

Log News

2nd Quarter

www.logonline.org.uk



Mikey was on the short course at Stapleford when he came across this control.

Can you put a caption to the picture?



Send your caption to

newsletter@logonline.org.uk

INSIDE THIS ISSUE

How many times have you ran on the South Common? P 5

Do you run C events if not why not? P 3

Spring Series Reports. P 8



Welcome to Log News



I thought if I am to continue being the editor of our newsletter I had better find subjects to keep your interest. I have been looking at other club newsletters and one thing I have found is that they all have contributions from club members!! So PLEASE will you contact me and let me know what would interest you, if you can't write an article just send me a subject and I will try and research it and write the article for you. Together we can make this one of the best club newsletters but to do it I need your help.

On page 5 you can find out how many times we have ran on South Common, page 6 are recent champions and event pics with page 8 giving the Spring Series reports and page 12 some photos from the recent JK

ED



ED in action

There is a balance between the physical and the mind:

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 choice successfully.

WE NEED YOU

Are you fabulous at Facebook, terrific at Tweeting, capable of crafting copy that is not as corny as this? If so, we have a vacancy on the Committee for a Publicity Officer. Get in touch with John Mather j.mather@ntlworld.com if you'd like to give it a go.

Why oh Why

Why don't we see more LOG members at C events?

They are basically the same as D events just more participants. So are people nervous or think they aren't good enough?

Is it because the events are usually by NOC, LEI or DVO maybe you think they are too far away, but generally they are no further than lots of LOG ones, and you will find places close to home you didn't know existed. We also have a car share scheme for people who live in Lincoln.

Do you think your not 'fit enough'? Believe me you don't have to be extra fit, lots of O 'ers walk round, and getting your navigation right you can beat a fast runner many a time.

We sometimes stop at a pub on the way home have a quick half while we discuss route choice - usually home by 1.30pm at the latest to spend the rest of the day with the family - feeling smug.

PLEASE COME AND JOIN US

it would be great to see more purple LOG shirts competing with NOC - LEI - DVO

Or write to LOG News and tell me why you don't come to C events.

Teaches self-reliance: Orienteers learn to be self-reliant since most orienteering is individual, and even in the team versions, teammates usually practice individually to improve and be better teammates.

CHAIRMAN'S CHATTER



It feels like summer is upon us, with the major championship season rapidly drawing to a close with the British Championships in Balmoral. Not many (but some!) LOGgers heading north for that one...

A splendid Spring Series reached its' finale at the newly mapped Witham St Hughes, the combination of a great sprint area, Mike Hamptons excellent new map and Anne Gibbs' superb planning provided the perfect end to the series and the Lincs Challenge Shield match against HALO. All rounded off nicely by LOG regaining the trophy. Overall the Spring series got us back into some of our wooded areas before the undergrowth takes hold and gave the opportunity for Holly Haywood and Kevin Swinbourne to make their debuts as Planners. If you've thought about it, but not given it a try maybe you could give it a go later in the year; volunteer planners are always welcome.

Next up is the Lincolnshire Urban League starting 21st June in Spalding, alternating between LOG and HALO events. If your urban O is feeling a little rusty make your way to the regular Thursday evening Club Night which will be focussing on urban techniques in the run up to the start of the LUL.

We're proud to be hosting once again a round of the UK Urban League in Skegness on 24th June as part of the Sea, Sand & Spires Weekend. If you've not run on the Skegness map before, you're in for a treat – quite literally a unique area taking in the main coast strip. Helpers for the event will be most welcome and get a discount on entries; email Paul Murgatroyd for a code to enter into Fabian 4 for your discount. It promises to be a great weekend.

Developing as a club has to form part of the role of the committee and I am pleased to say that we have been offered some assistance from British Orienteering through one of their Development Officers. He has already come up with some suggestions and the committee will be considering these over the coming week, watch this space.... Bright ideas on attracting families and juniors to orienteering anyone?

Keep on orienteering

map & event summary



A discussion in the pub after training one night about different clubs newsletters led me to read some and then plagiarise a few ideas, this idea was from a DVO newsletter, thanks goes to Dave Nevell.

