

November 2012

# Logger's Latest

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

## New Chairman's First Words—Paul Murgatroyd



I sit here in the Plough, enjoying the warm afterglow of a 10 mile run and a pint of Bateman's, reflecting on the last five years of my predecessor's reign as chairman. The club owes an enormous debt of gratitude to the efforts of Sean Harrington during this time, with many who have joined the club during his period in the chair probably unaware of the circumstances in which he took up the position. The previous incumbent, Steve Bones, had resigned very suddenly and, shortly afterwards, moved to Suffolk to start a new job. He was, at this time, Mr LOG, fulfilling not only the role of chair, but performing a good many other tasks besides and, without his influence, the club was in danger of grinding to a halt. However, it is testimony to Sean that not only was he willing to step up from vice-chair at short notice, but he took on the job of rebuilding the club around the small group of members who were motivated to help move things forward. Firstly, Liam Harrington, Andy Lucas and Jon May were pivotal as secretary, treasurer and fixtures secretary in helping to stabilise the club and then, as we moved to a position of comparative solidity, others began to step forward to assist in bringing the club to this point now where membership numbers are good, the club is increasingly active on both the training and competition fronts and more and more LOG'ers are journeying further afield to practice the sport they love. Well done, Sean, and thanks on behalf of the club for all your work in the last half decade!

So, where do we go to next? From my perspective there are 3 challenges the club faces in the next few years. One is ensuring we continue to recruit new blood, particularly juniors, and part of this is down to the friendliness of the club and spreading the word about what we do. Ally is making great strides in marketing the club and advances in our use of social media, as well as the more traditional publicity routes, remain key to raising the profile of the club and getting more people to come and try the sport. Hopefully the 'free run' voucher system in the forthcoming winter series will help us to bring orienteering to a new batch of people and the lower joining fees should also mean punters are more likely to sign up in the first instance. This brings me to the second challenge, which is that of retention of members. We've tended to lose at least 3 or 4 members every year in the past five or six years and, whilst the lower membership fees may help to retain some of these, is there more we could do on this front? I'm not sure of the answer here, but it would be interesting to find out why these individuals are no longer members of the club....

The final challenge is raising the orienteering standard of our members. Whilst it is good to see that an increasing number of LOG'ers are travelling more regularly to events and going further afield to challenge themselves in areas that are not as straight forward as our traditional East Midlands forests, numbers attending regular training are hit and miss. I feel that we could do more to develop ourselves as orienteers. It would be good to see a sizeable contingent making it to the JK, BOC and the Scottish 6 days festival in 2013 and I'm also hopeful that we can make it to the final of the Compass Sport Trophy next year, after missing out by only 7pts on a hat-trick of appearances in 2012, but we should be more aspirational than that. Only 4 members are currently in the top 500 of the British Orienteering rankings and that means, when we do compete on the national stage, we struggle to compete with the likes of FVO, INT, EPOC and other small clubs. I'd like to think that all current members would try to improve their orienteering in 2013, whether by more regular fitness and/or technical training or by competing further afield to develop their skill set. How about it?

## Ediptor Intro Ally 'Dippy' Wright

### *Development*

Most of you should now be aware that I am reviewing and updating the Development Plan for the club; and have been starting via the online Survey Monkey site to find out what members/ potential members want from LOG. I am keen that as a club we stay focused in what we want to develop so the club can move forward positively.



'To reach a port we must sail—sail, not tie at anchor—sail, not drift', Franklin. D Roosevelt.

Self development is also important by setting down goals of what you want to achieve. It's easy to turn up week after week and passively take part in club night/ event's—drifting. By identifying your needs of what you want from the sport you can allow your self to develop as an Orienteer. Goal setting gives you focus, direction and progression; we all have the potential to aspire to our dreams.

'All our dreams can come true— if we have the courage to pursue them', Walt Disney.

However, these goals/ dreams need to be SMART!

S— Specific

M—Measurable

A— Achievable

R— Realistic

T— Timed

I hope this will be of some help when your thinking of those New Year 's resolutions. The next newsletter will be due out at the end of January.

## Upcoming Events—Why not take a trip to the Scottish 6 Days? www.scottish6days.com

The Scottish 6 Days returns to Moray in 2013, once again offering a mix of fantastic orienteering in a popular tourist location – Moray has it all including lovely beaches, wildlife, castles, whisky, woollens, shortbread and tartan.

