



July 2012

# Logger's Latest

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

## ↳ Editor's Intro – Ally 'Dippy' Wright

'I felt like a waterfall' Diane Roffe-Steinrotter after she achieved a gold medal in the Winter Olympics 1994 for skiing.

Sadly the I.O.C (International Olympic Committee) have yet to recognise our beloved orienteering as an Olympic sport. Hopefully one day they will understand what we really are all about—as with a lot of folk we meet they just don't grasp the concept until they try it.

In this issue and previous issues we have we have looked at preparing for and recovering from the physical aspects of the sport and I'm hoping over the next few issues to cover the mental fitness side in particular emotional intelligence and how we use this in orienteering to overcome the challenge we face.

Diane Roffe-Steinrotter's quote is in reference to 'flow' which we have hopefully all entered at least once, often referring it to being 'in the zone'. This is where excellence becomes effortless, emotions are channelled in a positive way and aligned with the task in hand.

After my horrendous run on Orange at the recent BOC in the Lake District I managed to enter 'flow' the following day in the relays. In the first article into emotional intelligence we are going to look at motivation and in particular optimism!

**Inside this issue:** I would like to Thank Martin Thomas of Mandarin Leisure for kindly providing this month's fitness article on biomechanics.

Upcoming Events/  
LOG Fashion 2 Thank you to all contributors for this edition; I hope you enjoy it. As usual all feedback is gratefully received.

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This year's summer series has drawn to a close, the standard of planning and courses this year has been excellent and I would like to thank all the planners for all the hard work they have put in to achieve this. HALO's "Humber Bridge Challenge" was completed on Tuesday 5<sup>th</sup> June, where we had a good turnout of LOG members helping us to achieve second place in the race. Special mention to Andy Lucas who completed the whole 30 miles, great effort!!

The "Lincolnshire Challenge Shield" was held at Riseholme on 28<sup>th</sup> June and I am very pleased to say that LOG was again crowned champions, I even managed to be one of the scorers counting towards our final total of points. This now takes LOG into the lead with 2 wins and 1 loss.

Our September 25<sup>th</sup> anniversary weekend in September is getting ever closer, please can people get back to me ASAP to confirm their availability to help.

The event is now on Fabian, therefore please get your entries in and don't forget the relays and barbeque on Saturday, it would be nice to get as many LOG members as possible to attend.

On the EMOA front, the AGM is being held on Monday 17<sup>th</sup> September and it would be good to get at least one car full of Logger's to attend.

Finally on a sad note we have heard from Tanya that Jeff Baker suffered a heart attack on Wednesday 18<sup>th</sup> July morning and is in Peterborough Hospital. On behalf of everyone at LOG I would like to wish him a speedy recovery and look forward to seeing him back orienteering as soon as possible.

## Upcoming Diary Dates:

### LOG Midsummer Madness Chasing Sprint

LOG will be hosting it's 3rd summer chasing sprint event on Thursday, 2nd August, at the University of Lincoln, with the summer series awards also taking place then. Paul Murgatroyd is planning the event, which will include a prologue and chase and feature the return of the maze! Registration is open from 5:00pm, with starts on the prologue from 5:15-6:30pm, and chase to commence around 7:30pm. The race entry fee is only £3 (£2 to members).

Kaele Pilcher would like to invite all LOGger's to a BBQ at her house on 18th August 2.30pm ish. Kaele and Ian moved into their new house 1yr ago and sadly most of us missed her housewarming as it was Jeanne's leaving do at the Harrington's, so this yr they are having a plus 1yr party! They have asked if you can bring with you something to sit on, drink, and anything you would like putting on the BBQ.  
Address: Homestead, Barff Lane, Glentham, LN8 26Y.

### LOG 25th Anniversary Weekend

1st/ 2nd September. More details about this weekend later in the newsletter

### EMOA AGM

17th September. Please make the effort to attend this meeting and support Sean. Please let him know if you are able to attend.

