

LOG NEWS

4th Quarter



Welcome to LOG NEWS

4TH QUARTER

MANY thanks for all the words of encouragement I received about the last LN making it worth all the effort I put into it.

A wedding party photo shoot, the Lancaster fly past, torrential rain and on the last one gale force winds - Each of these made for an interesting and successful Park Series besides all the hard work put in by the planners, collectors, container fetchers and others. Well done everyone. Read the planners reports starting on page 7.

I was surprised to find that Gaiters seem to be the preferred choice of most people against socks once again many thanks to all that let me know. What is your choice in compasses - plate based or thumb ? see page 13

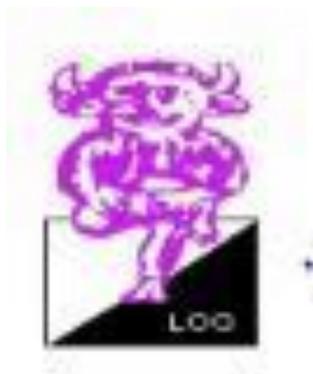
If you couldn't make the AGM see below who is now on your committee.

You really miss out if you don't come to Thursday night training, last Thur saw us in Dodgy corner it was a lovely barmy night with a big moon, I really enjoyed it. YES enjoyed headlight training on the South Common!! BUT please - (dont tell Paul.)

Happy Reading. Ed



2018/19 COMMITTEE



CHAIRMAN	JOHN MATHER
VICE CHAIR	PAUL MURGATROYD
SECRETARY	CLARE HANNA
TREASURER	AMANDA ROBERTS
FIXTURES	ANNE GIBBS
PUBLICITY	STEPHEN WELLS
JUNIOR REP	BEN MATHER
WELFARE	HOLLY HAYWOOD
UNPOSTED	LIAM HARRINGTON
UNPOSTED	CHARLIE THOMAS
UNPOSTED	NICK LYONS
UNPOSTED	CRAIG LUCAS

CHAIRMAN'S CHATTER

Thank you all for attending tonight's AGM and for your unstinting support for your club. Whilst thinking about what to say in this chairman's address I began to reflect upon my first year in the role and came to the conclusion that it is not about leadership and direction, but simply about refereeing and trying to maintain some sense of order! The committee is a committed, skilled, talented and knowledgeable group that time and again mobilise that collective knowledge and deliver events and event series to be proud of. Maintaining order in meetings to arrive at that point is altogether trickier...!

Over the last year, LOG has had mixed fortunes in the field of competition. We didn't make it through to the final of the Compass Sport Trophy and we lost the Lincs Challenge Shield [note – incorrect!! We won] and the LUL to HALO, but... as we are gathered here Lewis Bones, Josh Bones, Hannah Mather and Tanya Tailor are topping the East Midlands League in White, Yellow, Light Green and Blue Classes. Not only that, Tanya is current W45 Bronze medal holder in the British Middle-Distance Championships and Hannah Mather is current W12 Bronze medal holder in the British Long-Distance Championships.

The headlines might imply that the junior section of our club in the sport is strong, but this is not the case. A demographic time-bomb is there for all to see. We need to keep looking for the hook that brings parents and their children into the sport.

Event highlights of the year for me? Lincoln City Race – Amanda... Sun, Sand, Sea, Skeg-Vegas – Paul and who could forget Annie's sprint final in Witham St Hugh's? But thanks to all the planners, organisers, controllers, IT support, humpers, control collectors, parking attendants, website updaters, Facebookers, cash depositors, tent dryers, SI Box repairers and helper's that make the club what it is and help make all our events happen.

Thanks in particular to Paul, Amanda and Clair who, between them, have served the club well over the last year and made my job as chairman so straightforward.

John Mather. October 2018



The Compass

Pointing you in the right direction



LOSE FAT

Bromelain is a compound that works with other enzymes to help break down and digest fat - making it easy for you to lose weight and its found in

Pineapple.

So save me a piece at the next event.

JUMP TO IT

To gain that position on your rival you need explosive power.

Combining balance exercises with plyometric drills such as vertical jumps, can increase your power output by 30%.

Practise makes perfect.

Practise is essential to the achievement of any real success. Come training and see improvements in your technique, compass work and overall orienteering. Thurs at 6.30pm www.logonline.org.uk

O sharpens decision making skills:

It offers the obvious development of individual skills in navigating while problem solving to locate each control. Decision making is paramount: 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; again, that is why orienteering is called the thinking sport.



LOG SWEATSHIRT

FREE TO A GOOD HOME
LARGE 42" CHEST

Contact Amanda - 0775 363 1660

HAPPY CHRISTMAS



LOG Christmas Doo

DOG & BONE 13TH DEC 7 30PM

Do come and join us to celebrate another year with a few drinks and our Notorious quiz.



LAST YEAR'S QUIZ WINNERS

Blue Riband Club Handicap Championship 23rd December 2018 at Walesby

Is it your turn to win this cherished trophy can you bet your handicap ??

