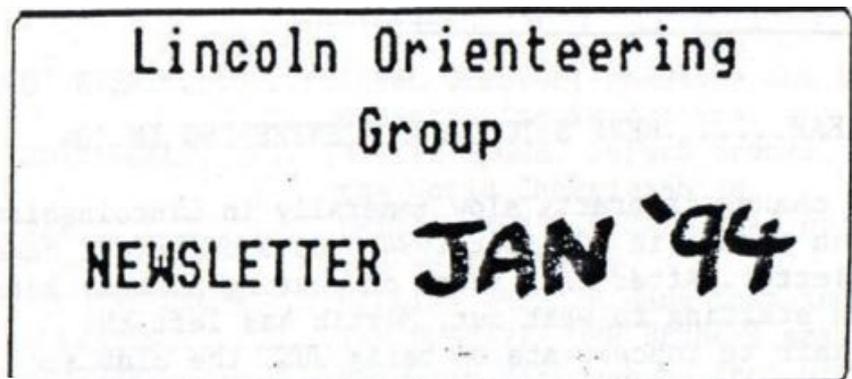


LOG NEWS

The pieces below are part of one of the first LOG newsletters, I thought this was apt as this may be the last LOG newsletter unless someone would like to put thier hand up to compile it.

Please Help



Welcome to LOG NEWS

LOG News mission is to provide you with news of the clubs recent and forth coming events, all O topics and some fun photos, so those of you that don't come often, can find out who's who. Also to give tips to make the reader more informed about orienteering.

So if you value this newsletter can you help to either organise it or do quarterly reports to keep it alive.

Send your 'Yes I'll do it' to ED at newsletter@logonline.org.uk

Well done to all those that made the effort to travel fair distances to enable us to win the Lincs Urban League title back and thanks of course to the planners, winners photos page 10

Clare did a great job of planning the EMOA Sprint Champs, page 7, and Lincoln City was a fantastic success thanks to Liam.

Many many thanks for all contributions for this newsletter and all help with words of encouragement in the past.

See you out there.....

Ed



LOG APP

We are setting up a LOG "what's App" group for people to talk about events, arrange car sharing to events, anything else people want to say and have a joke about.

The group will not be moderated and views will be from the individual and not of the club. Your phone number will be visible to everyone in the group.

If you would like to join the group please email me (liam@logonline.org.uk) your phone number and I will add you to the group.

If you have any questions about this or do not know what "what's app" is then just let me know.

Reflection

While collecting controls after the WsH event a small boy, 5ish, asked me what had been going on. As I began to tell him he said "Is it for deaf people?" Amused, I said "No what made him think that", his reply. " I kept shouting and asking what was happening as people ran past and 'nobody' at all would answer". !!

21b

That's the weight gain you will get when adding ultra-processed food to your diet for a week.

The combination of being in the great outdoors and the willingness to keep going in different terrains helps with health and happiness.

75

If this is the number of beats your heart makes it doubles your risk of an early visit by the reaper....

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.

Should I go left or right? Should I climb that hill or go the long way around it? These decisions that constantly arise require thinking more than quick reactions or instinct; that is why orienteering is called the thinking sport.



Chairmans Rambling

After a brief hiatus the Newsletter is back – thanks to Anne for stepping in again on a temporary basis; if anyone fancies taking this on then please do get in touch.

Since the last time I ‘rambled’ we’ve had our Spring Series (experimented with Mondays, not much feedback either way so back to Thursdays next year), the East Midlands Sprint Champs (excellent venue and courses at Witham St Hughs), LUL (jointly with HALO), Lincs Challenge Shield (regained from HALO), Wolds Mini-Mountain Marathon (7th Edition of the event that just keeps on giving), finalists in the Yvette Baker Trophy (a sunny trip to Sandringham) and our annual City Race (part of the Race the Castles series); a full programme for a small club!



