



May 2012

Logger's Latest

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

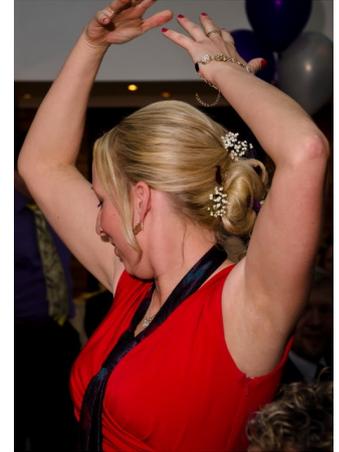
Ediptor's Intro – Ally 'Dippy' Wright

Being part of LOG is something I am incredibly proud of .

For such a small club we achieve an awful lot. Our participation rates at events is high, the time people give to support the club in various ways is incredible, and how we operate not just as a team but also as friends makes other clubs envious.

Glancing around the room at the 25th Anniversary Dinner and looking at Chris's photo I realised what a diverse group of folk we are - all brought together by one love (bearing in mind the strong link to hate e.g. when spending 20mins on an orange course looking for a control) - Orienteering.

Being part of LOG is something I intend to be a part of for many years to come.



Thankfully I remembered to wear deodorant!

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

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Chairman's Words—Sean 'LOG Daddy' Harrington



We are now almost half way through this year's summer series with the first 4 events having been completed. We have again seen a good number of competitors at each event, with over 70 at the last one at Twyford, which was a true test of orienteering skills which caught quite a few people out, including myself!!!!.

The clubs 25th anniversary dinner was held at the Bentley Hotel on Saturday 12th May, we had a nice group of just over 50 people in attendance, including some of our friends from NOC, DVO and HALO. I tried to get round to most of the tables to have a quick chat with everyone and the comments I received regarding the evening were all good. I would personally like to thank Anne and her little gang of helpers for organising the event and making the room look so good on the night.

A slightly different event is taking place on Tuesday 5th June, where a small group of us are taking part in HALO's "Humber Bridge Challenge". This is a 30 mile run from Walesby to the middle of the Humber Bridge, you can run any distance from 1 mile up to the full 30 miles!! . If anyone out there is interested in joining us please get back to me ASAP.

The date for the running of the "Lincolnshire Challenge Shield" at Riseholme on 28th June is rapidly approaching, please put it in your diary as it would be nice to have a home win against HALO and keep the shield where it belongs.

I would like to welcome the following new members to the club, Matthew Lea, Doris Sowley and Wendy Shasby, all of whom I have seen at our recent summer series events, great effort keep it up.

Upcoming Events:

LOG NEEDS YOU TO KEEP THE LINCS CHALLENGE SHIELD WHERE IT BELONGS!



Thursday 28th June—Riseholme Park

Please let Sean Harrington know if you can/ can't make this event as we need as many LOG'gers as we can get to ensure success and retention of this shield.

The next LOG social due to be arranged by Murger's Tours:
CLOK October Odyssey Weekend 13th/ 14th October

Please let Paul Murgatroyd know if your interested in the next LOG social on CLOK territory, this will involve 1 or 2 nights stay in the Whitby area and 2 'O' events. Saturday's event will take place at Sneaton Forest West & Parsley Beck and is part of the Masters Cup and Sunday's event is at Sneaton Forest East & Biller Howe Moor and part of the North East Champs. Of course there will be a few social bits also included and transport and accommodation options to suit all budgets.

LOG Fashion...

LOG continue to find yet more purple gear, and the 25th Aniversary meal showed dedication to the clubs colours...Well done to Log Mummy Nikki Harrington for guessing the correct number of purple socks/ ties and dresses.

Take a look at Kaele's pic on page13 to see how 'O' fashion has changed ;)



Page 3 Pic's



The Grid Roller... Have you tried it?



For those of us that struggle to fit training into our lifestyle, are wanting to improve our core, recovering from injury, or wanting to massage tired muscles post-'O'; I bring to you the Grid Roller and Trigger Point Therapy.

Not only does this product give you a fantastic & quick core workout it also provides the benefits of deep tissue massage, increasing flexibility, decreasing muscle tension, and in turn this helps prevent further injury, improve recovery, and improve subsequent performance.

