

LOG NEWS



REPORTS

MAP HISTORY

EVENT PHOTOS

FIXTURES

Welcome to LOG NEWS

3rd Quarter



What tremendous weather we are having I hope you are really enjoying it, I am apart from the red face I get when running.
Our Skegness race, which was part of the UKOL league, was a great success with super courses set by Paul, after this came our Lincs Urban League (LUL) which we have won against HALO 5 consecutive times however this year we handed the trophy to HALO as winners but watch this space for next year.... We want it back.
Old Bolingbrooke where King Henry IV was born hosted the Wolds Mini-Marathon 3 hour score course.

Read these reports and more on pages 5 - 8

I was a bit disappointed that no-one sent in either a caption for Mickeys picture or to let me know what they would like to read in this newsletter. Total silence - in fact I only got two people even mentioning LOG NEWS. Ah well - that's life.....

Many thanks to all event reporters and also the couple of photos sent in by Andy.

So what delights have I come up with for this newsletter, on page 13 read about the history of one of the maps you run on, page 4 are various snippets and our champions are on page 10.

Happy reading
ED



CHAIRMAN CHATTER



Phew, what a scorcher! And that was just the weather on the day of the Skegness event, part of the Sea, Sand & Spires Weekend. The Skegvegas event was a roaring success, bringing a good sized field to the eastern extremities of the country to compete on this excellent urban area. Paul's courses even managed to deposit many of us into a jungle of complex vegetation. I hear that the HALO events the previous day were also very successful and enjoyable with a novel maze set up in Louth cattle market. Congratulations and thanks to all involved in making the weekend happen.

Our next major event is the Lincoln City Race on 19th August, Club Night starts up again on 6th September and the Autumn Race the Parks series kicks off on 22nd September. We're fortunate to have been offered some assistance from British Orienteering with the aim of boosting interest in orienteering generally and membership and participation for LOG. This is primarily taking the form of a series of four Xplorer events targeted at primary school age children and their families. Free to take part and using simple maps we're hoping that young people and their families will be encouraged to take part feel able to come along to one or more of our Race the Parks series. The Xplorer events are taking place initially on 14th and 19th August in the Arboretum, with a further two events alongside our Race the Parks series. Do feel free to call in and give some encouragement.

Meanwhile, Michael and Jo Nell have been working hard to spread the benefits of orienteering, undertaking a mammoth week of introductory O at a RAF Cadet Camp at Stapleford Woods. Around 250 Cadets took part over the course of the week; no small achievement. British Orienteering purchased the prizes and the RAFAC has made a £250 donation to LOG in recognition of the loan of equipment for the week – thank you!

In my last Chairman's piece, a small group of LOG members were about to head off to Balmoral for the British Long Distance Championships. For Hannah Mather (and me as transport) the trip proved to be very worthwhile with Hannah securing a 3rd Place Bronze in the W12A race.

Congratulations to HALO who took the Lincs Urban League team trophy this year, for the first time in the history of the competition. Let's have it back where it belongs next year...

Finally, as many of you will already know, long-standing member, regular organiser and past Chairman, Sean Harrington, is currently undergoing treatment for a serious illness. I'm sure you will join me in wishing him a speedy recovery, with our thoughts going out to Sean and his family at this time.

Keep on orienteering

John

The Compass

Pointing you in the right direction



Training

Don't forget training is there to help you improve, not keep you at the same level, or reduce the aspect of your race.

Thurs 6.30pm
logonline.org.uk

Now no excuse not to do that OMM

It was thought that endurance sport lowered the immune system but now new evidence suggests the opposite. During exercise, some immune cells in the blood stream increase up to 10 fold especially the 'natural killer cells' that fight infections, but after that they decrease for several hours. Experts saw this as an immune suppression. But new thinking is that these cells haven't been destroyed, but moved to areas most likely to become infected, such as the lungs.....

REMEMBER - Eat good food
- drink lots of water - love and respect yourself -
And LAUGH A LOT....

How Little Can You Do??

Years ago a specialist called Dr Tabata said if you worked as hard as you could for 20secs with 10 rest and repeat for 4 mins this was equivalent to 30 mins exercise. Now studies are showing that doing just one minute of all out exercise 3 times a week have the same effect as 150 mins of exercise.

I wish



Increased self-esteem:

It takes courage, endurance, and mental fortitude to forge ahead by oneself through unknown areas, particularly in unfamiliar terrain and forests. Every time one gets lost and find their way again, self-worth and self-esteem grows.