Upcoming highlights over the autumn include our beginner-friendly Race the Parks series and, at the end of the year, the East Midlands Championships at Grimsthorpe Castle.

October is club AGM month – don’t be shy, if you want to lend a hand with the running of the Club have a think about standing for the Committee.

I have been running a series of coaching sessions aimed at young juniors. Taking place on alternate Saturdays at Hartsholme Park for about 90mins, it has been great to see a group of up to 15 juniors regularly turning out to learn about orienteering, pick up new skills and have a bit of fun racing each other. I’ll be running another couple of sessions this autumn to ‘top and tail’ the Race the Parks series, so if you know any juniors that might be interested then put them in touch. I’ll wrap up these sessions at the end of October as the weather deteriorates, but the plan is to pick it up again around Easter 2020. We’ve also had the offer of some support from BOF staff to develop a strategy to encourage and support junior participation in our sport, the Committee is awaiting the first thoughts from BOF.

Have a great autumn, wherever your orienteering takes you.

John



MMM



Lincs Urban League Quarrington 26th June by Trudy Crosby

The Lincs Urban League kicked off on the new Quarrington map. The area offered a selection of terrain from urban streets through a small wood and out into a parkland area where the undergrowth was a challenge if selecting the direct route. Feedback was generally good following completion of the courses and competitors appreciated the route choices available.

We were able to use the car park of the Elite fish and chip shop which offered the opportunity for excellent post-race refreshment.



Results: Long (5.77k)

1. Liam Harrington LOG 31:57
2. Craig Lucas LOG 34:19
3. Andrew Ridgway NOC 35:05
(20 competitors)

Medium 4.17k

1. Ally Wright LOG 38.34
2. Kev Rice LOG 41.35
3. Martin Wheeler LOG 44.11
(8 competitors)

Short 2.24k

1. Joanna Swinbourne LOG 44:17

Lincs Urban League Nettleham 10th July by Ally Wright



This was only our second event ever in the pretty village of Nettleham and the first on this map. Though a very attractive village I found it difficult to create route choice due to the many dead end cut de sacs. I was keen to reduce the amount of 'dead' running up and down the same path. I put just 18 controls out in the end and tried to put in some longer legs to try and give at least two routes to as many controls as possible. I apologise to those that were caught out by the gates to the village hall being shut. I was under the impression it was in use that night, something I need to check in planning future events. The weather for the event was on our side, and with the courses on the shorter side it meant there was some hot and fast running. Feedback from competitors was mixed in regards to if more controls in the Medieval ruins area would have made better use of the map, some reluctant to wade through longer grass on an urban event and keen to get their shorts on and legs out.

A total of 37 competitors, with Liam Harrington (getting a bit boring now you winning everything) being first on the long course, and Ian Crowe (IND) the medium course.

Thank you to everyone who turned up and took part.

Lincs Urban League University of Lincoln by Paul Murgatroyd and Clare Hanna



From Paul

“Initially, when the fixture list for this year’s LUL was drawn up, the plan was to have the fifth event in Grantham, enabling the club to mix up the north and the south of our area across the three events. However, once it became clear that we had no local planner forthcoming for this one, we made the call to bring it closer to our centre to enable someone else to take it on. I volunteered my services, saying that we could easily run it out of the Uni, but I wouldn’t be around on the night, as I was away coaching with the GB Talent squad. Fortunately, Clare was available for hanging duties and so we had a plan of action...