They have planned to bring you a mix of quality seaside areas (Lossie, Culbin and Roseisle) plus three “inland” areas. Darnaway was pencilled in as one of the options, but issues with capercaillie in nearby Strathspey that affected plans for the staging of the [World Orienteering Championships 2015](#) have resulted in both Darnaway and parts of Culbin being embargoed.

Thanks to Lady Cawdor, Carse of Ardersier (owned by Cawdor Estate and managed by Cawdor Forestry) will be extended and is delightfully runnable and contoured. Loch of Boath is a fine new area south east of Cawdor Castle, linking up with a rarely used part of Clunas. Coulmony & Belivat, now the location for the last day, is a combination of two fine areas never used in major competition and by extending the existing Coulmony & Belivat areas can make long and challenging courses including Classic Final achievable.

Euromeeting 2013 is incorporated into Moray 2013, making use of existing races and venues. A Sprint Race will be held in nearby Lossiemouth. Loch of Boath will host a World Ranking Event Middle Distance race so if you want to watch the Elites before heading off dolphin spotting this could be the best day.

The Scottish 6 Days appeals to all ages and abilities and we will ensure we can provide the right courses for everyone.

The event campsite will be at the beautiful (and centrally located) Brodie Castle. The local village hall at Dyke will host various social events, and is easily accessible from Forres and Nairn as well as the campsite.



### Page 3 Pics

RAFO Cadets at the National Cadet Orienteering Championships

LOG Members at the October Odyssey at Whitby

President Ian Durrant presents Anne Gibbs with the First Ever President's Award





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

Paul Murgatroyd:

Chairman/ Coach/ Mapper

My primary role as chairman is to oversee the regular committee meetings and make sure that the business of the club is attended to in an efficient and proactive fashion. It is vitally important that all members have a voice in the running of the club and I'm always keen to see more people become involved in moving the club forwards.

My other roles include running the club night sessions as head coach, where we try to provide a mix of technical and physical training to all members, regardless of age or experience, and mapping co-ordinator, which includes keeping the club's database of map files as up to date as possible, looking at future mapping projects and putting these out to tender, where required, and contributing personally to developing new maps for the club.

Sean Harrington:

Vice Chairman

As most of you know I had to step down as Chairman of the club at this year's AGM as my five year stint had come to an end. At the AGM, I was voted back onto the committee as Vice Chairman.

I see my role as VC giving support to our new Chairman (Paul Murgatroyd) to enable a smooth transfer of my old responsibilities.

I will also hopefully have more time to help out with any other projects that need to be taken on by the committee.



PS: Thanks for the whisky glass that was presented to me by the committee in recognition of my time as chairman.

Amanda Roberts:

Membership Secretary

Keep the Membership List up to date.  
Remind lapsed members to rejoin.  
Contact new members to welcome them to the club.  
Field enquiries about joining LOG

Club Secretary

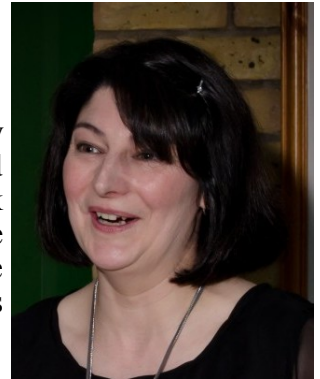
Send out notices of Committee meetings and the AGM and book venues.  
Attend Committee meetings and AGM.  
Take minutes, write them up and distribute.  
Submit Annual Return to BOF.  
Respond to email enquiries/letters and redirect as necessary.



Hayley Fox:

Treasurer

My role is probably the most straight forward- I look after the money. Money comes in from events and I have to keep a record of what comes into the club and what money we pay out and make sure the records balance. I look after the bank accounts, pay the levies and expenses and each month prepare a brief report for the committee, of which I'm part of, on the current financial position. This allows the committee to make an informed decision on any expenditure for mapping projects or new kit that are under consideration.



Alison Wright:

Publicity Officer/ Newsletter Editor

Publicity wise I promote and advertise the club through various forms of media. This includes Twitter and Facebook as well as What's on Guides/ Scout Bulletins'/ Newspapers/ Flyers/ Business Cards/ Radio Broadcasts and Email Lists. Even Patient's I attend in my paid job as a paramedic and any unfortunate person who I happen to bump into (usually in the pub) has to be passed some information about LOG.