Below are most of the maps that LOG run on and how many times each has been used for an event in the time period from

These are events NOT training nights

Lincoln City incorporates all parts of Lincoln.

It may not be 100% accurate.

22/08/2008 TO 22/02/2018

SOUTH COMMON	25	BRANSTON	3
RISEHOLME	19	CRANWELL	3
WEST COMMON	17	BURWELL & H	3
UNI LINCOLN	16	GREETWELL	3
LINCOLN CITY	14	HORNCastle	3
HARTSHOLME	14	REVESBY	3
STAPLEFORD	11	BIRCHWOOD	3
OSTLERS	9	ERMINE	3
SLEAFORD	8	LONDONTHORPE	2
BOURNE WOODS	7	WESTGATE	2
SUDBROOKE	7	NETTLEHAM	2
BOULTHAM	6	BOSTON	2
GRANTHAM	6	SKEGNESS	1
CHAMBERS	5	BOURNE TOWN	1
STAMFORD	5	BURGHLEY	1
HARLAXTON	5	SPALDING	1
WASHINGBOROUGH	5	CALLENS LANE	1
TWYFORD	4	NK SCHOOL	1
STOKE ROCH	4		
GRIMSTHORPE	4		

CHAMPIONS

MICHAEL



TANYA

LIAM



ISABEL

WINNERS OF SPRING SERIES and LCS

Isabel 1st on Short with Michael 2nd.

Tanya 1st on Long Liam 1st on Tech.

John and Paul receiving the LCS trophy.

The Gang enjoying the local hostelry.



MARY - JOHN - PAUL



THE GANG

event pics



1st July be at the Lincolnshire Runner 01522 523326

it will be one of ONLY 20 shops in the U.K. to sell the new Inov-8 graphene shoes.

Inov-8's lightweight G-Series shoes will feature this new Graphene material and it is stated that they will deliver a combination of traction, stretch and durability never seen before in sports footwear. The world's toughest grip tagline is good news for serious off-road runners,



British brand Inov-8 will debut the world's first graphene off road shoes in 2018.

HISTORY OF O

Orienteering began not as a sport, but as a way to find your way in unknown territory, using maps and compass. But by 1895, the Swedish and Norwegian military were holding orienteering competitions. In the next few years, a few orienteering clubs began to appear. In 1897, the Tjalve Sports Club sponsored the first known public orienteering competition. Held near Oslo, Norway, the course was 19.5 km. There were three “control points” that had to be found in a wilderness setting. The winner used map and compass to cover the course in an hour and forty-seven minutes. And with that, the sport of orienteering was born. By 1918, the president of the Stockholm Amateur Athletic Association was looking for a way to attract more children into track-and-field events. Major Ernst Killander put together a cross-country running event that included the skills of orienteering. Each competitor had to use map and compass to choose a route from the start of the race to the finish line, including control points to find. This new event combined the skills and endurance of a runner with the mental attention needed for navigating a course. Over two hundred runners took part in the 12 km race, with a winning time of just under one and a half hours. Due to the success of this first event, Killander went on to develop a set of basic rules for the sport of competitive orienteering. These rules covered choosing a course and control points, as well as establishing age groups and other ways of organizing the competitions. Killander later became known as the Father of Orienteering.

While the orienteering clubs grew, the military was still using orienteering competitions to help train soldiers. The clubs and the military are still linked in their use and skills with orienteering. The local groups of dedicated orienteers had such extensive knowledge of local terrain that Adolf Hitler banned the clubs entirely. Hitler knew that the resistance fighters depended on the orienteers for help in moving unnoticed through the great forests of Europe. Orienteering is a skill and an art, as well as a sport.

It wasn't until the 1950s that modern maps were introduced into the sport of orienteering. Up until that time, maps were mostly simple black-and-white drawings of the course area.

These maps were crude compared to modern maps. The maps used today are full color, have contour lines to show elevations, and contain landmarks such as water and roads.

The compasses used have also evolved over the years. The original orienteers used either simple, wooden box compasses or pocket-watch-style compasses. In 1933, the Silva protractor compass came into use and provided a much more accurate tool for orienteers to use. The Silva compass style is still used today by orienteers all over the world, both for sport and by the military.