The next LOG social arranged by Murger's Tours:

CLOCK October Odyssey Weekend 13th/ 14th October

Currently there are 12 LOGger's taking part in this event: still not too late to join them. Please contact Paul Murgatroyd if you are interested.

## LOG Fashion...

LOGger's continue to promote LOG  
Using the tricolour ruling

:

Purple  
Black  
White



### Page 3 Pic's



The last time our Chairman was spotted with his dibber/ compass/ control description holder at the Lincs Challenge Shield. Please check your kit to see if you accidentally picked anything extra up, Thanks.



Congratulations to one of LOG's newest members Matthew for picking up a Trophy in HALO's Knockout Cup.



Orienteering—Suitable for all....including Teddy Bears!

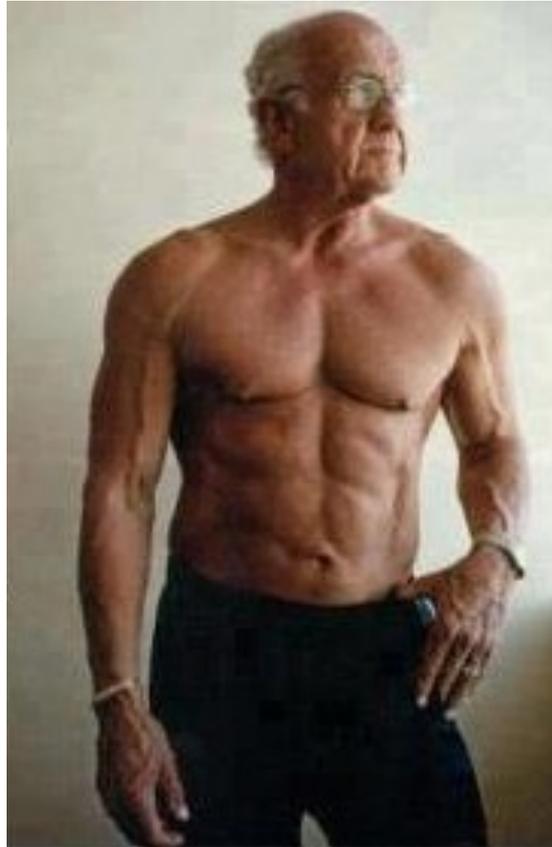


Andy Lucas looking fresh after 30 miles at the HALO 30th Anniversary Event



## Biomechanics—Martin Thomas, Mandarin Leisure

This article will follow separately, Martin has had some technical issues but has promised me this article will be with us very soon. In The meantime take a look at the picture below that has been found of our very own Geoff Gibb's, he's a bit of a dark horse isn't he ;)



## Summer Series 2012

### SS5—RAF Cranwell, Planner Justin Williams, Organisers Michael & Jo Nell

If the Nells have anything to do with it, it'll be raining. It's a given. Well, so it was. Pouring down all the time they were putting out controls. But by the time Nikki had the computer set up ready to accept the first entries, the skies had cleared and the sun made a brief appearance. The cool breeze kicked in, and conditions were perfect for a run. Justin Williams, the planner, had created three excellent courses to take in the variety of terrain on offer. It was all there – urban, park, and woodland. Unfortunately, Justin was out of the country on the night and unable to be there to accept the many compliments offered on his courses. With a total entry of just under 80 runners, the field was almost a record for a Summer Series event. Numbers were swelled by ATC cadets from Peterborough, the Scouts and car-load of determined orienteers who had made the journey from RAF Leeming in N Yorks just for the evening. Scott Rice was the clear winner by almost 2 minutes on the Short. The Tech course attracted 24 entries with the duel for first place just going to Liam by just 8 seconds. Steve Iwanek just pipped Kevin Kirk to first place on the Long. To bring the evening to a close, the immediate appearance overhead of two Tornado fast jets at *very* high speed and *very* low over the car park caused all to duck for cover momentarily. Private fly-past! Bonus!