I strongly recommend a visit to youtube to see it in action.

Sales Blurb from tpttherapy.com....

It features a 3-dimensional surface whereas traditional foam rollers have a flat surface and prohibit bloodflow at the point of pressure. The Matrix of 3-D Distrodensity Zones allows for blood and oxygen to channel through and create elasticity in the muscle to deliver a precision massage associated with Self-Myofascial Release Therapy.

SMRT-CORE is self-myofascial release therapy and core strengthening work efficiently combined in the same workout using a revolutionary foam roller, The GRID. Presented as an educational DVD collection, the program is easy to follow, caters to various fitness levels and is designed for in-home use. Presented as an educational DVD collection with several individual workouts, the program is easy to follow, designed for various fitness levels and challenges the core while delivering a self-massage.



Level 1:

This level engages the core and teaches the foundational "push-pull" movements needed to perform all the SMRT-CORE exercises. A great starting point for increasing strength and stability.



Level 2

Incorporating the foundational movements from Level 1, Level 2 adds intensity with a 'press' after many 'push-pull' exercises to build power, increasingly work the core and further improve performance.



Level 3

We step it up from Level 2 by taking the "push-pull-press" and adding a "pause" at the peak intensity of each movement. We go to the hardest part of each exercise and hold that position to give you the most challenging strength and stability workout.

Find out more about trigger point therapy :<http://tpttherapy.com/smrt-core-program.php>. Both DVD's and Grid Roller can be purchased cheaper on Ebay or Amazon.

Summer Series 2012

SS1—West Common, Planners Geoff & Anne Gibbs

The first race of the LOG Summer Series was run at the Lincoln West Common on the evening of April 5th. Attendance was a little thin due to clashing with School holidays, Easter Weekend and the JK event. This Common is open land with not much variation or cover and for this reason we tried to do something different for the Technical course.

Both the Short and Long courses were in the usual Line format and provided good clean runs, while the Technical course used a 'windows' format which produced some surprise exclamations. From a distance the map looked ok, but on picking it up entrants realised they were looking at the wrong side, and in fact about 90% of the real map had been blanked out. There were fifteen controls with only a small window showing for each of them.

Good weather, excellent visibility and short grass all played their part in making the night a success. Winners were SHORT – Scott Rice, LONG – Kevin Kirk (RAFO), TECH -- Liam Harrington (LOG) with Stuart Thomson (FVO) only a few seconds behind him.

SS2—Harlaxton College, Planner Amanda Roberts

After a break from organising courses for 18 months due to good behaviour (ie taking on the roll of club secretary) my name came up on the rota again. Harlaxton College was allocated to me. My initial reaction was great, no gripples required, however as I was to find out later there would be other challenges to organising the courses.

For those who haven't yet been to Harlaxton College, it is a stunning building set on the side of a hill up a long driveway. In fact it was used as the location for all the exterior shots and some of the interior shots of 'Hill House' in the remake of the film 'The Shining'. Also at this time of the year the woods are covered in a blanket of bluebells so a very picturesque venue for a bit of orienteering on a lovely spring evening.

Unfortunately that was not to be the case. The rain started as I drove to the venue to set up the courses and by the time the rest of the team arrived I felt a bit like a drowned rat. We had a few drier moments but my lasting impression of the event was that it was a very dark and miserable evening. I had had my doubts as to whether anyone would turn up, but the scouts came up trumps and the final turnout was a respectable 50 competitors.

There is a lot of renovation of the ornamental garden going on at the moment so we were unable to use the main entrance into the gardens. This meant the courses had to double back on themselves which did make the maps rather more difficult to read, then there was the additional challenge of trying to avoid having competitors running over the bluebells. As the area is quite small I had decided to put on a map memory course to test the Technical runners – I think it did the trick, with the dark evening and rain just to make things more challenging.

Hopefully next time we visit the weather will be a bit kinder.



Summer Series Teams

The LOG summer series team trophy is launched this week, with a revamped format. The main differences being that we've assigned teams on the basis of participation at the first three events, and thus the likelihood of people making at least five scoring events, and you all have a 'minimum' level course to compete on if you are to score points for your team. There'll be no 'transfer' stage this year...