SPRINT TIPS

Check your control descriptions - is the control on the NSEW side of the wall/fence/hedge?

Plan your way out of the control before you get there and plan your route for next leg.

Go round the straighter uncomplicated route opposed to through lots of ally ways.

Check for uncrossable fences etc

SPRING SERIES REPORTS

Chambers Wood 29th March by Craig Lucas



Although it was the first event of the spring series, the weather was anything but spring like. There had been snow on the ground less than two weeks before and a lot of rain, leading to some very boggy tracks. The technical proved a challenge to many utilising a through the decades score course, although the main challenge for many on the night was the rain that managed to disintegrate many maps. Even with the poor weather and lacking light, 27 runners made it out. On the night, the short course was won by Nick Lyons, with series winner and runner up of the short course, Isabel and Michael May, coming in 3rd and 4th. The long course was won by Tanya Taylor and the technical by Liam Harrington, both of whom would go on to win the series on their respective courses.



Morkery Woods 5th April. by Amanda Roberts

Finally, after 3 years of trying we got permission to use Morkery Woods for an orienteering event. So out came the old course files for the third time - I thought it would just be a case of checking them quickly, however, there have been quite a few changes in 3 years. The Forestry Commission have been busy clearing some areas but unfortunately some parts have become totally unusable because of the brambles. As it is rather a 'green' map I wanted to make the most of the areas that had more run-able woodland and provide some route choice off the main tracks. I decided on a standard line course for the Technical course so I could direct runners to areas I wanted to use. The main track network was used for the Short and Long courses but as the distance between junctions is quite big it was hard to provide interest on the short course - one of the solutions was to put the start well into the area - the perfect warm up distance! (sorry about the brambles).

It was a perfect spring afternoon while I put out the controls and clear skies gave us the maximum light for the evening. Thank you to everyone who made the effort to travel to one of our most southerly areas - and apologies to those who had to wait for recycled maps or change course. Congratulations to course winners Craig Lucas on the Long and Liam Harrington on the Technical.



SPRING SERIES REPORTS

STAPLEFORD 12th April by Holly Haywood

Short Isabel May
Tech Liam Harrington
Long Craig Lucas



Photo by Brian Ward

LONDONTHORPE 19th April. by Kevin Swinborne



Short Trudy Crosby
Tech Liam Harrington
Long Paul Barnes

30 FOR 30

First 30 through the door

Spend £30 each

Draw a lucky dip off the counter

Win a prize

29th May - 2nd June

Prizes include Shoes - Ron Hill outfit - socks - Probar - and much much more.

Lincolnshire Runner

115c High St Lincoln
LN5 7PR

SPRING SERIES REPORTS

OSTLER'S 26th April by Paul Murgatroyd

"I love Ostler's – it's a beautiful forest, in a glorious part of the county, and reminds me a lot of Scotland, but without the hills and midges. Not having found a planner, through the usual roll call of individuals, I stuck my hand up as reserve to look after this one. Time ran away very quickly and, before I knew it, I had only a week to go to piece together the three courses. Having remapped it last year before my event there, I was confident that I could armchair plan without too many issues and so it proved to be ok...just! The Short course was based very much on last year's shape and I just moved a few of the controls about a touch, but it didn't matter anyway, as we didn't get a single runner on this one! The Long again had a similar shape as last time round, throwing the runners down into the SW of the map, amongst the old airfield buildings, before a cruise up to the top NE corner. A small turning circle ensued and then a classic long leg brought them all back down to the SW and then finally there followed a trundle up the W side of the map. Only 5 runners on this course and Tanya Taylor took the honours in 40:46, and with it the series title, with Jo Nell seven minutes back in second and husband Michael then only 9 seconds behind in third. Nice of him to let the missus win! The Technical was based on a standard line course, but with a 'butterfly twist', where there were 3 butterfly loops and the wings of each could be run in any order. It passed the 'Sean test' and so I was confident everyone else would understand it... On the night, there were 10 runners out on this, with Liam leading home the pack, as he's done all series, to win in 35:25. David Jolly was second in 41:29 and then Kev Swinbourne took third in 43:17. The only disappointment for me was the low turn-out and I can't remember such a poor attendance at a spring series before. Are we getting it right – HALO the previous evening had 63 runners for the same kind of event and Ostler's is arguably a more attractive orienteering proposition than Pillar? Maybe it's time for a rethink on the format here