### SS6—Sleaford, Planner Trudy Crosby

Sleaford Town was my first solo attempt at planning a whole event and I did actually enjoy the challenge. Not being a 'runner' I wanted my courses to be interesting and technically challenging rather than straight line running but there were plenty of planning challenges and limitations to overcome. I had several interesting recce trips to the area and discovered parts of the town I'd never seen before (or want to again!). Being such an urban area and after dire warnings from Paul about losing any of the control boxes it took hours and all the gripples the club possesses to site the controls – apologies to those who collected in! ( I did find it interesting that I could walk around the town centre wearing a rucksack which had wires protruding from it without anyone questioning why! ) All seemed to go OK on the night, all the controls were in the correct place and none went missing and I received positive comments from most runners – perhaps they were just being nice!

### S7—Riseholme College, Planner Jon May

A lovely warm and sunny late June evening saw the third round of the annual Lincolnshire Challenge Cup as we welcomed HALO back on to our patch. The weather had been more dramatic in the preceding afternoon and meant that many areas were extremely wet. The format was a chasing sprint around the leafy Riseholme campus. There was some close head to head running throughout the second half. Individually the results table was headed up by Liam Harrington. In previous years the away team had always emerged victorious, however this time it went convincingly to the home team by an overall 1403 to 1200 points. Decisive results in the Junior section having pushed the competition in LOG's favour. Amongst LOG top scorers were: Liam Harrington (100 pts); Alex Wright (99); Paul Murgatroyd (98); Tanya Taylor (96); Nick Fletcher (95); Martin Wheeler (95); Jeff Baker (95); John Mather (94); Stephen Barnett (92); Sean Harrington (92); Craig Lucas (91); Ally Wright (90); Michael Nell (90); Hannah McNab (88) & Trudy Crosby (88). There were many other significant contributions that went to reducing the HALO team's scoring.

RAF Cranwell



**S8—Horncastle Town, Planner Sarah Edwards**

The sun shone for the penultimate race of the summer series which was held in Horncastle on July 12th & saw 45 orienteers turn out for the first ever race on this newly map area. For my first race as planner I had been to Horncastle on numerous reces and devised three courses with route choice at the heart of the challenge. I also worked out which routes I would use to complete the courses I had designed. If doing the technical or long I'd have gone across the stream to return to civilisation from the meadow. The water was only 75cm wide, shoe top deep & slow flowing, it was the obvious choice. Roll on several weeks of torrential downpours and by the time I set the courses out on the big day it was a very different matter! At a couple of metres wide, anywhere between mid-calf & bum deep dependent upon where you crossed, and by now swirling along as a fast flowing torrent which looked capable of carrying off a small child or animal quite easily, it no longer seemed the sensible option! Several people did brave the waters & luckily all survived to tell the tale—giving plenty to discuss at the post race analysis session, aka drinks at the pub. Well done to Elliott Stephenson who romped home on the short in an impressive 17m 46s, to RAFO's Kevin Kirk, who was nearly three minutes ahead of the rest of the long course pack, and HALO's Brian Ward who showed how it was done by mastering the infamous watercourse leg 7-8 in just over 5 minutes. Thank you to everyone who came along & participated, I hope that apart from the water obstacle you enjoyed the challenges, the rare glimpse of sunshine and the beautiful sights that Horncastle has to offer.

**SS9—Washingborough & Heighington Planner Sean Harrington**

On a warm summer's evening just over 50 people turned up for the last of this year's summer series at Washingborough. The short and long were standard line courses not causing many problems with Scott Rice winning the short in a very quick 15:22, while on the long Luke Fortune won in 34:08, beating his mate Kevin Kirk by just 20 seconds.