I am keen to show LOG off wherever I can to show people who we are and what we are about, this yr I've have organised LOG members to take part in Publicity stands, the Extreme Ironing event, the Lincoln 10k and Nordic Walking. I am hoping with can mix with more clubs/ groups in the new yr and get involved in more alternative activities.

As the Newsletter Editor I produce this bimonthly newsletter, which involves a lot of time copy and pasting pieces and emailing folk to remind them about the submission deadline. I also have to try and ensure I have enough pictures to publish so you may see me hovering around trying to get some pictures at events.



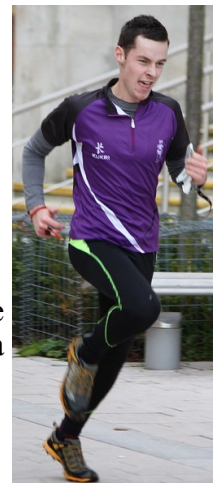
Tom George:

Junior Representative

I aim to be a good role model to juniors and future juniors participating within the club. My role as Junior Representative involves:

- Supporting and developing our current Juniors.
- Encouraging Junior participation in the club.

As a Second year Sports and Exercise Science Student at the University of Lincoln I have established an orienteering society at the University of Lincoln which I hope will have a strong link with LOG.



## Winter Series 2012/13 Reports

### *Branston by Planner Andy Lucas*

The 2012/13 winter series started on 3rd November with Branston being used for the second time. The weather was not kind to us, with light rain falling for most of the morning. Underfoot, the going was equally damp (wet!) in places, which was not my intention, but at least it was wet around the lake, and not muddy.

The short course was won by Hayley Fox, who narrowly beat Sarah Edwards & Poppy, with Andrew Lambert in third. The handicap system pulls Andrew up to first, with Hayley in second and Robert Lambert taking third. It was good to see the Lambert family returning, and it looks like the competition between Andrew, Robert and Ben Mather could hot up as the series progresses.

On the long, Liam Harrington threw down the gauntlet, charging around the course in 32:31, 3 and a half minutes ahead of Paul Murgatroyd. Tom George came in 3rd, narrowly beating NOC's Jenny Evans by just 3 seconds. The handicap system moved Paul up to first, with veteran Jeff Baker rising rapidly from tenth to second and Liam slipped to third. It was great to see people traveling from neighbouring clubs for a Level D event and also nice to see some new faces, which is what Winter Series "O'ing" is all about.

### *Stapleford Woods by Planner Jeff Baker*

I am considering applying to the forestry commission for a job at Stapleford because I feel that I now know the area as well as anyone. Arriving at six o'clock on Saturday it was very dark and very damp but that didn't bother me because I had my trusted lamp and my trusted two wheeled stead plus let me add twenty odd controls and kites in a rucksack on my back. But hey I wasn't going to be caught out like last time when I was running around like an idiot at the last moment still getting sorted out. As it turned out the early start was a good strategy because the trusted stead struggled to get down some of the paths that the four legged beasts known as horses had turned into mud piles plus there was a lot of water lying around. That said all was done by 9.10 and it was a case of waiting for people to turn up.

In the end forty-five people braved the not too good looking weather and brushing aside remarks like Jeff planned this so it's going to be hard we started on time. Andy Lucas was first off and first back although the time span between the two was only about ten minutes due to the fact that he returned holding a rather sorry looking soggy map. At this point it seemed a good idea to put the rest of the maps in bags.

As the morning went on the weather got better until when the time came to collect the controls it was a rather nice sunny day. It seemed that people enjoyed the experience and the only remarks were that the map needs a little updating. Probably a job for next year. My heartfelt thanks to all Santa's little helpers.

Now time to sort out the Night Score course on South Common and the colour coded event at Harlaxton. I like to put a bit of pressure on myself.



## October Odyssey Weekend by Trudy Crosby



Friday 12<sup>th</sup> October saw LOG members heading North to the seaside town of Whitby.

Some left Lincoln in the morning and sailed up with no problems, some left in the afternoon and hit traffic but got to Whitby in reasonable time whilst those leaving later found the Humber Bridge closed and arrived somewhat stressed and more than ready for beer!

Eight of us stayed in the YHA next to Whitby Abbey and can really recommend it – the 200 steps down into town (and back again!) proving just what was needed after your run, but the views were fantastic.

