

July 2013



Logger's Latest

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



Chairman's Words—Paul Murgatroyd

'Since the last newsletter, we've been a very busy bunch! This period has seen the culmination of the first ever Spring series, along with the newly formed LOG/HALO initiative of the Lincs Urban league, and the showpiece event of the calendar - the YBT final at Belton. On the whole, everything has gone really well and, apart from having a couple of SI boxes stolen during this time, there's been very little from a negative perspective. We did discuss at committee the fact that the LOG Spring series numbers were slightly down on last year's figures, but whether this was due to the inclement spring weather at the start of the series, or the distance to some of the locations we used, I'm not sure. Was the weekly format an issue? For me, compressing the six events into the time period from the start of April to the middle of May meant we got into our woods at the best possible time, before the undergrowth began to bite, and made for some great orienteering in areas where often the long path route has been the optimum in years gone by - not really what we're after! I'd be interested to hear your opinions on the format...

The Lincs Urban League seems to have been a roaring success, after a slowish start at Horncastle and Brigg, and the last few events have been well supported, with nearly 70 runners at each of the Lincoln and Sleaford races. The sun even began to shine towards the second half of the series. It's been great to work alongside our northern rivals, HALO, and has helped add a different dimension to our traditional summer formats. Although we don't have many great forested areas in Lincolnshire, we are lucky in having some superb urban terrain and the planners for the series have made this best of this!

Finally, the YBT Final - what a scorcher! The hottest day of the year to date made for extremely challenging conditions and it was a great testament to the club that we managed to raise our game to host such a prestigious national event and leave all the punters satisfied. I'd like to thank everyone who came along to help, both on the day and on the evening before, when the nettle-bashing unit went to work, but the two individuals who deserve special praise are Sean Harrington and Andy Lucas. Sean used all his experience of organising past district and regional events to good effect and raised the bar even higher on this occasion and he deserves a big pat on the back for such sterling work. Andy Lucas was a demon behind the scenes, beavering away on the IT side to make sure that the systems were robust enough on the day to handle everything that the open and YBT events could throw at him. His work on this side of the operation, along with withstanding the sauna that was the download tent, deserves special praise - we're very lucky indeed as a club to have such a dedicated and talented individual in our midst.

Looking forward to the next three months, we now enter a bit of a lull on our activities front, but there's still the inaugural Wolds Mini Mountain Marathon in August, along with the usual Lincoln City race at the end of that month, plus the first ever Lincolnshire Indoor Championships at the University in September, so we're not exactly going to sleep... It also won't be long before we travel down to the Forest of Dean for the CST final either - plenty to look forward to and I hope to see you at least on one of these occasions.'

Ediptor - Ally 'Dippy' Wright

Thank you for all the submissions received this month., especially the picture to the right off Andy Lucas. Shows two of my favourite things in life and it's got my nickname on. Just a shame the boat has no sails and the pub isn't the one on Westgate. :) but what a clever find.



Upcoming Events:

1st Annual Wolds Mini Mountain:

17th August

Twitter:
#LincsWoldsMMM



Indoor Championships

12th September

Winter Series Events:

4th July - Barton Town
11th July - Sleaford Town
18th July - Louth Town

Twitter:
#LOGWinterSeries



East Midlands League Events:

8th September - Hardwick (DVO)
12th October - Bestwood (NOC)
13th October - Kedleston (DVO)
27th October - Ratby (LEI)
10th November - Thoresby North (NOC)
22nd December - Walesby (NOC)
29th December - Outwoods (LEI)

We operate a car share scheme to these events usually meeting at the Grandstand, Lincoln leaving between 8-9am and there is also usually a car coming from the Grantham area. This is arranged by Paul M or John Mather.

Please email them at:
pmmurgatroyd@me.com or
j.mather@ntlworld.com.

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

23rd/ 26th August - White Rose 2013 (EBOR)



For more Urban Events:
www.urbanleague.nopesport.com...

31st August - Lincoln City Race
1st September - Sheffield
22nd September - London City Race



Andy Lucas 'Lucky's' - Spot the LOGger Urban Sites...