The technical was a score event where you had to get control 31 first and then the rest in any order, Liam used his local knowledge to come in first over 8 mins ahead of second placed Andy Lucas. Quite a few people missed just one control with various excuses, Trudy had folded the map and hidden one of the controls, Charles deliberately left one to collect on his way back and completely forgot about, but best excuse was from John Mather who managed to make a hole in his map just where a control was!!

I think it went ok, sorry to newcomer Dawn Thomas who had entered the long course, but when she arrived at the start I assumed she would be on the short, therefore that's the map I gave her, so she went round the short course trying to get it to match her long course descriptions, oops!!!!

**HALO 30th Anniversary Event—Andy Lucas**

LOG aren't the only ones celebrating this year – HALO, our neighbouring club, are celebrating 30 years of Orienteering this year. To mark this occasion, they decided on a relay event covering 30 miles starting either side of the Humber Bridge and finishing in the middle.

LOG put out a commendable team, but instead of handing over the baton at each checkpoint, the idea was to build in numbers along the way, finishing as a full team in the middle of the bridge.

So the long distance training began – I really wanted to do the full 30 miles but had never done that distance before. A few long Sunday runs between 16 & 23 miles and I was confident I could do it, although it seems hard to believe now that on more than one occasion I came back with sunburn.

On the day of the event, Paul & I began the first leg, a tough little uphill section, supported by John and Liam who saw us on our way, then promptly invited themselves back to Pete Harris's house for breakfast! They did manage to meet up with us in Caistor for a quick pit stop, which was welcomed as it meant we didn't need to carry too much water. The first half was progressing well, but at about 10 miles we came across a section where that path looked overgrown and we decided to cut our way through an oil seed rape field, which seemed to take forever and took its toll on our legs. As we approached the half way stage, where there was great support from the rest of team LOG, Paul who was now suffering with sore hips, made the difficult decision to pull out, leaving me to contend with Liam & John's fresh legs for the next 6 miles. Liam seemed eager to push on, and those 6 miles flew by, I'm pleased they didn't want to go any faster.

Twenty one miles covered, and we were joined by Ally, Sean, Craig and Andy. The Humber Bridge was tantalisingly close, but we didn't always appear to be running towards it. Amanda joined the group and we were soon heading along the foreshore, but it was along here that either dodgy signs or dodgy map reading (make your own mind up) saw us take some dodgy route choices and end up on the "beach" where it was almost impossible to run. Back on track, we passed under the bridge and again missed our turning, and made the decision to stick to the roads rather than nav through the park.

On the steps to the bridge we were met by Paul, Ben, Hannah & Sharon for the last mile or so. We were progressing well as a group when word came through that a HALO team were also on the Bridge from the North bank. So, plans for a mass finish were put aside and it became an adrenalin fuelled sprint to the finish where we beat the HALO team entering from the north, and finished second overall. A great effort by all involved as the majority of runners were out of their comfort zone, running further than they would usually run. John in particular said he had never run 15 miles before. Certainly an event to remember.

## HALO Poacher Series Round Up—Andy Furnell

After being responsible for the first 14 HALO Lincolnshire Poacher tournaments, this year saw Pete Kullich stand down to make way for Pete Harris took over as the series co-ordinator. This led to some changes, particularly to the latter weeks of the series.

The theme to the early weeks seemed to be dodging the spells of rain. We seemed to do quite well at narrowly missing out a soaking, unlike several planners who'd had a very soggy day setting up. The first eight weeks were in the traditional series format - although the course names of introductory, short and long had been renamed as short, medium and long. Most areas were familiar to Poacher regulars. The ever popular Earl of Yarborough's estate provided three areas for this part of the series - Hendale, Swallow Wold and Cottagers Dale. These fast runnable areas (for those fit enough) saw some of the closest battles between the contenders for the overall champion - Liam Harrington and Zac Field with times equivalent to 5.3 minutes per km being achieved. Willingham Woods provided a major contrast with some much slower times - and memorable for me for the wrong reasons for managing to land in a ditch and a patch of nettles at the same time. The plan had been to jump the ditch until I slipped. One partly new area was featured in this phase of the competition where Middle Rasen and Osgodby featured a previously unused area to the west of the A46 for which a timed out road crossing was required. I managed to time my holiday to coincide with the greatest technical challenge Poacher has to offer in the south end of Normanby Park. Personally, I would have much rather missed the following week where the open uneven ground of Normanby le Wold is never to my liking and came the added challenge of cows herding around a couple of the controls.