### Day 1 Sneaton Forest West and Parsley Beck

Much to our amazement on Saturday the weather was clear and crisp, for which we were grateful as the competition area was quite exposed. However we found that the walk to the start was actually through a marsh – don't you just hate getting your feet wet on the way to the start? This day was a middle distance race and we had Loggers out on everything from Black to Orange. Despite the distances looking short (green was just 2.8km) people still got their moneys worth. 2.8km in Yorkshire is much longer than in Lincolnshire!

Everybody got round their courses to varying degrees of success with Chris Sanderson being the highest placed LOG runner in second place (by 20s) on Brown. There was some discussion regarding the siting of controls and the hanging of kites but most came away satisfied with their run.

A very pleasant afternoon and evening was spent in Whitby – beer was drunk and fish was eaten.

### Day 2 Sneaton Forest East and Fylingdales Moor

Back out to the same area as Saturday but deeper onto the moor and this time the weather was not so kind. The distances were longer and courses were much more physical to add to the enjoyment. As well as two days of individual competition there were prizes for age class winners over the two days. This meant you had to run the same colour course on both days if you were to be in line for a prize.

A certain LOG runner had been doing her homework and realised that she was the only W21 running both days so just finishing both days should have been enough for a prize! She therefore switched from blue to brown on day 2 to ensure she was eligible. Unfortunately she missed the W45 who was running up as a W21 and she missed winning the prize spoon by 92 minutes.

Our only spoon winner was Chris Sanderson in M50 although Doris Sowley, at her first multi-day event as a competitor, did top the Orange course.

Once again a LOG trip was a very enjoyable and social weekend with a bit of orienteering thrown in. I would recommend the Magpie Café to anyone visiting Whitby – the best fish and chips, and of course we visited a couple of pubs to sample the real ale on offer.

These multi-day events are a great way to visit areas that you might not normally go to and there's normally something for all the family. So why not put one on your calendar for next year – the JK at Easter, the Scottish 6 days in July and the White Rose at the end of August are all well worth planning a holiday around.

Website links:

[http://www.clok.org.uk/Events2012/121013\\_Odyssey\\_resp.htm](http://www.clok.org.uk/Events2012/121013_Odyssey_resp.htm) : October Odyssey Results

[www.thejk.org.uk/](http://www.thejk.org.uk/) : JK Easter 2013

[www.scottish6days.com/](http://www.scottish6days.com/) : July 2013

[www.whiteroseweekend.org.uk/](http://www.whiteroseweekend.org.uk/) : Aug 2013

## LOG Minutes—AGM/ Committee Meeting 10th October 2012

**Present:** Ian Durrant (President), Sean Harrington, Liam Harrington, Andy Lucas, Paul Murgatroyd, John Mather, Tom George, Jeff Baker, Tanya Taylor, Anne Gibbs, Geoff Gibbs, Clare Hanna, Trudy Crosby, Sarah Edwards, Hayley Fox, Ally Wright, Dudley Giles, Delphine Suty, Matthew Lea, Doris Sowley, Jo Nell, Michael Nell, Jonathan Hill, Amanda Roberts.

**1. Apologies:** Andy Furnell, Nickii Harrington, Clive Street, Jon May, Dave Denness, Chris Sanderson .

**2. Minutes of 2011 AGM:** These were accepted as a true and accurate record of the meeting.

Proposed by: Ian Durrant      Seconded by: Clare Hanna

**3. Chairman's Report:** This year the club has run 22 events; these included 6 Winter Series events, 4 Night Score events, 9 Summer Series events, an L3 Event at South Common planned by new planner Jeff Baker, the Friendship Relays and the Lincoln City Level B event. LOG successfully regained the 'Lincolnshire Challenge Shield' and the tally is now 2-1 to LOG. Three club trips had been organised over the year to Edinburgh, Rome and Whitby. Training sessions were being run most Thursday evenings. The 25<sup>th</sup> Anniversary had been marked by a Dinner at The Bentley and then a weekend of orienteering including the Friendship Relays and a BBQ social culminating in the City Race. Thanks were given to all those who had helped in making the celebrations such a success.

The last 5 years had seen the club put on over 100 events, the introduction of the Winter Series, Challenge Shield and regular training nights. Many new areas had been mapped and the club had more members taking on the planning of events. The club had reached its first Compass Sport Final and updated all the club equipment. It was hoped the next 5 years would provide more of the same and encourage more people to get involved in the sport, links with local schools were being made to increase junior membership.

Thanks were given to all members of the committee over the past 5 years and also to everyone else who had helped with the club and turned up to support events.

