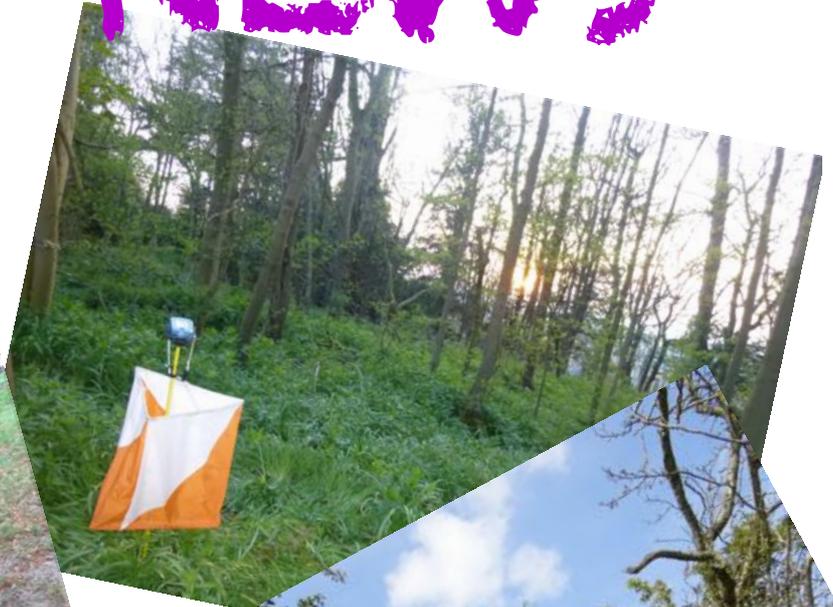


LOG NEWS



Welcome to LOG NEWS

EDITORS NOTES

WELCOME to Annie's last LOG NEWS - my first one was in Nov 2013 so not a bad stint. Stephen Wells will be taking over the reins so please give him lots of support.

LOG has been busy in the past winter months, thanks to John for a super event at Belton which proved to be a great success. Next came Fight the Night changed to a Monday to encourage running clubs, which it did, lets hope we get some new members from it. With the light nights we turn to the Spring series with hopefully some nice weather.

This year sees us hosting three C/B events in June - Aug - Dec respectively. Please watch for these as we do need your help.

Many Thanks to everyone who encouraged me along the way and all of you who have given me material for LN

Bye Bye
Annie xx



Stephen Wells



CHAIRMAN'S CHATTER



The evenings are drawing out, not long until the clocks change, it must be time for LOG's Spring Series. In a break from tradition we're running the series on Monday evenings, building on the positive feedback gained through holding the Fight the Night series on Mondays. The aim is to use our limited woodland venues at 'peak run-ability' before the undergrowth takes hold; the hope is that changing the day of the week encourages more of the running community to give O a try.

The Fight the Night series was a resounding success, with incredible support from the Lincolnshire Runner shop – publicity, closing their Monday 'shop run' for the duration and donation of prizes for two of the winners; thanks to Keith and his staff. Overall winner in the series was Anne Gibbs, second place HALO's Brian Ward with Liam Harrington taking the non-handicapped win of the series. There was great support for the series from the running community, with many taking part across the whole series, there is some evidence one or two may have caught the orienteering bug... A great social occasion throughout the series topped-off by food and refreshment around the prize-giving at the end of the last event.

The big Championships are fast approaching including the JK and the British Champs – LOG has three teams in the JK relays this year, if anyone is interested in forming a team for the British Relays Champs then let me know. One championship that has already taken place is the British Night, Ben and I made the long drive north to give it a go – Muir of Dinnet at night was a full-on navigational and physical challenge and well worth the travel. Take a look at Route-gadget, I'm still flabbergasted at the wining times.

Enjoy your Spring orienteering wherever it takes you and remember we're hosting the East Midlands Sprint Championships on 23rd June on the excellent Witham St Hugh's map – helpers and competitors welcome in equal measure.

Have fun.

John

Chris Brasher

Co-founder and Chairman of the British Orienteering Federation 1966-69

He was one of the pioneers of orienteering in Britain and can claim the first public mention of the sport in an article in *The Observer* in 1957:

"I have just taken part, for the first time, in one of the best sports in the world. It is hard to know what to call it. The Norwegians call it 'orientation'..