The latter three weeks saw a total change to 3 park sprint courses held at Central Park, Scunthorpe, Baysgarth Park, Barton on Humber and the more traditional Poacher area of Mausoleum Woods. Five courses were available and runners were required to choose their own combination of courses to accumulate a required distance to qualify for a score based on their overall minutes per km. It wasn't the most successful series for me both in performance or attendance as, for the first time I think, my travelling colleague Kaele made it to more events that I did picking up 15<sup>th</sup> place on the medium course in the process. Our sole LOG trophy winner on the series was Paul Murgatroyd picking up his first Masters trophy. That wasn't to be the last word though as a 12<sup>th</sup> event had been arranged at Swallow Vale. This was done as a 3 stage knockout handicap event for which the draw had been made at the presentation for the series. Of the LOG entrants, only Sean Harrington and Matthew Lea make it to the final races. Matthew Lea emerged from the woods first to claim the medium course trophy. It was particularly good to see a newcomer to LOG and the Poacher series pick up his first trophy. Of the changes made, I think this final event was the most significant improvement.

## LOG's Summer Series Results– Best 5 Count

### Short

Pos	Name	Club	Age	Wc	Bw	Hc	Tw	Cr	St	Rp	Ht	Wh	Tot
1	Scott Rice	ARMY	M18	50	-	-	-	50	50	50	49	50	<b>250</b>
2	Ben Scott	RAFO	M14	-	44	44	50	40	-	37	44	46	<b>228</b>
3	Fred Beach	RAFO	M14	-	46	-	49	-	44	-	42	44	<b>225</b>
4	Monty Barker Pils-worth	IND	M12	-	-	-	-	38	46	45	43	47	<b>219</b>
5	Doris Sowley	LOG	W50	-	40	35	45	36	43	38	38	41	<b>207</b>

### Long

Pos	Name	Club	Age	Wc	Bw	Hc	Tw	Cr	St	Rp	Ht	Wh	Tot
1	William Parkinson	NOC	M16	-	50	50	50	-	50	-	-	48	<b>248</b>
2	Kevin Kirk	RAFO	M16	50	49	48	-	49	49	-	50	49	<b>247</b>
3	Luke Fortune	RAFO	M16	-	45	45	40	47	-	-	49	50	<b>236</b>
4	Jo Nell	RAFO	M45	49	47	42	45	-	47	46	46	41	<b>235</b>
5	Al Holyoak	IND	M45	0	-	47	46	41	44	-	-	47	<b>225</b>

### Technical

Pos	Name	Club	Age	Wc	Bw	Hc	Tw	Cr	St	Rp	Ht	Wh	Tot
1	Liam Harrington	LOG	M21	50	50	-	-	50	49	50	49	50	<b>250</b>
2	Paul Murgatroyd	LOG	M45	-	47	50	50	49	50	49	-	-	<b>248</b>
3	Tanya Taylor	LOG	W40	-	46	49	49	48	47	48	48	-	<b>242</b>
4	Michael Nell	RAFO	M60	40	45	0	42	-	44	35	42	45	<b>218</b>
5	Ally Wright	LOG	W21	-	38	45	28	-	46	41	-	48	<b>218</b>

## LOG Minutes

### Lincoln Orienteering Group Executive Committee Meeting – 19 July 2012

**Present:** Sean, Paul, Amanda, John, Liam, Hayley, Ally, Clare

**Apologies for Absence:** Tom, Michael

**Approval of Minutes of Meeting on 10 May 2012:** Agreed.

**Matters Arising:** None

#### **Treasurer's Report:**

HF to speak to ID reference paying the Container Rental. LH would do the event levy returns and inform HF if any payment is required.