**4. Treasurer's Report:** The closing balance for the year was £4,679.50. Orienteering events put on by the club accounted for nearly 90% of the club income and were critical to the financial growth of the club. Over the year the club had invested £870 in mapping of areas, £176 on a new monitor and stand and £142 on security screws and gripples. The target of an overall profit of £2200 from events in 2013 would allow £1000 for future development projects whilst remaining on a relatively stable financial footing.

5.

### 5. Election of Officers

Post	Proposed	Proposer	Seconded	Elected
Chairman	Paul Murgatroyd	Anne Gibbs	Clare Hanna	Elected
Vice Chairman	Sean Harrington	Amanda Roberts	Trudy Crosby	Elected
Secretary	Amanda Roberts	Clare Hanna	Jo Nell	Elected
Treasurer	Hayley Fox	Andy Lucas	Ian Durrant	Elected
Fixtures Secretary	John Mather	Anne Gibbs	Ally Wright	Elected
Publicity Officer	Ally Wright	Clare Hanna	Tom George	Elected
Junior Rep	Tom George	Sean Harrington	Michael Nell	Elected
Welfare Officer	Clare Hanna	Trudy Crosby	Anne Gibbs	Elected
Un-posted	Michael Nell	Amanda Roberts	Anne Gibbs	Elected
Un-posted	Liam Harrington	Doris Sowley	Ian Durrant	Elected
Un-posted	Delphine Suty	Hayley Fox	Tom George	Elected
Un-posted	Vacant			

One post was available for anyone who would like to join the committee.



## LOG Minutes—AGM/ Committee Meeting 10th October 2012

**6. Membership Fees:** The new membership fee and levy structure for BOF and EMOA was explained to the meeting and the proposal to suspend LOG membership fees was put forward. After some discussion the members were asked to vote on the motion that the LOG membership fee be reduced to zero for 2012/2013 with a review at the next AGM.

For: 22 Votes      Against: 0 Votes      Abstain: 1 Vote      Motion Carried

This opportunity should be used to promote membership benefits to people new to the sport and also lapsed members.

**7. President's Award:** Ian Durrant explained how he, as President, would like to initiate the presentation of an annual award to someone in the club who had made a valuable contribution over the year to the success of the club. The method of selecting and voting for future award winners would be discussed by the committee.

Award Winner 2012:      Anne Gibbs

### 8. Any Other Business:

**Annual Dibber Hire:** Delphine Suty suggested that the annual hire of club-owned dibbers be considered for members. This would help new members and provide an income for the club. This would be discussed by the committee.

**Clubmark:** Ian Durrant requested that all members forward current details of qualifications for the Clubmark accreditation file.

**Presentation to Retiring Chairman:** An engraved whisky glass was presented to Sean Harrington in recognition of his time as Chairman and to thank him for his hard work over the past 5 years.

Committee Meeting that followed AGM:

**Present:** Sean, Paul, Amanda, Tom, Liam, Ally, Clare, Ian, John, Jeff, Tanya, Anne, Geoff, Trudy, Sarah, Hayley, Dudley, Delphine, Matthew, Doris, Jo, Michael.

**Apologies for Absence:** Andy, Nickii, Clive, Jon, Dave, Chris.

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

**Matters Arising:** None

**Treasurer's Report:** HF presented account details to date. HF asked how Event Levies were going to be worked out. It was decided that the Organiser/Planner of each event should submit competitor figures to HF so that the Levy can be paid. SH to submit figures to HF for the City Race.

**EMOA Report:** EMOA were going to try the new fee structure for a year and then look at it again. EMOA were desperate to fill Committee posts, anybody interested in taking up a post should make themselves known.

**Publicity Update:** AW had sent out targeted emails for the Winter Series and flyers had been emailed out members to print out and put up at local venues. PM to liaise with Andy Lucas about setting up the Winter Series Voucher System through the website for newcomers to print off. The LOG Development Plan was now in its 2<sup>nd</sup> draft, AW to send out again to the committee for comments before the next meeting. AR to agenda for next meeting. SH and AR were still liaising with LSST to develop links between the cadets and the club.

**Yvette Baker Trophy - 7 July 2013:** PM had submitted first draft course to the Controller. AR to agenda each meeting.

## LOG Minutes—AGM/ Committee Meeting 10th October 2012

**EMUL – 6 October 2013 (Stamford):** JM to register this event and also the Lincoln City Race on 1 Sep 13.

**EML – 3 March 2013 (Harlaxton):** JM had had no luck applying for a Controller from the local area. AR to agenda for next meeting. SH to bring up the problem at the next EMOA meeting.