Have fun and make contact with your team members this week to rally them to your cause!
Teams, results, and league position can be viewed at: www.logonline.org.uk

2012 Rules:

The teams, where possible, have been selected on a seeded basis from the current LOG summer series results, eg. A top 'seed' from short, a middle 'seed' from long and a bottom 'seed' from technical, in order to balance the teams as much as is possible.

Team members have been allocated to a 'minimum' level course based on which course they have so far been running in the 2012 series, shown by the letter in brackets after their name, ie. Short = (S). The team member cannot run below this level of course if they wish their score to count to their team total, but they may run up if they wish and still count, eg. 'Long' can run either long or technical courses at each event to count, but not short.

The best 5 individual scores of each team member at the end of the series will count to your team's overall total.

The team with the highest overall points tally at the end of the season will be awarded the 2012 summer series trophy.

Lincoln 10k March 2012—Andy Lucas



It was the last day of 2011 when Ally sent out the invitation for LOGgers not travelling to Rome to enter the Lincoln 10km Road Race in LOG colours to publicise our club and promote our brand. My initial reaction was "too expensive", "done it before", "why should I want to do a PW" etc. so I dismissed the idea. However, after a little thought I managed to convince myself it wasn't £16 for a 10km road race, but an investment/incentive to kick start the New Year training and to go for a run when the rain was coming down and there's beer in the fridge. So that was that – I entered.

Also making up Team LOG, were Ally, Sean, Tom and Andy Furnell. Tom also used the event to raise money for Help for Heroes. When the day came, we were all deprived of an hour's sleep as the clocks were put forwards, and the sun decided to make an appearance which made for warm conditions. The times posted though did not seem to reflect the hot conditions, with some excellent times being posted by all LOGgers. Also spotted on course (some with reasonable excuses as to why they weren't running for "Team LOG") were John Mather, Simon Carruthers and Dave Gourlay (who flew round the course in 37m:35s).

All in all, an enjoyable event – I'm only sorry I missed the post-race debrief in the Strugglers.



Rome Trip—Clare Hanna



Overseas orienteering has much to recommend it, especially when warming up can involve sitting on a café terrace in the sun with an espresso. The Mediterranean Orienteering Championships (MOC) took place in Rome this year with 4 members of LOG mixing competition with top international orienteers with some classical sight-seeing.

The ‘splendours of Rome’ bit didn’t quite hold for Day 1. The municipal authorities advised the Organisers 4 days before the event that they would be unable to use the planned venue, so courses were hastily rearranged. The venue at Tor Tre Teste lacked a bit of charm and had a run through a dodgy estate. However LOG were not deterred and Amanda Roberts starred coming home 6th in the W50 category. Paul Murgatroyd took the honours in race with Liam Harrington, who was perhaps distracted by his arduous tram journey.

The second day’s event was in the parkland of Villa Pamphili, which combined ornamental gardens with some woods, and even a bit of climb. The courses were fast and not especially technical. Liam evened up the battle with Paul, and Amanda continued her strong performance, coming in 8th.

The final day saw MOC move to Villa Borghese with a finish line within sight of terrace affording views across Rome and to the Vatican. The courses were shorter, faster and through formal gardens. In the head to head, Liam squeezed home 30 seconds ahead of Paul who had briefly left the map (but was definitely not lost). In the Championship placings, Liam came in 36th with Paul one place behind in 37th out of 46 competitors. Amanda maintained her consistent performance coming in 6th again, and finishing a very impressive 6th in the Championships W50 class.

My aim for the weekend, having entered the Women’s Open (driven by cost avoidance rather than the belief I could compete with some top Scandinavian W21 talent) was not to come last. I thought some trip wire might be necessary but in fact on every day people mis-punched and I came 27th out of 34 competitors, my scalps including 3 Swedes and a Norwegian.

The trip, which was organised by Paul, was a great opportunity to compete in some beautiful places against top orienteers, with the pleasure being able to relax in Rome between events, all over spring weekend. I shall be keeping an eye open for 2013 venue.



- a)
- c)

Multiple Choice Questions (more than one answer may be correct)

When are you lost ?