#### **EMOA Report:**

EGM & AGM to be held on 17 Sep 12, 7.30pm. Committee still looking for new Officers. We needed to send club reps. The British Orienteering Annual Conference is on 20 Oct 12.

Exemptions to Event Levies will be withdrawn next year.

EMOA were to keep Membership Fees at £3 Senior, £1 Junior and £5 Families.

BOF were looking into the use of a promotions company, such as Limelight to promote the sport to attract new members.

The club had been given some Collector Cards, it was suggested that these could be used for encouraging Juniors to attend training and competitions, with a reward when complete.

#### **Publicity Update:**

Business Cards were now printed and available for members to hand out as required. South Common

Fayre had been successful and had hopefully attracted a couple of future new members. The same format was to be used for the Horncastle Fun day on 29 July 12.

#### **Yvette Baker Trophy - 7 July 2013:**

SH & PM had done a recce and SH had had an inspirational idea! Club runners would complete early runs to 'clear the course' of stinging nettles.

**Summer Series 2012 Review:** SH to organise purchase of 9 trophies for the end of the series.

#### **Fixtures:**

##### **City Race:**

Safety Documentation had all gone to SAG. Main issue was Child Protection provision, CH to draft document for submission by 20 Aug 12. LH to submit draft courses when available. Registration was to be in the Minster School Reception area, parking and toilet facilities would be available. Parking would be charged at £1 and donated to the school. LH to set up as a weekend event on Fabian4. The team event to be organised separately by the club. Some sponsors for prizes etc had been found but more were required to help fill the goody bags. PM was sorting the printing of the goody bags. The BBQ/marquee were in hand.

**Winter Series, Night Score Cup:** To be put on the agenda for the next meeting.

**Summer Series 2013 Proposal:** PM distributed outline proposal that he had submitted to HALO. Waiting for their comments.

**EML Event 2013:** It was proposed to relocate this event from Bourne to Harlaxton. JM to approach Harlaxton College.

**LOG Membership Fees:** HF to look at Club Membership Fees and put forward proposals at next meeting.

**25<sup>th</sup> Anniversary Weekend – BBQ, City Race, Relays:** Discussed under Fixtures.

**Mapping Winter Projects:** It was recommended that the Morkery Woods and Stoke Rochford maps needed a professional update. PM to sound out dates and costings.

**New Kit:** It was agreed to purchase one race clock, £275, ready for the City Race. PM to research costs for a results screen.

#### **AOB:**

**South Common History Walk** – AW to organise for a club night and publicise.

**City Race Team Letter** – AW was producing a skeleton letter that could be tailored to individual companies/organisations.

**Date of Next Meeting:** Monday 10 September 2012, at SH's house, Washingborough, 7pm..

## Junior LOGger's Section

### The Nottingham City Race By Charlotte Fox

On Sunday 8<sup>th</sup> July it was orienteering in Nottingham, in the streets. Everyone had to go to the front of the castle for the start, we had to remember a pass to go in the castle gates. It was very confusing because it did not look like a castle, it looked like a colossal brick house.

At the start I had to have a whistle, compass, dibber and a special number, my number was one of my favourites, number two. I had to do 12 flags with Daddy because of the busy roads and trams. It was a bit hard today because there were lots of hills but some of the flags were easy to find. Numbers 1-3 we found a bit difficult because we did not know where we were, but we soon found out. 4-8 were a little hard. On number 5 we went through a tunnel then up some steps, the steps were a bit steep and through the tunnel it was a little dark. 9-12 were easy because they were together and they were in the castle grounds.

Overall the day was ok. I saw a Robin Hood made from hedge and a massive mirror, but the weather was a bit too hot!!!!