**Winter Series, Night Score Cup:** Planners were reminded: Short course – TD 2/3, 2-3km Long Course – TD4, 4-5km. SH requested that planners attend event prior to their own in order to collect the kit. There were a few access issues at Burwell Hollow to be resolved, Anne Gibbs to submit course area to Delpine Suty at Natural England. PM to discuss insurance cover with Andy Lucas for smaller events. JM to apply for access permissions for the Night Score Cup.

**SI Equipment Hire – British Sprints:** It was agreed that we would let LEI use the SI kit for the British Sprints free of charge. SH to reply to email. .

**Annual Return:** AR to complete and return now that membership fees had been agreed at the AGM. HF to arrange payment.

**Mapping Update:** PM had found a mapper for Morkery Woods and Stoke Rochford. The committee was happy with the quote of £1020. Dudley Giles kindly offered accommodation if required. Revesby Estate had agreed to us using the woods for an event. If this went well they may let us extend the area in the future.

**President's Award:** It was suggested that a couple of months before the AGM the committee put forward 3 nominations with details of why they had been selected. Each member would be entitled to a vote. The plaque would then be engraved ready for presentation at the AGM.

### **AOB:**

**Junior Coaching** – TG was still looking for a training course with dates that would fit around his studying.

**University Orienteering Club** – TG had now set up a club. He needed 15 members to qualify for funding. SH to email details of post graduate interested in orienteering. TG could make use of Winter Series Vouchers to encourage members. LOG could help at Freshers Week 2013.

**BOF Club Activity Rankings** – JM had found a report on BOF website that listed LOG as 40<sup>th</sup> in the rankings for the number of events put on, not bad for a smaller club.

**Best Practice File** – Dudley Giles asked if there was a file recording best practices/hints & advice on running events at particular venues/complaints. All members to think how this would be best compiled and stored ready for next meeting. Anne Gibbs volunteered to take this job on. AR to agenda next meeting.

**Dibber Hire** – AR to agenda for next meeting.

**Date of Next Meeting:** Thursday 10 January 2013, at The Golden Eagle, Lincoln.

## Junior LOGger's Section

### *Newcomer W17 Florence Bauer's First Experience of Orienteering outside the School Environment:*

I was extremely nervous for meeting new people and trying out something I'd never done before – orienteering. I was straightaway introduced to several friendly faces and swiftly introduced to what orienteering involves; navigating towards different control points, to complete the course in as little time as possible. I met my team and was placed with a partner to run with, which helped a huge amount! A team tactics talk quickly established that I was running course B followed by course A, with an optimistic break between the two. After setting off I was surprised with the enthusiasm of everyone throughout a wide range of ages as well as how well organised it was. Navigating whilst running is certainly not something I've done before and my multi-tasking skills were tested as well as my athleticism; jumping across streams and through nettles. I would definitely recommend wearing full length bottoms!

After finishing both courses, despite being absolutely knackered, I enjoyed every minute of it and would definitely do it again. There is a real sense of community and that was displayed afterwards in the awards ceremony and the barbecue, where I got to chat with people who all obviously have a passion for orienteering.

### *Air Cadets Experience Gold Rush at National Cadet Orienteering Championships by Andrew Oxby*

A select group of 14 cadets from 1406 (Spalding) Squadron Air Training Corps recently attended the National Cadet Orienteering Championships hosted by 9 Cadet Training Team of 15(NE) Brigade. The event took place on the Brackenbar training area in Cumbria on Sunday 4<sup>th</sup> November. There were 4 courses available for the cadets to run, one for each of the age classes (These are; Junior Girls, Junior Boys, Senior Girls and Senior Boys). The courses ranged in difficulty from TD3 for the juniors to TD4 for the more experienced senior teams.

1406 only entered 3 teams of the 4 as they were unable to find junior girls with sufficient experience of the sport. The junior boys had a course of 4.2km to run with a climb of 90m. Luke Fortune captained the team of; Fred Beach, Tom and Mike Theobald, Connor Phillips and Ben Scott, to an ATC victory, receiving a team gold medal and the ATC Junior Boys trophy for their efforts, there were also some incredible individual performances coming from this team with Luke Fortune Receiving a gold medal for best junior boy, with Mike Theobald coming a close second behind him, his twin Tom, was only 4 second away from making it an all ATC podium.