When planning, I had two main goals – firstly, I wanted to keep the number of controls to a minimum, so that Clare wouldn’t have too much work to do and it would also make collecting at the end of the night much quicker. In the end, I got away with 16 and I could have gotten even tighter, had I not needed a couple of controls extra on just the Short course for safety reasons. Secondly, I wanted to have at least a couple of long legs to maximise route choice on the Long and the Medium, as diagonals across the city always work well in Lincoln, given the N-S and E-W street design. I ended up with two legs on the Long, one of 800m and the other of 850m, and one pretty big one on the Medium of 1.4k (a third of the total course length), which had lots of micro-route choice within it. I also wanted to make the best of the complex courts’ area in the University towards the end of all the courses, as people were getting tired, as I knew that this would be when the majority of errors would be made. The courses ended up as Short: 2.1k, 10m climb, 9 controls; Medium: 4.3k, 35m, 11 controls and Long: 5.1k, 50m, 14 controls. I went from armchair planning to checking of the control sites the week before, with one or two tweaks in the specific locations, and then relayed the information to Clare, so that she was happy where all needed to be sited. Then, with maps printed and exchanged, it was over to Clare for the day’s event.”

From Clare

Fortunately the Lincs Urban League had switched to Wednesday this year, so we missed the hottest day of the year, which hit Lincoln the following day, but it was still very hot and humid, especially control hanging in the afternoon. Better than in torrential rain though. It certainly made for tough running conditions even at 6-7pm.



Perhaps in spite of the weather, there was still good turnout on the night with 32 competitors participating, split 18 on the Long, 12 on the medium and 2 on the short. The long legs gave plenty of route choices. For leg 2 to 3 on the medium, competitors had a major choices about whether to go east or west of the Brayford and where to cross the railway. Different approaches could be seen with some competitors choosing a route that brought them back through the start area. The tactic to put a group of controls in the university courts at the end of the courses when people were tired also caught out some competitors resulting in a couple of mis-punches. Liam Harrington won the Long in just under 30 minutes beating Brian Ward into second by under two and half minutes, with Craig Lucas taking the third podium spot. Ally Wright and Andy Gorvett for LOG took first and second places in the Medium, holding off Elspeth Jolly, who came in third, a result that proved crucial in the final League positions later in the season. Alison Crabb from RAFO took the Short, with Isobel May dragging her father finishing second.

Witham ST Hughs EMOA Sprint Champs

23rd June 19 by Clare Hanna



Witham St Hughs is a new village built on the site of the former RAF Swinderby. The north-east of the mapped area has a relatively straight-forward road structure with a few paths and cut-throughs. It is a quiet residential area. In the western half of the map, building is more concentrated and there are lots of paths, hedges, fences and cut-throughs making for more challenging orienteering. I used the NE section for a fast and furious prologue and the complex western area for the more pressured chase, when to add to the fun, all competitors would be out on the courses at the same time.

There were over 100 competitors mainly from LOG, NOC and DVO but some came from as far afield as Border Liners, OD and HH. On the day, we were lucky with the weather, so the assembly area in the field near the village hall worked well with competitors able to relax in the sun between races.

The courses for the prologue started in a small open area and competitors were set off down a narrow path straight into an unusually shaped paved area with several controls for different courses, providing enough distraction to lure the unwary into punching the wrong one before finding the correct one. You know who you are ! Thereafter courses had legs with some 50:50 route choices with focus on quick decision making and execution. Winning times were in the mid-teens for all courses.

Although the Chase was a punching start, competitors' start times depended on their time in the prologue so gaps between starts varied from over a minute down to a few seconds creating some head to head races and ramping up the pressure. Both Long and Medium length courses had route choice from the start and on the Short course the best route from control 1 to 2 involved a turning back towards the start. All courses had multiple route choices on most legs and plenty of uncrossable features or cut-through opportunities to ensure competitors couldn't afford to take their eyes off the map.

In the East Midlands Champs LOG just topped the trophies table with Ben and Hannah Mather, Amanda Roberts and Tanya Taylor winning their classes. Outside of the championships, Charlotte Ward, HALO, showed everyone the difference international class makes, cruising round in a combined time over both courses of 28 minutes more than 8 minutes ahead of her nearest rival.