photo by Brian Ward



Witham St Hughs 3rd May by Anne Gibbs



When I first volunteered to plan the LCS it was going to be on the West Common and Golf course, as I messed around arm chairing a course I was quite excited at the possibilities, then the Golf committee said they would rather we did not use the golf course so the venue was changed to WsH. This put a different aspect on my whole planning, a completely new map and urban course, meaning among other things I had to use gripples also meaning I had to get off my backside and visit a few times. It's a very good area but difficult in the sense there are so many cut-thoughts its quite difficult to get a course without it just being a straight non-thinking run. The chase was definitely more interesting to plan than the prologue, in the end I planned the one course with gaffles running competitors in 4 differnt ways to rule out following, planning is a great way to learn more about orienteering. Try it. Well done to LOG for winning the LCS and Isobel - Tanya - Liam for winning their respective courses in the Spring Series and many thanks to Tanya & Jo, Amanda, Dippy and Holly for collecting in the controls and everyone else who helped.



Wednesday 23rd May 2018

All orienteering clubs, and all countries all over the world are encouraged to participate in **World Orienteering Day**

MAY

23	HALO	PRIMROSE WOOD
23	LEI	CONKERS
23	DVO	WHITWORTH PARK

JUNE

2	NOC	RUSHCLIFF
6	HALO	NORMANBY WOLD
10	LEI	QUORN
13	HALO	BAYSGARTH PARK
16	NOC	BRAMCOTE
17	DVO	STANTON MOOR
20	HALO	NORMANBY HALL
21	LOG	SPALDING
23	HALO	LOUTH
23	HALO	CLEETHORPES
24	LOG	SKEGNESS
27	HALO	BRIGG
30	NOC	WOLLATON PARK



JULY

5	LOG	WELTON
11	HALO	IMMINGHAM
19	LOG	WOODHALL SPA
21	LOG	OLD BOLINGBROOKE
25	HALO	MARKET RASEN

AUGUST

12	LEI	BEACON HILL
19	LOG	LINCOLN CITY

JK 2018 pics



Credits for above photos go to Wendy Carlyle - Brian Ward - Steve Rush - Andy Johnson - Mark Howell

FIVE TIPS TO STORE UP YOUR ENERGY

1. Don't Skip Breakfast

Studies show that folks who eat breakfast report being in a better mood, and have more energy throughout the day,

2. Drink More Water

Thirst can masquerade as fatigue, sometimes, even slight dehydration can leave you feeling tired and lethargic,

3. Eat Less Sugar

The key here is keeping blood sugar balanced so energy is constant. If you eat sweet food, you get a spike in blood sugar, which gives you an initial burst of energy. But then that's followed by a rapid drop in blood sugar, which in turn can leave you feeling tired.

4. Get More Sleep

8 hours each night. Try a night-time routine to get your body prepared for sleep and switch off your brain.

5. Eat High Protein Foods

You may feel tired after eating a meal featuring bread or pasta, it's because carbohydrates stimulate your body's production of sleep producing serotonin eat chicken or eggs with green veg instead.

The HALO logo features the word "HALO" in a white, sans-serif font, enclosed within a blue rectangular box. A white swoosh or arc is positioned above the letters, suggesting a globe or a stylized 'O'.

SEA, SAND & SPIRES WEEKEND

THREE RACES, TWO FORMATS,
TWO LINCOLNSHIRE CLUBS

Sat 23rd Jun - HALO
YHOA League 2018
Sprint - Cleethorpes
Middle Distance - Louth
www.halo-orienteering.uk

Sun 24th Jun - LOG
UKUL and EMUL 2018
Classic Distance - Skegness
www.logonline.org.uk

Online entries available
at www.fabian4.co.uk