Race Reports

SKEGNESS 24th June Paul Murgatroyd



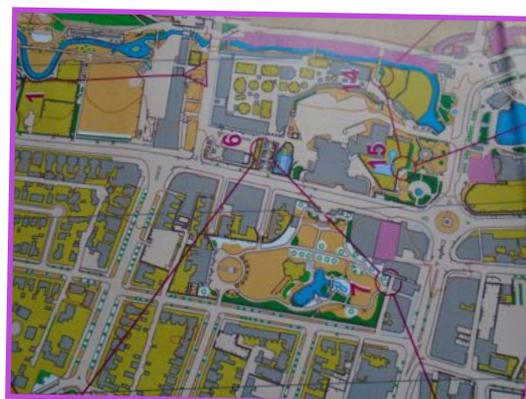
Photo by Brian Ward

The seeds for this event, and indeed the whole weekend of races, was sown early last year, as I began to chat to Pete Harris about a possible joint club, weekend 'triple header' venture, using some of our best coastal areas in the summer of 2018. The key was inclusion in the UKUL, as this would ensure a decent turn-out and make our efforts worthwhile, and, having guaranteed this at the end of 2017, we began as a duo to think about locations and format of the three races. Our focus as a club was in providing the UKUL urban race in Skegness on the Sunday, an area that we've only used once before and, although the town of 'Skegvegas' itself is pretty desperate, the map is a cracker and the area makes for a great mix of styles. Using the arcade area, mixed in with the ornamental gardens, the traditional urban town space and then the dunes and small forest at the bottom end, means that there are plenty of challenges and a variety of orienteering techniques to test.

The planning started in earnest in early March, having spent some of the winter drawing up the 7 courses required, and I paid my first visit to the town to check the map and control locations. The former didn't need much tweaking at all, with only a few issues around the 'forested' parts requiring tidying up, but the control locations needed much more thought. I wanted to use the arcade, straight after the start on all courses, but it became apparent that this wouldn't be open before I am, unless we looked into payment for this service, and the siting of control boxes was going to be an issue here. So, plan B came into effect... The courses maintained their original shape, but now the arcades became an OOB block to navigate around, and one or two controls were added in to create some route choice and split the courses up early on. The run through the park over the road was then followed by a long leg up to the northern ornamental gardens and the beach. The runners were sent back and forth through this area, with as much route choice and complexity as the map would allow, thrown in for good measure.

Then, a decision to be made – how to bring the orienteers back along the coastal strip without too much replication or dead running. The longer course (1-3) had a long leg into the main town, which was not overly challenging, but created a different feel to the navigation, before a trickier leg to the beach ensued, and the shorter courses nipped back into the central park before taking to the southern coastal strip and the 'forest' maze. Courses 1 & 2 came into this before a run down into the more modern estate at the SW end of the map and the extra distance allowed more variation before the end. I knew that some vegetation clearance was going to be required to make the coastal strip and the woodland as passable as possible and my thanks to Jeff, as controller, for helping me out on the Saturday night hanging some of the southern controls before nightfall. This certainly made for an easier hanging experience on the day!

The weekend unfolded with fantastic weather, in keeping with this glorious summer we're having, and HALO's two events at Cleethorpes (sprint) and Louth (middle distance urban) were well received and a good solid attendance was seen at both of these. The maze in the cattle market at Louth, in particular, caught many people's imagination and went down well, setting us up for the final part of the triple header nicely. Over 130 runners attended the Skegness event and, generally speaking, many enjoyed the challenges, even if the forest part gave cause for the odd grumble or two! Congratulations to the following course winners, particularly the three from LOG:



SKEGNESS CONT.