Class	Name	Club
WJ	Hanna Mather	LOG
WO	Rose Schorah	NOC
WV	Tanya Taylor	LOG
WSV	Amanda Roberts	LOG
WUV	Hilary Palmer	NOC
MJ	Ben Mather	LOG
MO	Dave Schorah	NOC
MV	Richard Parkin	DVO
MSV	Dave Chaffey	DVO
MUV	Doug Dickinson	DVO



Hanna storming home to win her class

Mini Mountain Marathon South Ormsby 3rd August 2019 by Andy Furnell



The 7th Wolds mini mountain marathon saw another change of start location to South Ormsby. This represented a significant move from last years event at Old Bolingbroke so the map area was mostly different this year and a return to the areas that the event took place on over it's first few years. I teamed up with Dawn Thomas who wanted some support on the navigation side and, in return, I was glad of some encouragement to keep me running a bit more.

The start point was towards the north east side of the map. This meant there were a few controls to the east of South Ormsby but the majority were to the west. In particular, further to the west the highest scoring controls (30 points) were to be found beyond the close-by 10 point controls and the middle distance 20 point controls. So it was no surprise that the vast majority of runners set off on the footpath heading west towards Tetford. It was quite unusual to see so many runners on the same path at this event – which usually leads to people heading off in different directions fairly quickly.

Our own run was going perfectly well to start with as we picked up points for the controls on the way to Tetford and beyond to Salmonby. We had been aiming in the direction of a couple of 30 point controls to up our points tally but also keeping an eye on the time. But we were approaching the half way point timewise so decided to use a footpath towards Ashby Puerorum where there was another 20 point control before starting to work our way back. It was then that plans went wrong. The first signs that this path was not in use was in a cornfield where the route of the path was still traceable but the corn was growing on the path. Then we came to the edge of the field and the gap in the hedgerow was nothing but solid waist high nettles. There was a footpath sign on a pole but no way through without a serious stinging. So we had to retrace our steps and head back a different way. Even doing this left us running late for time – although admittedly we may have been walking and chatting a bit too much at times when we could have done a bit more running. But we were just enjoying the event despite our depleted points total. The event results show how this event does make a good challenge for everyone present. The winner on the day, Oli Burrell, punched 17 of the 25 controls available – meaning some crucial tactical decisions had been taken out there in maximising his scoring. Quite a few time penalties were incurred as well. It is surprisingly easy to get caught out on this.

I always think this event has an appeal that goes beyond the orienteering community so it was good to see Rachel Sheldrake there from Mud and Miles Runners based in Notts for 2nd time. She thoroughly enjoyed the event and one of her group, Helen, was doing it for the first time and was equally enthusiastic so we may hopefully get more interest from this group in the event in future.

O-Ringen Kolmården 2019

By Trudy Crosby



21-27 July 2019 in Norrköping. Number of registrants: 21,217

Amanda Roberts and I took the plunge and headed off for one of the worlds largest orienteering festivals: the Swedish O-Ringen. We spent a few (expensive) days enjoying Stockholm before heading down to the event which ran from Monday to Saturday with Wednesday as a rest day.

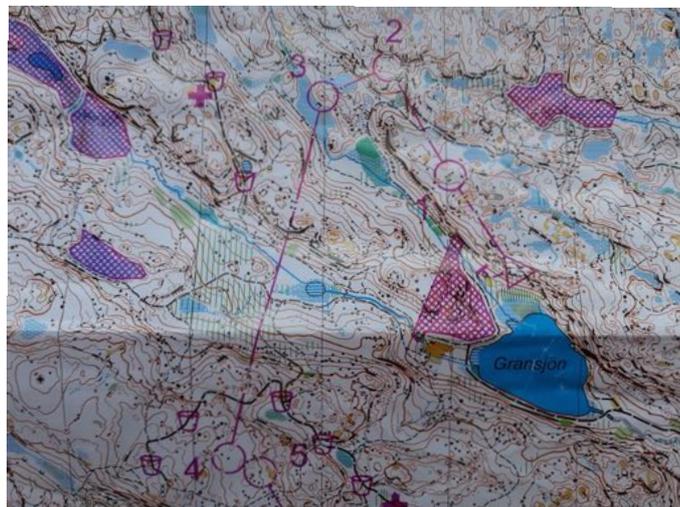
The O-Ringen 'village' was housed in and around a massive sports complex and one of the indoor arenas was used to host the extravagant opening ceremony – music, dancers and the singing of the O-Ringen song (Amanda will give you a rendition of the chorus!). There followed a youth relay competition which had 130 teams of 4 competing in a sprint orienteering race with the change-over and finish inside the arena. The atmosphere was electric and we were impressed with the numbers of young people competing.