A few LOGgers have been caught out urban training. I've a few more for next month – have you spotted any more?



Page 3 Pics:

Sleaford Town Urban
Yvette Baker Final
Lincoln Urban
Scottish 6 Days



Yvette Baker Trophy Final—Belton Woods

LOG hosted it's highest profile event to date at Belton Woods. Many thanks to everyone for making the event such a success there was a fantastic turnout of helpers from LOG (even if the VC was a tad tetchy they weren't there for the time he specified). A special mention should go to the hardy crew of eighteen volunteers who went out on Saturday evening to clear away the nettle undergrowth in many parts of the course, which helped the runners enormously in staying 'sting free'! The day's conditions were testing, to say the least, with the heat making fast and accurate running very challenging and it was great to see so many rise to the demands placed upon them.



The winners of the main trophies: 1st – OD (winning now for the 6th time overall and their first victory since 2010); 2nd – DEVON (one of the biggest club contingents) and 3rd – BOK (last year's champions).

As many of you are aware we had a few first aid incidents during the day which have led to an update in our First Aid provision. We have done extremely well as a club and have had very few incidents over the last 26yrs which is the way we would definitely like it to stay. However we need to make sure that should something arise we are able to deal with it effectively. Following the event we have discussed with British Orienteering a few recommendations to assist organisers at events and our suggestions have also been rolled out to other EM clubs. These recommendations included: clear grid references/ postcodes of assembly areas/ car parking/ start etc and those with an extensive medical history to carry on them an information sheet with Allergies/ NOK/ Conditions/ Medications on them. It was also highlighted that competitors still take part at their own risk and have to take some responsibility for themselves, for example if you have asthma you make sure you carry your inhaler with you on the course. Our first aid kits have also been updated to be specific for our events - there is no point having 4 eye bandages when we haven't used any in the last 6yrs at least instead there are ice packs and tick removers. We have also purchased 3 new bumbags which can be located at road crossings/ car parking/ start/ finish as well as a new main bag that will be located at the registration events.

Championship Awards 2013

The President Ian Durrant would like to congratulate Chairman Paul Murgatroyd on achieving a Championship Award for 2013. This award is given out to those who have achieved a certain set standard in the JK, British Night Championships, the Midland Championships and the Southern Championships.

Spring Series 2013

South Common, Event 6, John Mather:

I seem to be acquiring a reputation for arranging atrocious weather at events that I plan. The 6th event in the Spring Series only served to reinforce that reputation, with rain and strong winds getting progressively worse as the evening went on. Still, thirty-three hardy soles turned out to have a run around South Common.

The South Common is regularly used for training and events, so the challenge was to create a format which maintained some variety and interest. The Short and Long courses followed the standard line course format, with the Short planned with juniors and newcomers in mind. What to do with the Technical? Map memory, score, Spanish score and other formats have all been used to good effect elsewhere on the Tech, but I wanted to do something different again. The compact area and clearly defined boundaries of the common means that it is very difficult for anyone to actually become lost, therefore it seemed that a little tinkering with the map was in order. I initially drafted a course on a 'brown only' map – ie only contours, ditches etc showing, but despite the common being on a slope the map did look a little to bare. After some experimentation on OCAD I settled on a map that had all the paths and tracks removed, leaving the rest of the map intact. Removal of the extensive path network certainly changed the feel of the map. Feedback on all the courses was positive, with several people on the Tech remarking that removal of the paths from the map actually made navigating simpler – without the distraction of the paths. One regular even commented that he didn't think there was any way to keep South Common fresh but tinkering with the map had done just that.

Thanks for all the positive comments and for turning out on a miserable evening. Maybe next time I'll be more brave and offer a 'brown only' map for the Tech.

Lincoln Orienteering Group Executive Committee Meeting Minutes – 16th July 2013

Apologies for Absence: Hayley, Tom, Michael

Approval of Minutes of Meeting on 23 May 2013: Agreed.