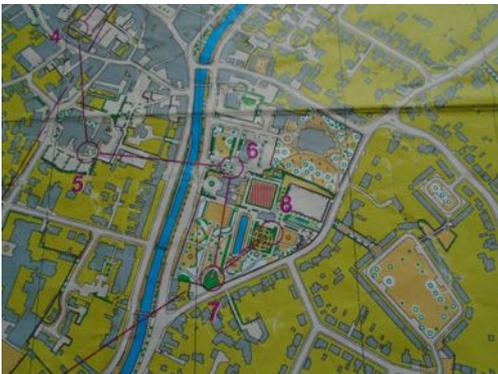
Men's Open – Leon Foster (AIRE)
Men's Veteran – David Hunt (BOK)
Men's Super-Veteran – Keith Tonkin (BL)
Men's Ultra-Veteran – Mick Smith (HH)
Men's Hyper-Veteran – Guy Goodair (EPOC)
Men's Junior (16-) – Ben Mather (LOG)
Men's Junior (12-) – Alexander Barker (NOC)

Women's Open – Charlotte Ward (HALO)
Women's Veteran – Tanya Taylor (LOG)
Women's Super-Veteran – Amanda Roberts (LOG)
Women's Ultra-Veteran – Liz Godfree (DVO)
Women's Hyper-Veteran – Judith Goodair (EPOC)
Women's Junior (16-) – Natalie Martin (CLOK)
Women's Junior (12-) – Ella Rush (BOK)

SPALDING LUL 21st June by Michael & Jo Nell

The first event in the 2018 Lincs Urban League was set way down in the Fenland South, about as far from HALO-shire as you could get. This deterred all but one determined HALO runner, John Fulwood, who ventured south to join 20 others in a small but select field of competitors.

Jo Nell's planning on the Long offered some interesting route choices, with those opting for the disused railway line finding it a bit more overgrown than the map suggested. First on the Long was Paul Murgatroyd, with rising star, Craig Lucas, only 18sec behind him. Stalwart Mike Hampton was a clear winner on the Medium, with HALO's sole entrant, John Fulwood coming home in 4th behind LOG regulars Stephen Wells and our very own Sean Harrington. Four RAFO cadets came along for a run, and enjoyed the experience, with Corey Genovese finding that his skateboard didn't offer him a competitive advantage!



WELTON LUL 5th July by Clare Hanna



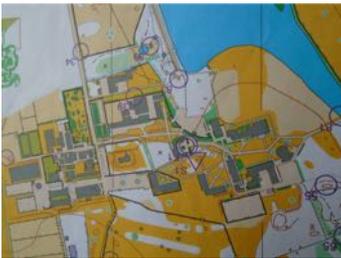
Getting to plan on a new map is fun and Welton provided some challenges for competitors getting to grips with a completely new area. The map covered the older heart of the village as well as estates of varying vintage that surround the centre.

The challenge for planning was to find routes and route choices that didn't involve too much doubling back as many of the estates are 'contained' with limited ways in and out. However there is a network of footpaths, many of which are not signposted in any way (no rails or signs), requiring runners to pace or be alert. Ironically one that was signposted, albeit from the opposite side of the road, caught out a number of runners on the long course, some of whom disappeared off the map.

Welton's convenient position for both HALO and LOG members saw a good turnout with over 40 competitors braving the early part of the summer's heatwave. Liam Harrington comfortably won the Long, beating David Jolly by over 3 minutes, with Brian Ward taking the final podium position.

HALO's Dominic Simmonds took the Medium course followed by a posse from LOG - Andrew Garbutt, Martin Wheeler and Jeff Baker. Elspeth Jolly took all the LUL points on Short as the only finisher. Many thanks to Craig and Andy Lucas for stepping in to handle registration and results.

I had chosen the start location because it offered some complexity. One of the fun parts of being on the start when the map is completely new (and not on display beforehand) is watching people getting to grips with where they are and in which direction they need to be heading. This took some people some time and sometimes more than one go. My highlight was watching Mike Hampton, who had mapped Welton for us, set off in completely the wrong direction only to run back through the start a couple of minutes later !



WOODHALL SPA LUL 19th July by Kev Rice

The pleasant Lincolnshire town of Woodhall spa is a new venue for LOG as it has recently been mapped from scratch by Mike Hampton.

I was offered this event as one of my 2018 planning commitments I thought yes why not, I knew the town reasonably well from the several summer days out to Jubilee Park when Scott my son was a youngster and the heated outdoor pool is nice way to spend a sunny afternoon!

During my several planning visits to the town I became quite envious of the folks who live there and I could see myself retiring to Woodhall Spa.

From my previous visits, I decided the grassed area alongside Maple Avenue would be an ideal location for assemble/start/finish, then I tried to use all the various different areas especially the small wooded area which is riddled with nice defined paths and has almost zero undergrowth, ideal for orienteering event even though it was an urban event!

Warm, dry and a decent entry with a good mix of LOG and HALO runners with a few RAFO too, contributed to fine evening finished off with a social at "The INN at Woodhall Spa".

