was with Geoff and Anne we went to the Morning star pub, Lincoln Hotel, Cathedral, Cullens well pub, the Cheese Society, Kind bar, Stonebow, Ask restaurant, Tower Hotel and back to the Lindum, coming in 7th place. Delphine and Trudy came 6th, Tanya, Jeff & Sean came 4th and the "A" team had a great run to win the event just ahead of the quickest cricket team.

All sounds a bit daft, but we all had a good laugh, it was then on to the Strugglers for some well earned refreshment, and surprise surprise Ally turned up!!!!



East Midlands League Event : South Common

Planner's Comments: Jeff Baker

I would not have thought it possible to get eight courses on an area that's probably just over a kilometre long and seven hundred and fifty metres wide. In the end it was achieved by keeping the actual course lengths more to the lower end of the recommended distances but then using the climb up the hill, twice in the case of the blue and brown courses to make up the distance. The actual course planning took about 3 months with two individual visits to the common and one with Paul the controller to check out the control sites which then marked by a stake or plastic gardening tag. Throughout the process Paul has been of great help checking out each course as it was finished and both correcting and suggesting alternative sites where necessary.

In my own mind the day itself went well. The numbers were a bit down but the cold and wet weather probably put people off especially those travelling any distance. They probably did not realise that skin is waterproof. It was an early start to set out the forty six controls, I was on the common by 6am. The last controls were in place by 8.30ish and with a couple of minor adjustments all was ready to go by 10am. Remarks from those taking part in general seemed favourable and most people said that they enjoyed the event. I think the long last leg from 15 to 16 on the blue course attracted three or four comments with people saying that there could have been a couple more controls in there to keep the interest going.

Thanks to the helpers the entry, start and download all went smoothly and it was great to see the number of people who stayed behind to help clear up. The only down point of the day was the disappearance of a stake and two kites that I had put out on Saturday from the woods. Its sad to think that people have to go up there to get their fun when they could be orienteering. I really enjoyed planning today and thank you to all those that helped.

Controller's Comments: Paul Murgatroyd

A virgin team of controller and planner is probably not the ideal scenario for LOG's only East Midland's event of the year, but, with no-one responding to John Mather's call for a controller from across the region, I stepped into the breach to ensure we had someone to give Jeff a helping hand in his first level C event as planner. Although he's still honing his skills, Jeff has barrel loads of enthusiasm for planning and, on the back of his work in this event, there's no doubt that he has the aptitude and dedication to go far in the planning world! He sent drafts of courses at frequent intervals and was always ready to take on board advice and worked hard on making the best of what can be a limited area for a full colour coded event.

We made the decision early on to avoid lots of mindless running on Brown and Blue, with repeated loops of the common, and thus kept the courses to the bottom end of the guidance regs and made sure no-one visited the same area more than they needed to. It's difficult to make the common overly technical, but hopefully the runners today felt that they had been suitably stimulated on the navigational front. The resultant times were quick, but it seemed from the feedback that no-one minded this too much and, despite the weather, people seemed to enjoy their day out in Lincoln! It would have been nice to have seen a few more East Midlands runners out there today, but I guess the weather was not conducive to enticing them over to this part of Lincolnshire

My thanks go to Sean and the dedicated LOG crew who made the event run so efficiently and helped to collect controls, pack away kit, and take the tent down in pretty horrendous conditions towards the end - well done everyone!

Junior LOGger's Page by Junior Rep Tom George

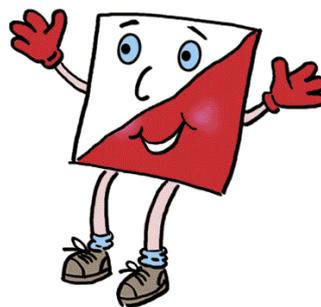


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| control | orienteering |
| crag | pacing |
| depression | pit |
| dibber | shoes |
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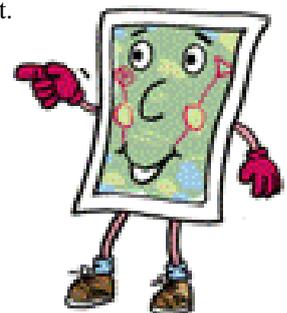
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Charlie Compass asks should I draw my route on my map after I have finished running?



Conrad Control says, I totally agree with Melissa Map!

Melissa Map says, Always, as it will help you to recognize the skills you have used well and those which need further improvement.



Know your fellow LOGgers : Family Mather



There are three active orienteers in the Mather family at the present time – Hannah (W5), Ben (M8) and John (M40), although Sharon might argue that she is an active orienteer, currently undertaking essential shadowing duties with Hannah.