Matters Arising:

2. GG had repaired the leak but more painting repairs needed, GG to co-ordinate volunteers and equipment.

Treasurer's Report: The committee was happy with the accounts.

EMOA Report: Hilary Palmer was continuing with the training sessions before level D events and asked clubs to keep promoting them. Clubs were asked to confirm what level coaches they needed. The EMOA AGM was scheduled for 16 Sep 13 at 7.30pm. PM was to discuss with David Olivant how LOG might be able to help with the Newark Urban Event in 2014.

Publicity Update: The Wolds Mini MM had been advertised to local running groups. The flyer was on the website for members to distribute as required. It was hoped that those wishing to participate would email PM so that map numbers could be anticipated. The White Hart Tearooms was being used at the start/finish.

YBT Final - Feedback: There had been no feedback from BOF since the event. PM, as chairman, wanted to particularly thank SH for his help in organising the event and Andy & Craig Lucas for their hard work behind the scenes both before and on the day.

Lincs Urban League – Feedback: A number of comments on the Summer Series had been received. Feedback would be printed in the next edition of Loggers Latest. All planners were advised that urban event courses should be planned bearing in mind that competitors would expect to be able to wear shorts.

EMUL – 6 October 2013 (Stamford): Jeff Baker had taken over as planner. PM to confirm if Mike Capper was available as Controller. Entry on the day.

- **29 August 2013 (Lincoln) :** AR now planner and PM Controller. LH to put on FABIAN4 ASAP, same format as last year, early/middle/late start windows. Depending on numbers actual start times may be used. Closing date for entries Mon 26 Aug 13. PM to confirm with printers timetable for map printing. AR to submit map of control locations to JM. PM to confirm with University that parking would be free.

Wolds Mini MM: Also covered under item 5. A juniors course may have to be added in an adjusted area/time to avoid busy roads – depending on entries.

Lincs Indoor Champs: PM was organising an indoor orienteering competition in the University Sports Hall. Originally planned for 12 Sep 13, the date was still to be confirmed due to other club commitments.

EML – Burwell & Haugham: JM to be planner. PM/SH to speak to Pete Harris to see if he was able to be Controller

First Aid at Events: AW had submitted a report about the medical incidents at Belton. The following recommendations were made. 1. Competitors should carry personal medications. 2. First Aiders should be identifiable – AW to source fluorescent tops signed “First Aider”. 3. First Aid bum bags x 3 – AW to source. 4. Risk Assessments – Need to cover all sites at larger events, additional first aid risks at specific events/weather conditions and extra first aid equipment required, copies of RA with key personnel.

Date for AGM: The AGM would be on Thursday 10 October 2013, 8pm at the Golden Eagle. AR to book room and issue notice and agenda at the appropriate times.

AOB:

New Members: AR reported that the number of members was now 71.

Mapping: Mike Hampton had offered to map Spalding for use as a cadet training area/competition area. The club would just have to pay his expenses.

Date of Next Meeting: Thursday 12 September 2013, 8pm at The Golden Eagle, Lincoln.

Lincs Urban O—2013 Reports



Horncastle Town- Event 1: 13th June, *Planner Geoff Gibbs*

The Horncastle Town event was run on the 13th of June. Forty-four entrants were split over the usual three courses. There was heavy rain all afternoon while setting out but this cleared up nicely before the start. We had been given permission to use two schools and two private areas for control locations.

Dominic Simmonds (HALO) won the Short course, Ian Birchall (IND) won the Medium. The LONG honours went to Liam Harrington (LOG).

There were a few lessons learnt through the evening. Planner – The event should have been listed as Urban and Rural with full leg cover required. Map – Some tweaks are required in the churchyard area. Entrants – Read your control descriptions, a lot were caught out on the path at the side of the college. Gardeners – Horncastle has the fastest growing nettles in the UK.