- When you use controls on part 2 of a course to locate yourself on part 1
- b) When you have run off the map
- When are lost as a lost thing

The J.K.—Trudy Crosby



Jan Kjellström International Festival of Orienteering 2012 Scotland, 6th - 9th April

Who/what is the Jan Kjellström?

Jan Kjellström (born 1940[1], died 1967) was an orienteer from Sweden who played an important role in the development of the sport of orienteering in Great Britain.

Kjellström, a son of Silva compass founder Alvar Kjellström, travelled to Great Britain to promote the sport. There, he helped to accelerate developments in orienteering competition, mapping and coaching. Kjellström died in a road accident early in the year of 1967, from [the Wikipedia entry](#) 1967 saw the first Jan Kjellström International Orienteering Festival or “JK”, held in memory of Jan Kjellström. The annual JK moved to Easter in 1969. The 1974 JK was the first British event to attract more than one thousand entrants.

2012 saw the JK in Scotland, based mainly around Pitlochry but also included an Urban Sprint race near Edinburgh on the Friday. The main competition comprised the usual 2 individual days giving a cumulative overall time and a relay day.

LOG was represented by Paul Murgatroyd M45L, Clive Street M55L, Amanda Roberts W50L and myself running W50S - I know my limitations!

Clive and Paul ran the sprint race with Clive finishing 19th in his class only 3 mins behind the winner but Amanda and I decided we didn't want a 3 hour journey for a 30 minute run so we ‘trained’ in a forest close to Pitlochry.

The maps and terrain used for the two individual days lived up to expectations and were both technically and physically challenging. The 10 feet high stiles over the deer fences on Saturday were not for the faint hearted and just getting to the high start on Sunday still able to run was an achievement. The two days threw up many different challenges with the first area having very few tracks or linear features but lots of marshes and intricate contours within the forest. The second area (well my bit of it) was much more runnable but still required total concentration to stay in touch with the map.

The assembly areas were the usual buzz of activity with plenty of shopping and eating opportunities but it was a bit disjointed on Saturday as the finish area with the club tents was situated about 800m away from the traders and the car park giving a slight lack of atmosphere but did provide a fabulous downhill finish. Sunday saw everything together again and running up the narrow finish funnel between all the tents gave a bit of a spur for the final sprint.

The relay area was one of the best I can remember with a lot of the action being visible from the assembly area. This made for excellent and entertaining viewing as runners streamed off up the hillside but knowing you were being watched put the pressure on, I was lucky as my leg took me round behind a block of forest before I had to climb. The courses criss-crossed both open land and runnable forest with gullies and walls to bounce off before a long and again very visible run in.

There were several social events laid on over the weekend that we took part in, they offer a chance to meet up with old friends and other orienteers. The wine tasting we could probably have not bothered with but the visit to the Blair Atholl Whisky Distillery was interesting -Doris and Amanda particularly enjoyed this as neither Adi nor I drink Whisky so they got our share. The highlight though was the Ceilidh on Saturday night – more exhausting than the orienteering.

Overall we had a great weekend and the real bonus was the weather. Despite heavy snow in Scotland the week before we travelled and dire forecasts of more to come, cagoules were never made compulsory and I think we even sat in the sun on one day!

Post Script: Doris ventured out onto a white course on Sunday and enjoyed herself so much that she promptly kitted herself out from Ultrasport and has now become a LOG member.

Next year the JK is 29th March – 1st April and is being held in the Chiltern Hills to the west of London.

British Orienteering Championships—Long/ Relay—Clive Street

LOG at British Championships Weekend 5/6/7/ May 2012 (Individual Long Distance championships Eskdale, Relay championships Helsington Barrows, wind-down urban race Kendal)

A select 14 (including 5xWilliams) chose to make the Early May Bank Holiday trek to the Lake District, and were rewarded by dry skies, excellently organised events and great courses.

All I'm sure enjoyed their runs in such beautiful settings. Some certainly obtained value for money. Flatlanders were perhaps initially surprised by the presence of squiggly brown lines all over the maps, and those that acquitted themselves best no doubt found they proved useful in navigation.