The Swedish forests are massive and only two areas were used during the entire week, the scope of the mapped area being so great that all 5 days took you into different terrain but only two arenas were needed. Transport to and from the events was by bus with a slick convoy system in operation.

The first area for Monday and Tuesday gave us a taste of what was to come with technical legs and few tracks but we both played it safe and completed both days.

The second area (Thursday, Friday, Saturday) also a ski area, was even more physical and day three had a scattering of controls over the lower ski slopes which made for excellent spectating. The slopes though also made for long and steep walks to the start (up to 3k on one day) and we made sure that we left plenty of time to get to our starts in time. The Friday saw us with extremely early start times and I was walking to the start at 7.30am! We were both pleased (relieved) to complete all 5 events very much in awe of the leaders in our classes who seemed to skim confidently over the terrain!. Amanda finished in 54th place out of 87 competitors in W55 and I was 65th rom 75 in W60.

Alongside the main orienteering there is a full social programme and plenty to see and do in the 'village'. We enjoyed a very good buffet supper with fellow British orienteers in the dining tent, spent an evening watching the elites compete in an urban race in the city and Amanda also completed an indoor orienteering event in a local school. The whole scale of the event is quite unbelievable and the number of volunteers required is staggering but the atmosphere is amazing and everyone is so friendly it is well worth making the trip.



Event photos 2019



ALL LOG No HALO

Winners of Lincs Urban League courses.

Ally W Med
Liam M Long
Clare W Long
Paul LOG winners
Ian M Med



The money makers !!



LOG exercise class !!



Headless Chicken !!!!!

LOG COMMITTEE MINUTES 18th July 2019

Present

John Mather, Geoff + Anne Gibbs, Craig Lucas, Paul Murgatroyd, Liam Harrington, Sean Harrington, Ally Wright, Clare Hanna, Kevin Swinbourne, Ben Mather

Approval of Minutes of Meeting on 23rd May: Approved

Apologies for Absence: Amanda Roberts, Trudy Crosby, Holly Haywood, Stephen Wells

Matters Arising:

LOG trip to Liverpool still being looked into TC

Holly Haywood has asked to stand down as she is busy moving house – Clare has suggested she remain on until AGM which is only one meeting away.

Stephen Wells has resigned as publicity officer/from the committee for health reasons. See publicity section below.

YB Trophy – LOG 'team' of one participated. Ben scored the max no. of points.

EMOA Update

No East Mids reps present at meeting, however newsletter incl minutes have been circulated. AGM is on 23rd Sept. There are several vacancies on the committee.

Publicity

With the resignation of Stephen Wells, it was agreed to divide up the 'doing' of publicity by task/media channel, however we will need a publicity co-ordinator to set the strategy and to ensure everything is happening. AW/KS/LH/BM

Publicity activities split as follows Facebook – Kev Swinbourne, Twitter – Ally Wright, Instagram – Ben Mather, Liam will set up Whatsapp group for the club. Anne Gibbs will do newsletter as one-off and send info about upcoming events to fixture secretaries of DVO, NOC and LEI. Publicity is required for Lincoln City Race and Wolds MMM.

Email to members asking for interest in doing publicity role.