## Silver Medals for LOG juniors relay team in RAF Sprint Championships

A relay team of three Spalding Air Cadets achieved a podium place in the Royal Air Force Sprint Orienteering Championships held recently at RAF College, Cranwell.

Competing against teams of regular serving RAF athletes, many of whom have inter-service competition experience, the cadets powered through to second place, just behind the team from RAF Marham.

Cadet Sergeant Kevin Kirk (centre), with Cadet Luke Fortune (left) and Cadet Nick Fletcher (right) display their silver medals.



## Orienteering Teaching Award the 'Real Deal' - Tom George

Earlier this year I attended an Orienteering Teaching Award held by our own Mr Paul Murgatroyd based at the University of Lincoln. Over these two days I earned a new found respect for the sport of orienteering which I have committed to for over 5 years and have incorporated into my First Year at University. To cut a long story short I gained an understanding of how to teach orienteering to others, children in particular, and a wide range of activities to accompany training sessions.

Prior to receiving my Teaching Award qualification, my parents had just moved house over the Christmas period and I happened to speak to my new neighbour, Chris Allen, head of PE at The Priory School in Spalding. He mentioned that I should come and work at his school once I finished my exams. I took up his offer and organised a meeting with Mr Bland the Head teacher, soon after obtaining my award. The meeting went well and I managed to get accepted for a 6 week volunteer work placement for the start of Term 6.

What is different about this school is that it accommodates teaching for special needs children ranging from behavioural problems to learning difficulties. For example I was working with one child for a couple of days who was perfectly normal and then the next day flew off the handle and was violent to others.

Before I started at The Priory, Chris knew I was a keen orienteer and asked me whether or not it was something we could introduce to the curriculum on my placement. As luck would have it the school had a French trip arranged where I could take no part due to being booked earlier in the year. This left me covering Chris's PE timetable for the week. At this point I felt it was a perfect opportunity to introduce orienteering to the school.

I was apprehensive to the technicality of the sport, the interest of the children and the overall fluidity of the lessons. After spending many hours designing basic maps and indoor activities I decided to test my work on several students within my class. This was met with some negativity by certain students, but enabled me to tweak my lesson planning which I rolled out to the rest of the school.

The delivery of the lessons consisted of several indoor activities within the school hall covering the basic skills of orienteering including the art of orientating a map. This was then applied to a practical situation with a course set up around the school grounds using flags and cones. Orienteering being primarily an individual sport got me thinking about how I could incorporate team work into small activities within my lesson, which became my primary learning objective for the lesson.

The lesson was met with particularly positive feedback not just from the students but the teaching assistants as well who took part, which was totally new and not something done before at this school. Ironically the same children who questioned the lesson surprised themselves after managing to complete the course in the correct order. During some indoor activities some students were unwilling to share and work as a team. Through discussion and showing we managed to have successful lessons with those students lacking enthusiasm towards team work. An orienteering success!

From what I uncovered about my teaching experience at The Priory was that the Year 7's, the youngest of the school, were the most cooperative and enthusiastic about orienteering. This year group in particular I was most apprehensive about as I happened to have taught the Year 10's the day before who I believed had a better understanding. As it happened the Year 7's surprised me and were keen to find out when their next PE lesson was and if they were doing orienteering.

In addition to this I also found out something interesting regarding the school motto within my PE lessons. The motto suggests that 'No one can do everything but everyone can do something'. A handful of children from each year group who didn't want to do it or perhaps perceived themselves as not good at sport or any if that, outshone themselves astonishing the teaching assistants present within the lessons.

The moral of the story is the younger we get hold of orienteers, the better! Additionally regardless of ability, with the right guidance anyone can achieve anything!

## Know your fellow LOGgers : Doris Sowley



My name is Doris, a new member of LOG.