Saturday brought forth the Long Distance Championships, held on the Eskdale map: predominantly marshy open fell with plenty of contour detail and not too much in the way of line features.

Personal highlights included (surprisingly) the compulsory bus journey to and from Ravenglass (best organised bussing I've encountered in many years); the view from the "over the top, chaps"-style Start: sun, sky, mountain, valley, water, rock and a little steam train puffing and tooting along; and of course I should mention the orienteering that followed too.

Standout club result was Amanda Roberts, in taking a very creditable 3rd on W50S. Top 20-in-class finishes also for Toby (M10B) Hazel (W10B) Bella (W14A) and Justin Williams (M45L), Trudy Crosby (W50S), Paul Murgatroyd (M45L), Liam Harrington (M21L), and Jon May (M35L).

Club assembly field highlight: BOC commentary person announcing "Amanda Roberts from Lincoln (sic) coming in, leading W50 short"...

The Value for Money award: to Ally Wright for squeezing 56 minutes worth of fun out of her orange course though possibly John and Jon, and perhaps others, might feel they should be in with a shout...

Contender for the Longest Time Observed Stationary Whilst Supposedly Racing award: Clive Street (nominated by a bemused Liam Harrington)...

Relay Day was on terrain well suited to the format, open, fast limestone fell, with a great assembly and spectator area all close to the car parking. All 3 LOG teams performed creditably with positions of 5th Men's Short Trophy (Harrington/Murgatroyd/Street), 13th Women's Short Trophy (Roberts/Wright/Crosby) and 16th Men's Short (Mather, May, Denness).

Much merriment could be had observing fellow club mates striving to appear fit, fast, and in control in the final very visible sections of the races. As often occurs, I'd earlier found my attention captured by nature rather than features whilst racing, this time the copious Early Purple Orchids enjoying the limestone pavement terrain... but fortunately not enough to risk the wrath of the club captain by dropping more than one place for the team.

Street family chose to leave after the relays, so I will leave one of the still-more-select band of 5 who remained, to (perhaps) add a comment on the urban race on the Monday.

So, what's good about the big events like BOC? Well, aside from the quality of the terrain and the chance to compete against the best in the country, there's the grassed assembly area, with tents, marquees, traders, refreshments, PA commentary, and a general buzz about the place... and both Days scored very highly in this regard. I'd encourage those Loggers who have not yet done so, to risk breaking free from the comfort zone of Summer Series/Winter Series/Poacher-style local events plus the odd EML race, (aside from the sterling effort from all to attend Compass Sport Cup events), and try more of the big events. 2013 is going to be a good year for those perhaps a little less confident in tough terrain, with JK and British both in the south-east: fast terrain, not that technical, and not too dissimilar to the best of good old (?) East Midlands areas. Hambleden (JK) and Winterfold (BOC) will feel like a bit of a homecoming for me, a re-acquaintance with old friends.

And of course then next August there's the Scottish 6 Days 2013 which will feature 3500 competitors from around the world, unrivalled-in-Britain assembly area vibe, and no less than three of the best sand dune areas anywhere: Culbin, Roseisle and Lossie. Personally, it probably doesn't get any better than that; and yes, it's a beach holiday too : -) End of Ad. Please forgive me, South Common, it's not personal, and I still like you.

25TH Anniversary Formal Dinner—Jon May



More than fifty people gathered at the Bentley Hotel for the formal occasion in the year of celebrations to mark the first twenty five years of Lincoln Orienteering Group. Having gathered early for drinks we made our way into the venue which was fabulously decorated, with a heavy dose of purple. First on the agenda was a group photograph. Chris had something of a challenge on his hands, orienteers are not naturally compliant subjects. Herding cats may have been easier. After finding our tables, which of course had control descriptions, preceding were lead by Master of Ceremonies, Paul. The first of the speeches was given by the current Chairman, Sean and he discussed the recent and ongoing efforts that have been made in order to build the club. Ian Durant represented the old guard, mulling over the history and origins of our club. It is clear that this small club has always had a special and friendly atmosphere and punched above its weight in so many ways. The third speech was an outside perspective given by Ranald MacDonald. More light heartedly Paul (and his iPhone) then lead us in some games. The first of which strangely lead to Paul's table being awarded two bottles of wine!