Reports for the newsletter to go to Anne for E Mids Champs, Quarrington, Nettleham, Lincoln AG

Development Activity - Juniors

Following last meeting Tim Herod has sent statistical analysis of participation in club activities. John to chase up promised draft strategy and funding proposal.

JM has been running focussed training events over summer. Will break for holidays and restart in September to feed into Race the Parks series. Attendance has averaged 7-8, but has been as high as 13. Successful so far and a couple of new members. JM

EMOA Sprint Champs - Review

Successful event – reasonably well attended. Format worked well. Courses OK. Luck with the weather meant assembly area had good atmosphere, and access to parking and toilets.

Technical issue with the results now understood included 1 box in the middle of the course had been set as a finish. No-one knew how this could have happened. Learning is that Controller should go to download after checking the controls as this will pick up any problems. (Note for Jeff Baker on City Race) LH

Major Events

a) Lincoln City Race 18/8/19 - Planner Liam, Controller Jeff B, Organiser Sean

Entries open on Fabian. Assembly is on grass in front of Lawns (no charge), toilets – public ones opposite Struggs.

Final details to be produced and Fabian info to Craig

I. Wolds MMM - Paul planning

Risk assessment to be sent by Anne G

I. EMOA Champs – Amanda planning. Not discussed.

LOG COMMITTEE MINUTES continued

Race the Parks 2019

Following junior training/development activity, it was agreed to switch time of these events to 1.45 – 3pm for starts, to try and encourage flow into full orienteering events. Location and planners as follows

28/9 Hartsholme Anne Gibbs

5/10 Boultham Park John M

12/10 West Common Ally W

19/10 South Common Craig

Club Mark

Trudy has completed 'application return' and started on compilation of supporting docs and data. Info required includes names of Welfare Officer (Holly), coaches (Paul, Jeff, Liam + Karen Williams) and First Aiders (Ali to provide) TC

AOB

- LEI have asked to borrow some kit for British Sprint Champs – agreed and request a donation
- Army Corp looking for venue near Grantham to host event in May 2020. Suggested Belton. Army would pay. Approx 100 competitors. Suggested a Thursday – their event in afternoon followed by LOG Spring Series.
- Kev Swinbourne suggested an App called PING (it's free). People can download onto phones and make payments into any accounts. So for example could use to pay entry fees when you've forgotten your money !! Doesn't require club to do anything – just accept payment has been made (could chase people later if not.)
- Harlaxton Feb EMOA event – college have asked if all their students can attend. We have said yes. They asked this last time and not a single one did. Have asked for advance notice if any intending to come this time.
- Urban events – need to consider nearest location of toilets and advise in final details
- Brian Ward has donated the £20 Lincolnshire Runner voucher he won back to the club. Will use for prizes young people in coaching. Sean to advise Brian
- Hartsholme have advised Geoff they have refurbished a couple of posts. Their map is out of date. Our revised version to Map is out of date
- Leading HALO in the urban league. Trophies for individual events need to be returned – Amanda ? Liam ?
-

Date of Next Meeting

LOG Committee Meeting Wednesday 18th Sept at the DOG and Bone at 8pm

LINCOLN CITY 2019



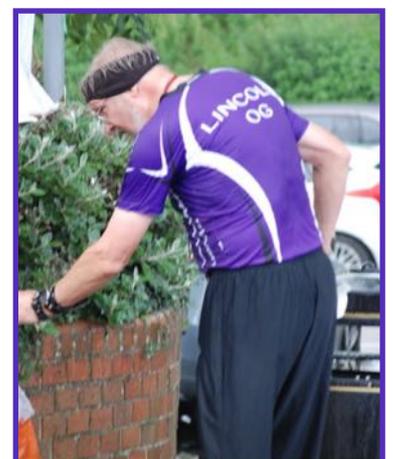
The Planner



The Venue



261 entered and 243 ran - Sunny - heavy rain - sunny
Positive comments - Another good LOG day.





FINISH

www.logonline.org.uk

 Find us on Facebook