Being a friend of Trudy Crosby for probably 17 years or more I have known about the sport of Orienteering for a long time. I have often had a map thrust in front of me while Trudy tried to explain what it was all about . At that point I didn't really understand much about it!

My first time out was when Trudy made me get up early one very frosty morning in January and we headed off to Sudbrooke Park. Nikki Harrington kindly took me round the short course. It was very enjoyable and I would definitely be giving it another go.

After turning out for a few more events Trudy suggested my partner and I go the JK in Scotland. For us it was going to be a bit of a holiday. We got into the spirit of things and went with Trudy and Amanda to the Sunday event. I was soon signed up to do a White course and Trudy would shadow me. I know the others on this course were all about 10!!!! But as Trudy pointed out, "you have to start somewhere, even at the age of 53!!" The walk to the start was longer than the actual course but it was great fun. That was it and with adrenaline still flowing, my next stop was the UltraSport stand for some Ron Hills, glasses so I could see the map and a wrist thingy for my control descriptions. The following day at the relay events I even bought a pair of O shoes. It was after this holiday that I decided to become a member of LOG.

So that is it, I am now hooked. Although still very much a novice and not really a runner but with some fast walking and a bit of a jog, I have managed to get myself around 8 more courses since the JK and that first frosty day in January. Thanks Trudy! Also a big thank you to other LOGger's that I have met for your help and support.

See you all soon.  
Doris Sowley

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

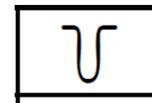
### Explanation of Column E:

#### Column E - Appearance

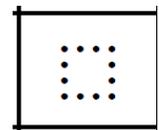
Further information on the nature of the feature if it is required; e.g. overgrown; ruined.  
In certain circumstances also used for a second control feature where the description requires this.

Some examples of Appearance are below:

Deep Where the control feature is particularly deep but this is not indicated on the map; e.g. Pit, deep.



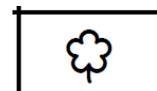
Open Where the feature is in an area where the tree cover is less than the surroundings but this is not indicated on the map; e.g. Marsh, open.



Rocky, Stony Where the feature is in an area of rocky or stony ground not indicated on the map; e.g. Pit, rocky



Broad leaved Where the tree or trees associated with the control feature are broad-leaved; e.g. Copse, broad leaved.



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

Over the last couple of months the Publicity Landy has been making it's debut at both the South Common Fayre and Horncastle Family Fun Day. The same set up was used for both, this consisted of the Harrington's Gazebo for shelter from the rain and sun (we wish!) and a Naughty Numbers Course. It was a very popular stand. Geoff Gibb's has kindly offered to make a list of what is required to set up this stand so any club member is able to use it at any event in the future. The club kit has been in demand of late but from these last two events I really think we need to use the SI kit when promoting our sport and the little schools printer is easy to use and has been a great asset.

We had a fantastic turnout of competitors on both the days and it was non-stop manning the stand I was very pleased to have the assistance of Amanda and Doris at the South Common and Nikki, Ian and the Mather Family at Horncastle. Anne and Geoff were brill they made it on both days showing real commitment.

These events have proved very successful for us and not only have they shown people the diversity of our sport and what it is all about but also have attracted some possible new members and led us to develop more contacts.

Please be aware that the publicity file is being updated all the time and this is a black folder that should be used at EVERY event to update the Display boards and to put out bits on the registration table. This should be passed on to the next event planner after each race.



## LOG's 25th Anniversary Year 2012 Update

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 includes 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. 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 the bags emblazoned with our logo using club money, 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.

Attached is a copy of our flyer please print off and put up around your local area/ workplace/ etc.

Regarding any of the above please email: [chocolate\\_wright@hotmail.com](mailto:chocolate_wright@hotmail.com)

**Keep up todate with LOG via Facebook— ‘Lincoln Orienteering Group’, Twitter— @LOGGER'SLATEST or our website—[www.logonline.org.uk](http://www.logonline.org.uk) .**