Lincoln City- Event: 27th *Planner Hayley Fox*

In theory the Arboretum would seem to be the ideal location to hold an orienteering event with good registration and spectator areas. It offers the combination of parkland in proximity to both planned and organic urban environment. The main consideration was the length/climb and providing participants route choice for both the long legs and quick fire controls across the mix of environments. With the routes planned and the weather looking good the controls were deposited around the east of Lincoln. Unfortunately the weather turned as the park controls were being placed, but this hadn't deterred certain members of society congregating for some late afternoon beverages. Within ten minutes of the first starter one of the controls had been stolen, and this was not the only thing to put a damper on the event with one of the club subject to abuse from other local users of the park.

On a more positive note the turnout was good despite the weather reducing the numbers of the Lincoln Wellington AC junior contingent, invited along to take part instead of their usual training session. The feedback from the group was positive and I hope to see some returning for future events. Liam was the winner on the long course, while Sarah was the first LOGGER home on the medium, second only to HALO's Chris Simmonds. Jordon Avery took the top honours on the short ahead of three of his RAFO teammates, whilst one of the Lincoln Wellington AC parents Mark Garthwaite came an excellent fifth.

Sleaford Town- Event 3 : 27th June, *Planner Craig Lucas*

Offering to plan Sleaford straight after the Yvette Baker Trophy weekend wasn't the best decision I've ever made! But then, with a moment of inspiration, I realised Craig was at a loose end having finished his exams and at least had several afternoons with nothing to do. So Sleaford was handed over to Craig who devised the courses and cycled over to Sleaford to check them. It then became apparent that one of the areas he intended to use was out of bounds hence adjustments had to be made, and the grassy field that Ally enjoyed so much (sorry!) came into play to get the distance in. The area gave lots of opportunity for route choice, "urban traps" and a mixture of streets, intricate buildings, open grassland and rough grass areas. The weather was kind to us, St. Georges College staff were unbelievably helpful and on the night we had a brilliant turn out (68 runners).

I was particularly pleased that so many people went the wrong side of uncrossable walls and fences. Listening to the debates about whether control descriptions were right or wrong, ambiguous etc. made it particularly satisfying!



Please see the HALO website for their reports and the results tables: www.halo-orienteeing.org.uk

Lincs Urban O 2013 Results

Liam Harrington— Long Course Winner
Charlotte Ward- Top Female
Chris Simmonds —Medium Course Winner
Amanda Ward - Top Female
Dominic Simmonds - Short Course Winner

LOG— Inter-club Winners

Lincs Urban O—Feedback from Members

This was the first joint effort between LOG and HALO aimed to make the most of our urban areas whilst the undergrowth has increased. Though there was a LOG VS HALO aspect the main aim was to increase interclub relations and encourage members to take part in neighbouring groups events.

We have received the following feedback regarding this event and will take these views into account when planning in the future however some comments like distance to events are inevitable due to the size of the area we cover. The club has looked into setting up satellite clubs and there was some funding to do this but we were unable to find anyone with the time to commit. As many of you are aware we are a very small club mainly consisting of members that work full time and the core helpers already are stretched to their limits.

- *After 5 urban races my knees and achilles are ready for some off-road running, I enjoyed the new areas but did find the distances to events after work quite tight and extravagant on fuel - but I am a miser!*
- *I have got to admit that I have been disappointed by the format of the summer league this year. I've found the club has effectively discouraged around a third of our active members from taking part in all six of the events. For us the distance and costs involved in travelling up to the HALO events plus the time spent travelling meant that we just couldn't consider taking part. Also it's late by the time we get back and we have work the next day. Other club members are not so lucky and finish work much later than us which certainly rules them out.*
- *I thoroughly enjoyed it and thought it was great to join forces and produce a series of events together. I wasn't keen on the brambles/nettles - I was under the impression 'Urban' = Shorts O'ing! I was just disappointed that I missed the final event in Louth due to work.*
- *Not surprisingly as someone who prefers urban it definitely met with my approval - and provided another good LOG vs HALO opportunity.*

HALO Poacher Series Report: Kaele Pilcher & Andy Furnell



AF: I've been fitting the Poacher series in around my commitments to an over 35s football league. This has meant sometimes going straight from Poacher to a match, but there were bound to be a couple of early kick offs during the series that would rule out a couple of events. I was certainly cursing my luck when those two events turned out to be weeks six and eight in the better areas of Brompton Dale and Pillar Woods. At the same time, I was without a match on week seven when it was my least favourite area of Otby. After a very lengthy trudge round, after the only bit I was able to run was from the start to the first gate, I also didn't have an excuse to get out of the control collecting. Fortunately, they were fairly kind to us there with only a few controls to pick up in the nearer area whilst Paul and Liam did the legwork to the far end.