OLD BOLINGBROOKE 21st July by Craig Lucas

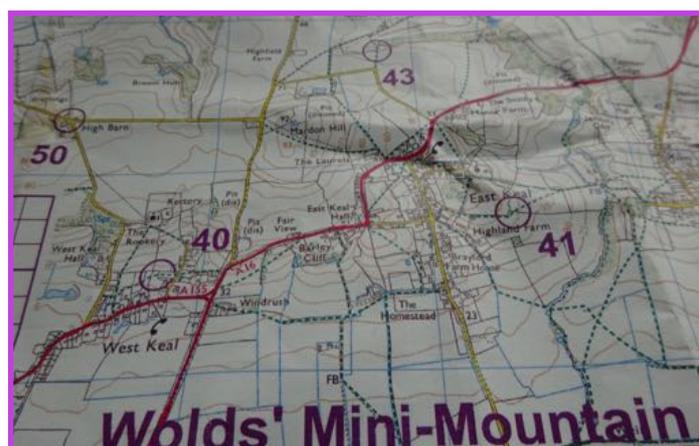


This year the Wold's Mini Mountain Marathon moved to Old Bolingbroke, and whilst the event utilised the same map as last year, due to the new starting location, there was a lot of the map that hadn't had much use. This year had an increased turnout compared with last year with a total of 39 entries with many of these pairs.

Despite the starting location being new, the format of the event was the same with a 3 hour time limited score course. As an even numbered year, the format was that the large 50 point controls were close to the start, meaning that venturing farther yielded less of a reward. After a briefing from Paul, the 10 o'clock mass start saw all the competitors venturing out.

I started by going for one of the closer high scores, with the intention of then planning a route whilst on the move. My initial plan was to make sure that I could collect all of the large points, and then inflate my total with some of the 40 point controls and maybe a couple of 30's if possible. After the first control I then ventured north and up the hill out of Old Bolingbroke with a loop that would bring me back to the village at roughly the half way point to collect a tricky 50 pointer. After that, I could assess my position and work out how to continue. As it turned out, the first loop took a little longer than I had planned due to a rather overgrown track, but I still completed the first loop a little shy of 80 minutes. I then went east out of the village to collect a second loop, making sure not to deviate from my planned route. After contemplating going for an extra control I ultimately decided not to, which I think was the correct decision seeing as I could barely run by the time I had collected the last couple of controls in the village. With 20 minutes to spare I had covered 15 miles and scored 310 points. This was enough to win by just 10 points to Alan Le Moigne in second place and with Justin Williams in third with 280 points. Although the top 3 finished with plenty of time to spare, many came in much closer to the 3 hour time limit, some of those being on the wrong side of the limit, either as a result of underestimating the time it would take, or because they felt they could score more points by collecting an extra control than they would lose in penalties.

As per usual, a big thanks to the planner Paul Murgatroyd for planning a very good course, which received a lot of positive feedback. It seems to be an event which many people enjoy, and attracts competitors from a lot of other orienteering clubs along with runners looking for a more interesting long run.



Event pics



by
y Furnell



PHOTO BY BRIAN WARD



PHOTO BY BRIAN WARD



Fixtures

LOG

19th Aug Lincoln City
22nd Sept Arboretum
29th Sept Boultham Park
6th Oct Hartsholme Park
13th Oct West Common

NOC

9th Sept Bierley Park
16th Sept Colwick Park
21st Oct Newstead Park
28th Oct Notts City
4th Nov Silverwood Hill
16th Dec Dukeries