HOW ORIENTEERING BEGAN **HISTORY OF THE SPORT**

The Southern Navigators Orienteering Club was formed on May second 1965. An English Orienteering Association was formed the same year, with Brasher as Chairman, and SN defeated SROC in the first inter-club competition, held at Coldharbour in Surrey. In 1966 the 1st English Orienteering Championships were held near Hindhead, also in Surrey; Peter Palmer arranged a South East Schools Championships, and took the 8 best competitors to the Swedish O-Ringen in Huskvana; and an English orienteering team competed in the 1st World Championships held in Finland. These early races used photocopied Ordnance Survey maps with a scale of 1:25000 and control sites identified by 6-figure grid references. British orienteers also showed ingenuity in adapting the sport to the limitations of local terrain. But more Scandinavian missionary work in the form of Jan Kjellstrom, son of Alvar Kjellstrom who was the founder of the Silva, one of the world's leading makers of compasses and orienteering equipment, helped to accelerate developments in competition, mapping and coaching.

Further south, the advent of cheap black and white photocopying persuaded John Disley to try again using 1:25,000 O.S. maps, and in 1964 he organized a series of fortnightly events in Surrey which attracted local teachers and children as well as now-familiar names such as Peter Palmer and Chris James.

To gain media interest Disley also invited his athletic friends, including Chris Brasher, Roger Bannister, Gordon Pirie and Martin Hyman. Newspaper articles and Sunday supplements soon followed, and the word 'orienteering' became more familiar to the British public.

Discussion of a British Orienteering Federation with IOF membership had begun as early as 1964, but it was not until June 15th 1967 that the British Orienteering Federation was formed, at a meeting at Barnard Castle in County Durham. This was followed the next day by the first British Championships, held in the adjacent Hamsterley Forest. The 1st British men's champion was Gordon Pirie. The 1st Junior Championships were held in October the same year in the Forest of Dean. 1967 also saw the first JK International Orienteering Festival, held in honor of Jan Kjellstrom who tragically died in a road accident earlier that year. The annual JK moved to Easter in 1969, and now regularly attracts a field of four thousand or more. The 1974 JK was the 1st British event to attract more than one thousand entrants.

Technical improvements continued to be made. The 1968 British Championships on Cannock Chase in the West Midlands used colored OS maps, and the following year Geoff Peck produced the UK's 1st specialist 1:20000 orienteering maps for the British Championships at Kirroughtree Forest in S/W Scotland. Club orienteers were now producing a wide range of local maps in different scales and styles and a BOF Mapping Committee was set up to standardize map legends and symbols.

BOF was originally established as a federation of 6 associations representing Scotland and 5 English regions: Northern England, Southern England, the North Midlands, the South West and the West Midlands. It reached its present size of twelve associations in 1972. That same year it appointed Tony Walker as its 1st full time professional officer. A National Office with a part-time secretary had been established in Surrey in September 1967. In April 1974 it moved from Edinburgh to the Lea Green Sports Centre near Matlock, then to offices above a building society in the centre of Matlock in July 1980, before moving to its current premises in Darley Dale, on the A6 north of Matlock, in September 1984. There had been a significant growth in BOF membership after the 1976 World Championships were held near Aviemore in Scotland, and were featured in a BBC documentary narrated by Chris Brasher. This was the first competition in Britain to use professional orienteering maps, which were produced to the highest quality by Robin and Sue Harvey working from an empty farmhouse - and thought by the estate workers to be 2 geography students on a research project. Sue Harvey is currently President of the IOF.

The World Championships returned to Scotland in 1999. Together with its spectator races (Highland 99) it produced the largest participation for any orienteering competition ever held in the UK, and had a fitting climax when Britain's most successful international orienteer, Yvette Baker (formerly Yvette Hague), added a Gold Medal to her previous World Championship Silvers and a Bronze by winning the women's Short Distance race

The Compass

Pointing you in the right direction



The orienteering community is solid and is a great way to socialize while competing. Although it is a solitary sport, there is a sense of camaraderie among competitors both before and after a meet.