KP: Week eight was planned by HALO's met man, it's just a pity he could organise better weather. With light rain/mist and a long leg through even longer grass this resulted in a number of very soggy orienteers. Other than that it was a good course even if I did have to shake off a couple of HALO member's on the way round.

AF: I was glad to be able to get to all three of the sprint events that came at the end of the series. The Normanby Park event saw the organiser being very kind to us in using the northern end for a Poacher event. These are normally based in the technical southern end and can often be the trickiest event of the series. Some thought has to be given to tactics on these events as there are five courses with lengths of 1, 1.5, 2, 2.5 and 3 km and competitors are required to complete a required total distance to qualify for a score. For myself, this was a distance of 7 km. On this occasion I did this by taking on the 3k, 2.5k and 1.5 courses as, having arrived a bit on the late side, it seemed better to tackle 3 outings instead of four. I was happy with my overall rate of 8.31 per km, but did come to the conclusion that four outings on the shorter courses would be a better tactic.

KP: For the medium course the distance required was 4km. In all three events I did the 3km followed by hopefully a faster 1km.

AF: The second sprint event was at Cleethorpes Country Park. This is only a small area so is best suited to this type of event. The weather was not kind to us on this occasion with the first spots of rain appearing on our arrival leading to a soggy evening. I probably ran my best on this series on this event, but the good work was slightly undone by one error where I overshot a control. I was able to add to my ever lengthening list of excuses by blaming it on the fact that I was keeping an eye on a nesting swan who can be quite aggressive at this time of year. The swan wasn't a problem as it turned out - but if I'd been looking where I should have been I'd have seen the control.

KP: When I saw Andy he was groping round in the bushes with a female no where near the control, the swan was just a very feeble excuse.

AF: The series then concluded at Swallow Wold in an event that also acted as the HALO v LOG Challenge Shield fixture. It looked like I wasn't the only one who had caught onto the idea of doing the four shorter courses to make up the 7km distance, as for this event, the distance had been changed to 6km. I was happy with that as this hilly area was bound to be a lot slower for me. So it proved and with a 3km course that pulled us up and down the valley sides repeatedly, it took a long 49 minutes for me to complete.

KP: It's just as well my score was not required for this years Challenge Shield as fatigue and brain failure took me completely the wrong way not once but twice during my 1km leg.

AF: All too soon though, another Poacher series had come to an end with the presentations taking place at the Blacksmith's Arms in Rothwell. The series never disappoints - apart from the inevitable inclusion of Otby/Normanby-le-Wold.

Know your Fellow Logger : Kev Rice

At the request of Ally, let me introduce myself as a new member of LOG.

My name is Kev Rice you may recognise me as the chap looking puzzled at the wrong side of a dual sided O map! (did it again at the recent Lincoln urban event dooh!)

I work for the Army at Grantham as an Engineering Officer and back in 2010 I was asked to make up the numbers in an Army orienteering championship event so that our unit could enter a team. I have always had an interest in maps and fitness so it sounded like a good idea and as it took place during the week I'd be paid too!

Well what an eye-opener, the map colours on an O map are completely different from an OS map, and as for the control symbols wow!

But it sparked an interest so I did a few more Army and RAF O events then I found out about the LOG summer events, so I competed in them for the next couple of years and finally took the plunge and joined LOG at the start of this year during the excellent night score series, which livened up them cold, dark winter thursdays.

I have also done a couple of NOC and LEI club events but you Loggers were the most welcoming so give yourselves a hug.