Thanks are due to many people for this wonderful evening. Firstly to Ann and her team for the organising and decorating. The speech makers and MC for entertaining us. Chris for his photography (see below for his web address if you haven't already checked out the pictures). And ultimately to the many people who have contributed to the running and success of the club over the years between the founding generation in 1987 through to today's group.

My final thought on the evening is that now we know what orienteers talk about when deprived of maps and split time analysis, and the answer is all sorts, what an interesting and diverse bunch you are. Although we still talked about maps and splits as well.

www.acdseeonline.com/user/j16photography



Junior LOGger's Page by Junior Rep Tom George

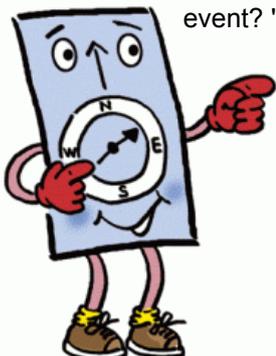


Orienteering Games & Tips

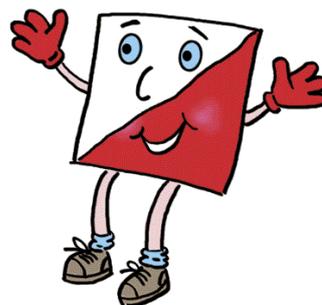
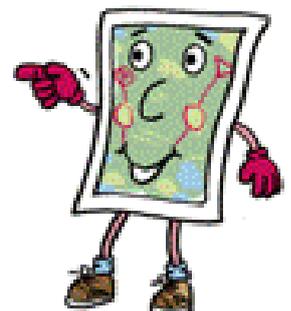
Orienteering unlike any other sport requires a combination of both physical and mental toughness and because of this I want to test your smartness and see if you are real "Brain - O's". Below are a list of random words which when spelt correctly are associated with Orienteering and things you might see in and around this sport. They will start off easy and gradually get harder! The first one is done for you! Once you think you've got them all ask your parents to see if you've got them right! Enjoy!

- | | |
|-----------------------|-------------------------------------|
| 1) amp ==> map | 10) spcmsao ==> |
| 2) ipt ==> | 11) grabein ==> |
| 3) arcg ==> | 12) teharlwla ==> |
| 4) opdn ==> | 13) cothdareh ==> |
| 5) nefce ==> | 14) nespodsiser ==> |
| 6) lkoln ==> | 15) ioegentnirer ==> |
| 7) etosrf ==> | 16) tniavganio ==> |
| 8) htewsli ==> | 17) tenoviagte / ayonrdbu ==> |
| 9) rcuotnso ==> | 18) nlcotro / ponrticsdei ==> |

Charlie Compass "Why is important that warm ups such as light jogging and stretching are carried out before an orienteering event? "



Melissa Map "It is important because light jogging increases the heart rate pumping blood to the working muscles and stretching helps prevent injury."



Conrad Control "I warm up for at least 10 minutes, I feel more prepared before running."

Know your fellow LOGgers : Kaele Pilcher



Having read a few 'Know your fellow LOGgers' I feel like a newcomer. We moved to Lincolnshire late in 1991, Ian my husband was in the RAF. As we were both keen hill walkers, when we saw an article about orienteering in the Lincolnshire Echo we thought that it would be a good way to keep fit during the winter. Our first event was organised by HALO up at Elsham Hall, we decided we'd go round together to get a feel of this orienteering lark. One of our first controls was a 'tower', now you would think that a brick built tall structure would be hard to miss, but could we find it? We re-traced our steps, re-orientated ourselves and ended up in the same place! No brick structure but a wooden hunting platform. On occasions it feels as if things haven't improved much since then!

For those of you who think that 'Club Trips' are new then I'm sorry to disappoint. One of the first 'Club Trips' I went on was to the JK95, when a group of us went down to Penhale Sands in Cornwall. Ian and I shared a caravan with Ian and Brenda Durrant. There was another group of loggers in the next door caravan, and as Steven Bones and I share a birthday (the original LOG twins) Gillian Wheeler had arranged for us to have a kite shaped / iced birthday cake. Back in those days I was only a W21.