A balance

The ultimate quest for the orienteer is to find that balance between mental and physical exertion, to know how fast they can go and still be able to interpret the terrain around them and execute their route

Life-Saving

This sport teaches self-reliance and terrain discovery to the point where it could save lives. Orienteers acquire the skills and techniques to relocate themselves and to continue on to their destination, no matter what.

REASON TO HYDRATE

Increase your water intake by just 1% daily results in the intake of 70 fewer calories - 3 extra glasses of water daily would lower calorie intake by a whopping 210 Thats another good reason to drink more water.

What ever it is that your scared of doing!!
Do it - be happy .

Increased fitness levels

Most orienteering terrain is quite hilly and rugged, providing the perfect environment for athletes and non-athletes alike to develop strong hearts, legs, and lungs.



Race Reports

FIGHT the NIGHT

Lincoln South 4th Feb. by Geoff Gibbs



A good location, warmish weather and advertising, all contributed to a large turnout for this city race. Maybe the change to Monday evening and the offer of a bulk purchase entry helped as well.

The race Start and Finish point was outside of the Lincolnshire Runner Shop on the High Street. I'd put some controls in fairly easy reach for first-timers then stuck three more of them way-out on the map extremes for fast folks. One control was placed near Starbucks thinking no one would go there but they did. Unfortunately two controls had been misplaced and it's impossible to fully compensate for this in a Score event but the boffins did their best.

Roadworks, a threat of long freight trains and the dreaded up-hill area, all made route choice paramount and added interest. It was great to see new runners, friends, family groups and a three-legged dog, all having a go at urban orienteering.

Birchwood 11th Feb. by Nick Lyons



My planning for the Birchwood event could be described as following a distinct strategy. In this version of events, the relative simplicity of some of the control features, and their groupings, was intended to give newcomers to the sport every chance to score a reasonable number of points. In this way, I was hoping that their degree of post-event satisfaction would encourage them to return for the remainder of the series. In the rather less flattering version of events, the choice of control features and their groupings was largely determined by the lack of sophistication of the planner!

This period of early February was blessed with dry sunny weather, albeit with low night time temperatures. These conditions aided planning, control placement and the run on the night. The event passed off without incident, apart for one control collection volunteer temporarily going missing in action. The overall number of runners was up on last year's events, and the general feedback was positive. Thanks to Paul for a few tips on the planning.

Race Reports

Ermine 18th Feb. by Kev Rice



The honour fell to me to plan the third Fight the Night score event of 2019 at Lincoln's Ermine East and West area and despite a dull overcast day the evening sky cleared and we were treated to a cold crisp evening ideal for orienteering by torch light!

There is good scope either side of the Riseholme road to plan a challenging O event with many pedestrian twichells (as we call them in Nottinghamshire) to make multiple choices for competitors control to control route planning .

The new, for 2019 FTN, format of running event changing to a Monday evening, in conjunction with the Lincolnshire Runners club night has certainly boosted entrants to 35 to 40 for each round.

So with many of the runners new to orienteering my outline plan was to site a healthy percentage of the controls in the central area of the map to help all competitor achieve a decent score and hopefully inspire them to perhaps branch out and join us in April for the Spring series of O events

We had an excellent entry of 37 competitors and well done to all especially Liam and Amanda who bagged first male and female respectively, also well done to top junior Ben Mather. In truth I hope most competitor would bag a couple more controls than they did and curiously fourteen incurred time penalties?

Anyway thanks again for all who turned up, and those who stayed behind to collect controls, my next planning exercise is Ostler's in April and you won't need head torches for that one!

Arboretum & East End. 25th Feb. by Trudy Crosby



The final event of the series was run from the Dog and Bone pub on John Street just south of Monks road.

The course that night took the 39 runners all over the City from the Arboretum almost to West common but still six competitors managed to visit all of the 20 controls with Liam Harrington being the first of these home in 38.03 minutes. Brian Ward(HALO) was hot on Liams heels just 28 seconds behind him and Richard Crabb from RAFO was third.

Once the handicap system came into play the overall winner on the night was Anne Gibbs(LOG) with Brian Ward (HALO) second and Pete Harris (HALO) third.

Anne's run on this last event gave her enough points to take the series title whilst Liam took the prize for the most points gained over the series without the handicap by managing to visit all but one control over the four races. Other winners were Nick Lyons (Trophy), David Jolly (Plate) and Philip-Johnston Davis (Vase).