The senior girls team consisting of Heather Stacey, Rachel Goodacre, Maria Lockie and captained by Milly Beach, fought their way through a 3.8km course with an 85m climb to continue the run of success by also winning their ATC category and receiving gold medals and retaining the trophy that they won last year. Finally we come to the Senior Boys category, which once again consisted of Kevin Kirk leading his team of Steven Barnett, Andrew Oxby and Nick Fletcher who braved a 5.5km course with a 90m climb to the final victory of the day and finished the success story by being awarded their team gold medals and the ATC Senior Boys trophy.

All three teams had to brave temperatures reaching as low as -1 at some points during the day and some



## University of Lincoln Orienteering Group (ULOG) - Tom George

At the end of September I decided to set up a new sports society at the University called the University of Lincoln Orienteering group (ULOG). The club has seen small but noticeable steps in gaining interest across the 10,000 students we currently have on campus.

To further help with the development of the club, I was recommended to contact Ed Nicholas the Development Manager for British Orienteering who provided me with some useful advice on motivating people about the sport and a publicity pack which I can introduce posters around the University. Soon after, Ed's advice our ex - club chairman, Sean Harrington, forward me on an email regarding an individual who was a post graduate student at the UoL. Since then she has turned up to several club nights and our first Winter Series at Branston.

After observing other sports societies social networking pages and gaining an understanding of what was required I immediately set up my own sites via both Twitter and Facebook. Being new to Twitter, I realised how more effective the site was in displaying 'tweets' not just to my followers but other followers too. The Official University of Lincoln Facebook Page was also kind enough to post a small piece about ULOG which unfortunately received minimal interest. Both sites which are regularly updated regarding training sessions, local events and pleasantries with other societies has enabled the club to develop more throughout the University, becoming more common knowledge to most.

Prior to setting up ULOG, largely my course mates and flat mates new about orienteering due to my participation, however since then and the development of the society, it has definitely stimulated some interest across my course, perhaps in the warmer months of the year. In addition to this I also sent an email out to the whole of the University receiving two responses, both from international students.

Future plans with ULOG are as follows. I recently spoke with the Activities Officer from the Students Union about the society and was given some advice on going about making the society official with UoL in line with the SU guidelines. In addition to this I have the opportunity to have a stand at the Re - freshers Fayre which I believe is on Wednesday 16th January 2013 in the Engine Shed. Furthermore, once contacted, there could be an opportunity to be guests on the Siren and Brayford Radio to talk about the club, including LOG.

If anyone has any further ideas regarding the development of ULOG, please don't hesitate to contact me at [tomg93@hotmail.co.uk](mailto:tomg93@hotmail.co.uk)

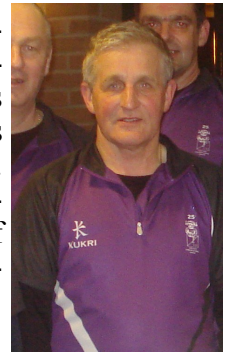
[www.twitter.com/UniLincolnO](http://www.twitter.com/UniLincolnO), [www.facebook.com/groups/UniversityofLincolnOrienteering](http://www.facebook.com/groups/UniversityofLincolnOrienteering)

*We are hoping to have some radio time soon with both Brayford FM and Siren FM to promote LOG alongside ULOG—Ed*



## Know your Fellow Logger : Jeff Baker

Growing up was a strange affair for me. ( I know what you are thinking, he is strange). After my parents split up when I was very young I spent the following years until being reunited with my mother travelling the country and staying with various aunts and uncles and other people who I'm sure where no relation to me what so ever. The one thing this taught me was to be very independent and at fifteen on leaving school I joined the army. Two years in boys service at Nuneaton were followed by twenty two with an airborne regiment during which time I visited such exotic places as Malaya , Canada , Turkey and of course Northern Ireland where as an intelligence photographer I both saw and photographed many interesting things.