LEI

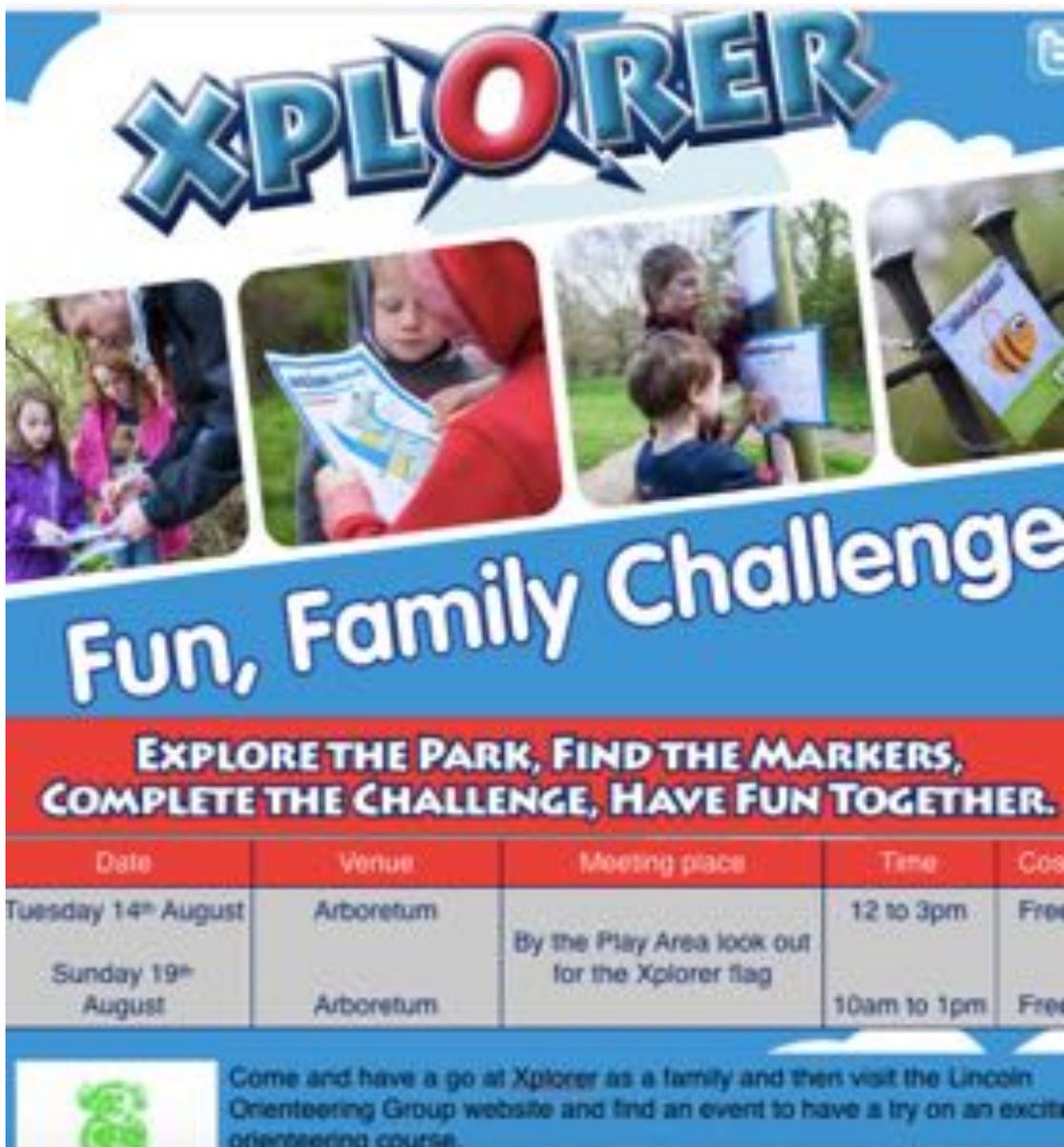
12th Aug Beacon Hill
7th Oct Shephed
25th Nov Bradgate
30th Dec Martinshaw

DVO

29th Sept JIRC Chatsworth
30th Sept Carsington
14th Oct Grangewood
18th Nov Linacre
9th Dec Oakwood



Because of the GDPR this is the only picture I am allowed to put in of our Vice Chair. LOL



XPLORER

Fun, Family Challenge

EXPLORE THE PARK, FIND THE MARKERS, COMPLETE THE CHALLENGE, HAVE FUN TOGETHER.

Date	Venue	Meeting place	Time	Cost
Tuesday 14 th August	Arboretum	By the Play Area look out for the Xplorer flag	12 to 3pm	Free
Sunday 19 th August	Arboretum		10am to 1pm	Free

Come and have a go at Xplorer as a family and then visit the Lincoln Orienteering Group website and find an event to have a try on an exciting orienteering course.

JIRCS 2018

Junior Inter-regional Championships 2018

JIRCS 2018 is being hosted by EMOA this year on the weekend 29th and 30th September. The competition comprises of an individual race on the Saturday at Chatsworth House and a relay on Sunday morning at Carsington and is being organised by DVO. This is a National event with teams coming from each of the UK regions. On Sunday afternoon the East Midlands Score Championship is also being held at Carsington.