Unfortunately I work at my other job on Saturdays and coupled with my other passions of road cycling (I compete in local club time trials and I'm a member of Witham Wheelers Cycle Club), off-road motorcycling and live music, it limits my availability for weekend events but I would like join my fellow loggers on one of your weekend away events next year and sample some different terrain.



O'ing in Oz

How to get your O shoes cleaned by the Australian Government

Over Easter family Mather was lucky enough to be able to go on holiday to Australia visiting good friends who moved there a few years ago. Before setting off from the UK I had checked the local fixtures and spotted an event on the middle Sunday of our two-week stay. Ideal. Ben and I duly packed our O kit along with our sunnies and thongs.

A few morning runs in the sun alongside the Swan River with views of downtown Perth helped to read-just from the jetlag and set me up for the event on the Sunday. However, during the first week the weather got progressively hotter, rising from the low 20s at the start of the week to the low 30s by the end. Whilst jetlag may have been sorted I was far from acclimatised having left the UK in frost and snow piled up by the side of the M1 on the way to the Heathrow.

The day of the event came and Ben and I set off in our borrowed 4x4 to Mount Billy about 70km east of Perth. It was a couple of miles off the highway down a gravel track until we hit the familiar sight of an O event – cars parked along the edge of a track and people limbering up. The format was very similar to one of our colour coded events, with a well organised and familiar registration set up. The local club were very hospitable and really made us feel very welcome. Courses were selected and off we went to the start. On the way we checked our compasses and realised that something was not quite right. We consulted our friendly hosts and found out that compasses are balanced differently in the Southern and Northern hemispheres. In effect our Northern compasses couldn't rotate freely and were as good as useless. We were willingly lent a Southern baseplate compass each and off we went to the starts for a second time.