Other club trips were spent under canvas at October Odyssey and White Rose events over the years. In later years we upgraded to B&B's.

Orienteering has taken me from Cornwall in the South to the Moray Firth in Scotland, from Wales to Belgium. At the 'height' of my orienteering success I was just about achieving silver standard for my age class at national events, but these days I'm happy to not come last.

At the 25th Anniversary Dinner I was reminded that I had been the newsletter editor for some time and know what a difficult job this can be, so well done and good luck to Ali. Come on give her a hand and write an article or two.

These days due to lack of time, fitness etc I only do local events. Having moved to the border of HALO territory, this years summer events are too far for an post-work trot. But beware, I'll be trotting round the more local events. For those of you who don't know me I'm now one of the older orienteer's (W50), I'm slow, short and 'curvy' so please be gentle.



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

Explanation of Column D:

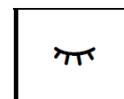
Column D - Control feature

The feature, as shown on the map, at the centre of the circle defining the control site; e.g. clearing; boulder. The description of each control is based on the International Specification for Orienteering Maps (ISOM 2000).

Some examples of Control Features are below:

Earth bank:

An abrupt change in ground level which can clearly be distinguished from its surroundings



Cliff, Rock face:

A cliff or rock face. May be passable or impassable.



Marsh:

A permanently wet area with marsh vegetation.



Clearing:

A small area of land free from trees within the forest.



Stone wall:

A stone boundary wall or stone faced bank.



For a look at the International Specification for Orienteering Maps (ISOM 2000) go to:
<http://orienteering.org/wcontent/uploads/2010/12/Control-Descriptions-2004-symbols-only1.pdf>

Publicity Update—by Ally ‘Dippy’ Wright



This banner is being used as part of an online campaign to encourage women to take part in sport and I have been chosen to promote orienteering within this. Conveniently at the same time this will help publicise our small club and put us on the map, so once I upload

it onto our Facebook page and Twitter account can I please ask that you both share it amongst your contacts and get it retweeted as much as possible.

Also we have been invited to attend as a club to the send off party of Lincoln swimmer Lizzie Simmonds who will be taking part in the Olympics for the second time in the 200m backstroke. This will be a great opportunity for us to mix with other clubs and groups and also a bit of publicity as well for LOG. The party is taking place on June 16th in the afternoon and involves CAKE, CHAMPAGNE, and currently cricket...maybe a naughty numbers 'O' game if we can get enough of us there to run it. It is at Lindum Cricket Club, St Giles Ave, Lincoln. If we can get as many folk there as possible it would be great. Please let me know if can make it by emailing me at: chocolate_wright@hotmail.com

LOG's 25th Anniversary Year 2012 Update

With the dinner now behind us we are now looking at preparations for our anniversary weekend in September. For those of you that haven't yet got it in your diaries, put it in now, and keep an eye on fabien as you should be able to enter shortly online for the weekends events.

On the 1st September we shall be hosting a relay event at Riseholme Park early evening followed by a BBQ in front of the Lake, this will be open to all competitors and we are hoping to include food by local supplier Well Hung Beef within the cost of entry.

The 2nd September will be our Lincoln City race which not only is part of the Nopesport league but also the Masters Cup, and we are hoping to run a team event to try and get local businesses/ groups/ clubs involvement. We are expecting in the region of 300 people at this event and would like to provide 'goodie bags' for all competitors - the bags we are going to provide using club money emblazoned with our logo, but we are looking at donations to fill them.

So... if you know of anyone or through any of your own business contacts that would be willing to donate to help us fill these bags it would be fantastic and we would ensure they got publicity from it as a result. Also if they would like to sponsor the production of our maps and have their logo/ crest on the maps we would be very happy! We can also use cash donations to buy water bottles printed with their logo's on aswell. Any ideas always really appreciated, so please let us know if you think of anything.

Also if you could try and pass onto any contacts through work or home the information when released about our team event as we would like to try and use this to attract new members and get people involved and show them what orienteering is all about. I am hoping we can offer teams a free coaching session prior to the race at our club night. So please encourage people.

Regarding any of the above please email: chocolate_wright@hotmail.com

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