LOG does not have suitable areas to run large events such as this but we do try and contribute by supplying helpers so if anyone can spare some time on this weekend to help our juniors please can you let me know soonest.

Thank you. Contact www.amandaroberts1962@googlemail.com

Who dares WINS



Paul collecting the trophy for winning the Poacher.



Hanna with her medal for the British Long Champs W12A



Liam 1st M on Long in LUL

WELL DONE HALO



Our Chairman John presenting the LUL trophy to HALO Chairman Pete. The first time HALO have won this series in the six years it has been running.



Amanda 1st W on Long in LUL



1st W in WMM



1st M in WMM

LOG FACTS

HISTORY OF RISEHOLME

Riseholme was first recorded in 1086 - the Domesday Book - with a population of 10 and only got slightly larger until all were wiped out by the Black Death in the 14 century. It wasn't until 1613 when the Brownlows from Belton brought Riseholme it started to develop.

It was brought by the Chaplin family in 1721 who built the first hall and formed the lake and park land. In 1843 the Ecclesiastical Commissioners brought Riseholme and it became the palace of the Bishops of Lincoln. John Kaye was the first bishop to live there and he commissioned William Railton, the architect of Nelson's Column, to remodel the hall as it is today. Being a churchless parish Bishop Kaye, who is buried in Lincoln Cathedral, had the church built at his own expense in 1851 it is called St Mary's.

Sold again in 1888 it passed to Captain Wilson whose son sold it in 1945 to the County Council.

In 1946 it was brought by Ministry of Agriculture who were responsible for agricultural education at the time. It was agreed that the estate would be used for the training of ex-servicemen and be run by the County War Agricultural Executive Committee. On the 1st October 1949 it became Riseholme Farm Institute and later became known as Lindsey Farm Institute and then in 1966 the Lindsey College of Agriculture.

When the Farm Institute was founded, students lived in two hostels; one at Riseholme Grange and the other at Riseholme Hall.

As it grew, an expansion programme was required. A new hostel to accommodate 50 students was opened in 1968 and a further hostel with 40 single study bedrooms in 1970. In 1980, the Lindsey College of Agriculture, the Kesteven Agricultural College and the Holbeach Agricultural Centre merged to become the Lincolnshire College of Agriculture and Horticulture. In 1986 Riseholme Hall became a listed building.

During 1994, the Lincolnshire College of Agriculture and Horticulture merged with De Montfort University to become its School of Agriculture. In October 2001, the School of Agriculture transferred to the University of Lincoln. September 2002 marked the closure of the Caythorpe campus, and the relocation of its courses to Riseholme, which entailed building the Rural Science Centre.

Its been part of the Bishop Burton Centre since 2012.

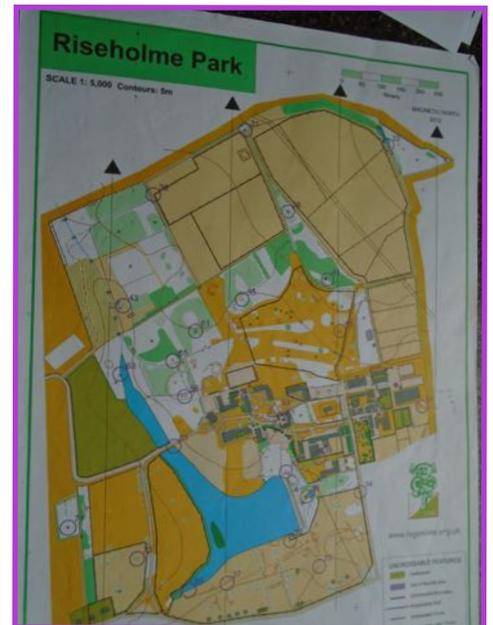


PHOTO BY
ANDY FURNELL



Photo by Andy Furnell



Gaiters V O Socks.....

Gaiters Pros

Very light and water resistant.
They stay up.
Go over top of shoe keeping
out bits and pieces of dirt.
Size by calf.

Gaiters Cons
Can come undone.
Rip fairly easy.
Only in black.



O Socks Pros

Have feet wicking ability.
Protect feet as well as shin.
Different colours
Size by feet.

O Socks Cons
Can slip down
Slightly heavier when wet.
Can be hot and sweaty.

So what will you choose - Let me know