John was talked into trying out orienteering by a school friend back in around 1982, and attended a hot summer evening event on Otley Chevin run by Airienteers. Already a budding map-geek John was hooked, quickly joined Aire and proceeded to accumulate Silver badges at M11, M13 and M15 – never quite making Gold. JK and BOC trips to the Lakes, The North East, Scotland and Wales are fond memories – at one point narrowly missing out to Jason Inman (now FVO) on junior squad selection. John also won the West Yorkshire Schools League in (about) 1985. A family move gave rise to a short spell with EBOR before the inevitable beer, cars, women, university, job (not necessarily in that order) led to a break in orienteering lasting from M17 through to M35. Having been

gently prodded by Erica Pilkington for a number of years John eventually pitched up at a LOG summer series event a few years ago and the rest, as they say, is history.

Ben took up orienteering at the tender age of 6 rapidly progressing from string courses to supervised Whites, shadowed Whites and solo Whites a few months after his 7th birthday. Whites soon lost their challenge and Ben competed at Yellow in nine East Midland League events in 2011 finishing second overall with two event wins. Ben has also competed in both the individual and the relays at BOC. Ben has now started his planning career – being responsible for the planning of the String course at the South Common EML event in March.

Hannah had a wobbly start to her orienteering career – after a few string courses a trip to Hardwick Hall in 2011 saw Hannah give the White course a go, with John in close supervision. A steep, slippery grass bank with a cold, muddy puddle at the bottom was not a good combination and Hannah's race was over before control three. Many months passed before Hannah gave it another go – spurred on by a newly acquired BOF membership card she had another crack at a White. This time, with mum in charge, there were no disastrous muddy accidents and Hannah now has several Whites under her belt and is keen to do more.

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

Explanation of Columns A-C

Column A - Control number

Numbering of controls is in the sequence they are to be visited, unless the description is for a Score competition.

Column B - Control code

The control code should be a number greater than 30.

Column C - Which of any similar feature

This column is used when there is more than one similar feature within the control circle; e.g. south eastern.

	northern	The more northern of two similar features, or the northern-most of several similar features.
	southwestern	The more south eastern of two similar features, or the south-eastern-most of several similar features.
	upper	Where the control feature is directly above a similar feature.
	lower	Where the control feature is directly below a similar feature.
	middle	Where the control feature is the middle one of a number of similar features. Where the control feature
	between	Where the control feature is in between one of a number of similar features.

Creating Links & expanding our Physical Presence...

by Ally 'Dippy' Wright

As I mentioned briefly in the last newsletter now we are now there with club image. This is not just about how we look (tricolour ruling) but also how we set up at events (banner/ signage/ tent), how we conduct ourselves publicly (fun/ sociable/ friendly club) and how we publicise ourselves (new website/ Facebook/ Twitter/ Flyers).

My next challenge is links and presence, and this is about getting LOG in the public eye. The plan is to get us noticed and spotted at as many events as we can, and also forge some links in Lincolnshire and further afield.

The recent Ironing Event we participated in, with Lindum Cricket Club, was a steaming success and they hope to enter a few teams in our Lincoln City Team race competition in September. We have had people wearing their LOG team shirts at the Lincoln 10k and other sports events. In July we are booked in at the Horncastle Family Fun Day and the South Common Fayre for which we are looking at setting up a maze and string event as well as some informative boards. Also, Alan Woodhead of Channel Lincolnshire is looking at getting some promotional footage together for us at the Summer Series events and Lincoln City Race.

All the above make us more visible to the public and encourages people to talk about Orienteering. So this editions request is:

‘WEAR YOUR LOG TOP OUT AND TELL FOLK WHAT IT’S ALL ABOUT ‘

LOG’s 25th Anniversary Year 2012 Update - by Anne Gibbs

The oldest written recipe in the world dates back to 1330 BC and is for a Chinese Fish Salad, this however will not be on the menu at the most prestigious event to be held in Lincoln 2012.

LOG 25th ANNIVERSARY DINNER

The dinner will be held at the Bentley Hotel Lincoln on Saturday 12th May
at 7 for 7 30. It will be a night to remember
Good food – Superb wine – Excellent company

LINCOLNSHIRE CHALLENGE SHIELD will be at Riseholme Park on 28th June 2012.
An event where we compete against HALO, we need to hold on to the cup so please come along and do your bit.

LOG SCORE EVENT will be a fun evening on September 1st, followed by 25th Anniversary **BBQ** again being held at Riseholme Park.

LINCOLN CITY RACE. On September 2nd
A chance for you to have an inside edge on a competitive rival club .

Support your club by being at all of these IMPressive events – even better - **helping at them** ;)

Keep up todate with LOG via Facebook— ‘Lincoln Orienteering Group’, Twitter— @LOGGER’S LATEST or our website—www.logonline.org.uk .