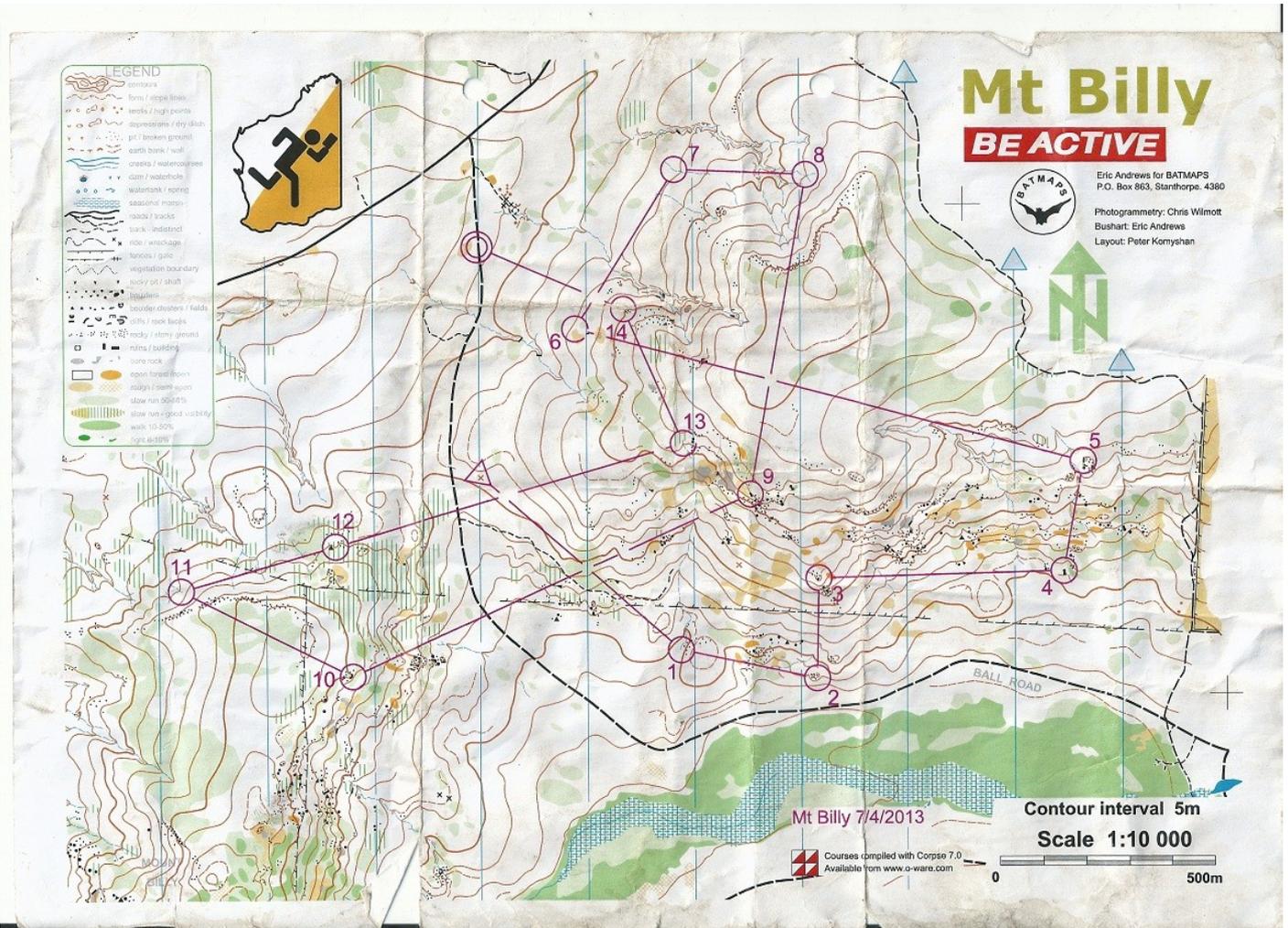
The terrain was forested and hilly, with some areas of rock and contour detail. Being out in the Australian bush, there were virtually no paths or tracks on the map at all. This meant that the less technical courses had to rely on alternative handrails between controls and extensive use was made of dried up stream-beds on Ben's course. I made a good start but the heat began to take its toll half way into the event, with fatigue setting in I made one complete clanger leaving control 6 – a 180 degree error. Control 6 was a drinks station and I suspect that the distraction of taking on water didn't help. In error I set off south west instead of north east and mistook the stream to the SE for the one to NW and didn't realise my error until I got back to the start. I also had difficulty identifying vegetation changes on the ground. Although marked on the map, the changes in vegetation were not always apparent to my European eyes and areas shown as clearing did in fact often have small or young trees in them. Still, I managed to get round and wasn't last. It was comforting to hear the locals saying that the terrain was tough going although they had difficulty understanding that 35 degree heat hampered my performance. It was only a warm autumn day for them!

In terms of times and results, I came 6th out of 8 in a time of 123 minutes. The winning time was 65 minutes – a good 23 minutes ahead of the next placed competitor. This was on the 'Expert 1' course which was the longest and hardest course available that day. Ben entered the 'Starter 1' course and came 7th out of 9 in a time of 67 minutes against a winning time of 24 minutes. Ben also struggled with the heat, just like his dad.

Highlights included the warm welcome from the locals and disturbing wild kangaroo and wallabies whilst running through the forest. Low point was definitely the 180 error which cost me dear. If you ever find yourself in or around Perth I can definitely recommend looking up an O event.

What, you may ask, has all this got to do with getting your shoes cleaned? Well, the Australians are very fussy about what they allow into their country and before disembarking from our flight into Perth there was a stern strong message given about bringing foods and contaminated footwear and equipment into the country, with large fines for anyone found to ignore the rules. The advice given was 'if in doubt, declare it'. So, in the knowledge that my O shoes were handsomely caked in the finest East Midlands mud I duly declared my shoes to the nice lady at border control. She took one look at my shoes and, in an ever so slightly sarcastic way, declared them 'beautiful'. They were taken away behind the scenes, hosed down until they were devoid of any dirt and sprayed with disinfectant before being returned to me. I now had a beautifully clean pair of O shoes, all thanks to the Australian tax payer.

O'ing in Oz



LOG on Tour : Scottish 6 Day 2013



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