Sport played a big part in my life throughout my military career I played both football and badminton at a good level before moving on to running where I eventually reached the pinnacle of army running by being picked for the combined services team. At the end of twenty two years I was lucky enough to get on the long service list and go recruiting eventually ending up as senior recruiter in Peterborough. This job vastly improved my running and my personal bests tumbled, one hundred miles a week was the norm. In 2006 the time finally came to say goodbye to a life that had both given me and taught me so much, do I miss it ? the answer is no, I do miss the comradeship and the sense of belonging but that's all. Two interviews later I had my present job at the Kings School in Peterborough that of reprographics technician. It should really have been called reprographics skiver because its a job that any one could do standing on their heads. Still it gives me plenty of time to pursue my outdoor interests i.e. The Duke of Edinburgh's Award and for the last four years taking kids to Africa.

Orienteering has come rather late in life and came about after a chance conversation with Tom Honiball (Ex LOG member). Why did Tanya and myself join LOG the answer is simple the club happened to be running the first event that we went to and impressed us with both the friendliness of everyone and also the efficient way the event was run. Since then hopefully we have both improved and have also become an integral part of the club. What the future has in store, who knows , but after my minor medical incident earlier this year I now tend to take each day as it comes. I do of course look forward to many more years of both life ( I have my very own defibrillator ) and also orienteering.

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

### Explanation of Column G:

Column G - Location of the control Flag

Position of the control flag in with respect to the feature; e.g. west corner (outside); south foot.

Ref.	Symbol	Name	Description
11.1		North east Side	Used where the feature extends above the surface of the ground; e.g. Boulder, north east side; Ruin, west side.
11.2		South east Edge	Used where: a) The feature extends down from the surface of the surrounding ground and the control is situated on the edge at ground level; e.g. Depression, south east edge. b) The feature extends over a significant area and the control is situated on the border of that area; e.g. Marsh, west edge; Clearing, north west edge.
11.3		West Part	Used where the feature extends over a significant area and the control is located neither at the centre, nor on any of the edges; e.g. Marsh, west part; Depression, south east part.

Further examples will be shown in the next Edition of Logger's Latest.

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>

## Walesby—VC Sean Harrington

For the seventh year we will again be running a club championship at NOC's Walesby event on Sunday 23/12/12..

Last year we once again had another different winner of the Blue Riband Trophy, Tom George who completed the course 5 Mins 33 Secs quicker than his estimated time. For the first year we also had a trophy for the Juniors on the orange course, with the winner being Heather Stacey 16 Mins 47 Secs quicker than her estimated time ( not sure what happened with the handicap there!!!).

The plan as in previous year is to give all runners a handicap, based on events that they have competed at in the last year. This will then give them an average Min/Km that will be used to calculate how long it will take to run the course. ie. if your handicap is 10Min/Km and the course is 7.0 Km, you will be given 70 Mins to complete the course. We will then give out approximate start times, with the aim of everyone finishing at the same time!

Last year we had a record 30 Seniors competing for the Blue Riband Trophy and 14 Juniors competing for the Chocolate Orange Trophy, it would be nice if we could beat that.

Once again Paul Murgatroyd is joining me on the "Handicapping Committee", as normal we will be firm but fair with the handicaps, except for past winners!!!

For anyone who has not been to Walesby before (there can't be many now), the area is mainly fast open grassland, the further North you go the more intricate it becomes.

If you are interested in competing at this event, please contact me on 01522 791344 or [sean@logonline.org.uk](mailto:sean@logonline.org.uk)

### Potential Christmas Gifts:

#### Orienteering in poems and prose

A series of amusing orienteering articles and poems done in the style of various well-known authors that have appeared in NGOC's newsletter "Legend" over the last year have all been collected together in a booklet. This is being sold in aid of the S.W. Junior Squad. There are nineteen articles and poems in the styles of John Betjeman, Enid Blyton, Raymond Chandler, P.G. Wodehouse etc. 44 pages for £2. Available at NGOC events (or from the Legend Editor by post at £2-50: Alan Brown, 10 Brizen Lane, Cheltenham, GL53 0NG. Pay by cheque payable to NGOC, PayPal or bank transfer).

#### *Forest Challenge!*

*The orienteering board game for 2-6 players*

This "ever-popular" board game is available for sale for a third season. A good idea as a present for the orienteer in your life or buy one for the whole family to play after Christmas lunch or for club prizes. The game contains all you need to "Step over the line." Buy your copy at an NGOC event (£8-00) or by post from the Legend Editor: Alan Brown, 10 Brizen Lane, Cheltenham, GL53 0NG (adding £2-00 for post and packing). Pay by cheque payable to NGOC, PayPal or bank transfer. All profits will be donated to the Woodland Trust (the club has recently given £300 to the trust).

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) .