The weather was kind to us and the Dog and Bone supplied a very well received post-race buffet and a great space for the usual route choice discussions and prize giving.

EVENT PICS



Belton Report 27th Jan by John Mather



Belton and Londonthorpe Woods contain some areas of decent orienteering challenge and, in February, good runnable woodland; the roads dissecting the area constrain the course planning, especially for the Junior courses. The excellent facilities on the factory site are too good to pass up, so I ended up with a remote start for the shorter courses – to avoid road additional crossings during the race – and a near start for the Blue and Brown courses to make use of the woods adjacent to the parking and to add length. Feedback on the courses was positive – some people clearly enjoying the middle distance-style section up on the top of the escarpment. Long legs back across the fields allowed people to open up, favouring the runners and leading to fast winning times. Some valid constructive criticism was given over the way in which I had treated un-crossable fences – a lesson learned for next time.

Thanks to Jeff for controlling and Sean and the merry band of volunteers for the organisation and logistics (two starts and three road crossings) on the day. Special commendation goes to the IT department, which not only managed to establish central heating in the download tent but also a supply of freshly cooked food.

All of the long courses on John's Londonthorpe and Belton Event used the hillside below Belmont Tower. This slope was ok at the top but soon developed into a mass of grassy mounds that made running quite difficult. There were hundreds of mounds and we've come across similar areas in other locations.

It was time to find out what the mounds actually are, so a note was sent to Chris Shaw of the National Trust at Belton. The culprit is the very common Yellow Meadow Ant (*Lacius Flavus*) and the mounds are anthills protecting nests about a metre below ground. The ants are harmless to runners and are rarely seen apart from in the mating season when the females develop wings and fly off to start new colonies with more anthills.



COMPASS SPORT TROPHY

17th March 2019



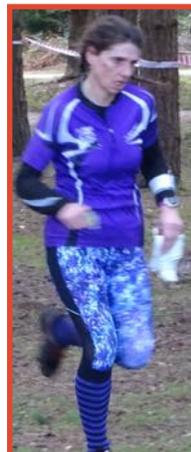
On a sunny but cold day 609 orienteers collected at Sherwood Pines to compete in the CSC/T 29 of these were Logger's.

Courses had been planned with much thought and proved to be complex for many. The start was straight up a sloping track meaning everyone went the same way so you couldn't see which direction they were heading. Most of the courses had minimal climb which usually means fast runners have an advantage, but with most of the tracks out of bounds due to mountain biking this didn't prove to be the case. With 7 teams in the cup and 6 in the trophy the forest was humming and checking your control number was essential as a few found out. With LOG coming in 4th this means we won't be in the final.

Point Scorers were Hanna 100 Tanya 100 Hazel 98 Amanda 97 Kevin S 96 Ally 96 Paul 96 Jo 96 Liam 95 Justin 95 John 95 Craig 93 Annie 92. And well done to all who took part. As usual LOG did us proud.....

Teams in order of winning

WAOC 1279 EPOC 1277 NOC 1267 LOG 1249 HALO 1185 PFO 1159



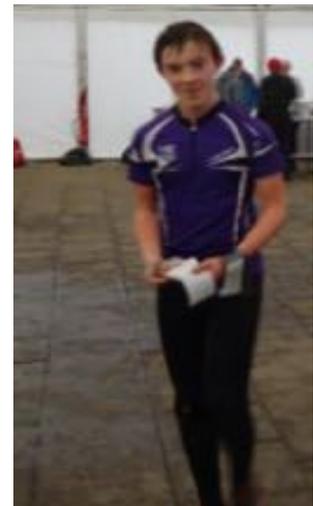
Who Dares Wins



Paul Murgatroyd



Sean Harrington



BEN MATHER

BLUE RIBAND WINNER



BLUE RIBAND GANG

LOGgers at East Midlands League 2018 presentations:

Lewis Bones White winner

Josh Bones Yellow winner

Hannah Mather Light Green second

Tanya Taylor Blue winner



Mikey Amanda. Andrea Tanya
Winners of Urban League



FIGHT the NIGHT

Anne Gibbs



Jack Rabbit
LOG Mascot



Hanna & Amanda
Winners

logonline.org.uk

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