Make sure you let Paul Murgatroyd know if you wish to enter on

pmmurgatroyd@me.com

**"Life isn't about waiting for the storm to pass; it's about learning to dance in the rain."
Vivian Greene**



LOG's FUTURE CHAMPIONS

JIRCS Photos by Wendy Carlyle



The annual East Midlands Regional Training day is taking place on 24th November at Charnwood College, Loughborough. This is an ideal opportunity for anyone considering getting more involved in putting on 'O' events or wants to brush up on their knowledge. Courses available on the day are:

- Controller - Level C and B
- Planner Level C
- Organiser Level C & B
- Mappers Workshop

More details and how to book are on the [EMOA Website](#), all courses are **free** for members of East Midlands Orienteering clubs.

There's always room for more planners, controllers, organisers and mappers...! All are essential to running events. If you book a place, drop John Mather j.mather@ntlworld.com so that the committee can keep track of who is qualified.

Race Reports



LINCOLN CITY 19th August 2018 By Amanda

Five years on and I felt it was my turn to have another go at planning our annual urban event in Lincoln (I can't believe it is that long ago!). Having had our city map extended south down towards South Common, I wanted to make the most of the new area as it would be fresh ground for regular visitors to our Lincoln event. I also wanted to use the complex estate area below the Arboretum to add some short legs and some quick route decisions. Lincoln Minster School very kindly offered us the use of their facilities for assembly and parking. So, it was then a case of trying to join up all the dots and coming up with some interesting courses.

I had hoped that the railway and the different crossing points would add an element of route choice and provide some interesting long legs, however, it was felt, for safety, that the level crossings shouldn't be used as optimum route choices so actually the route choices were restricted by the railway (sorry to those on Courses 1 & 2 where the optimum route to Control 16 & 17 was over a level crossing - it proves I would have gone the wrong way!). While trying to include all the areas it was a challenge to keep the course lengths within the guidelines and not allow the number of controls to get out of hand. By placing the finish for most of the courses in the college the amount of climb was reduced and meant the courses could go further afield. I still ended up with far too many controls!

I don't know whether it was because the weather was good or there was little else on in the orienteering calendar but we had an unexpectedly large turnout on the day. Thank you to those that kindly gave up their maps for recycling to others. Note to self – if you are likely to run out of maps make sure the finish is near the start!

Thank you to Pete Harris (HALO) for Controlling the event and a big thank you to Isoldt for coming to the rescue and putting out some of the controls on the morning. Thanks to the LOG volunteer team goes without saying.

ARBORETUM 22 Sept 2018 By Anne Gibbs



Trying to get a 2K run in the Arboretum without the map looking like spaghetti junction was a hair tearing out exercise, but after many attempts and a few visits to ensure gripple posts I was finally satisfied - planning the Cruise and Run after that proved to be a doodle. Putting the controls out on the morning was another nightmare, arms full of kit, and at the furthest control I realised I had forgotten the kites - stress levels at 100% and time racing on meant I didn't get chance to check the controls my lovely man had put out AND true to form he had placed one wrong.

PJD being the first out thankfully informed us and it was quickly put right. Only 19 competitors but a few new ones so fingers crossed they come back. Well done to winners Marcus Walton (Jog) Andy Garrett (Cruise) Paul Murgatroyd (Run)

Many thanks to control collectors and those that stayed and helped to put things away.

Race Reports cont

Boultham Park 29 Sept 2018. By Craig Lucas



Hartsholme 6th Oct 2018. By Holly Haywood



I volunteered to plan the Hartsholme event, eager to action what I learnt from my previous planned Stapleford event. Three courses and minimal controls used, all went to plan, sadly the weather was not on board! At Hartsholme by 6am, all controls were out by 8:15am with help from my dad and kindly checked by John, just two needed adjusting; major improvement from Stapleford! Despite the rain, there was a really good turn out with 20 orienteers braving the weather. Michael May won the jog, Kathryn Lambert the cruise and Philip Johnston-Davis first in the run, all in all a good event.

West Common 13th Oct 2018. by John Mather



My birthday, unseasonably warm weather and the Race the Parks finale – a grand way to spend a Saturday. West Common is great for those new to orienteering – enclosed, large enough to cover a few kilometres and enough going on to catch out the unwary. By using the map extension into the West End a bit more variety can be added to keep the interest of experienced orienteers.

The Jog course was all within the Common and was won on the day by Team Stephens narrowly pipping Bram's Team; the series Jog title went to Team Stephens. The Cruise course made a small foray into the nearest adjacent street. Cruise victory on the day went to Ben Mather. The closely fought Cruise series title went to Kathryn Lambert (149 points), with Andy Garbutt second (146) and Stephen Wells in third (135). The Run course made full use of the map with the distance split roughly half-and-half between the streets and the Common. Honour on the day for the Run course went to Paul Murgatroyd with Craig Lucas only 38 seconds adrift. Paul also took the series honours (150 points), Philip Johnston-Davis second (146) and Marcus Lancaster third (141).

Thanks to all the competitors and helpers on the day and across the whole series.

West Common was formally identified in the Enclosure Act of 1803, however it had likely been common land for a long time prior to that. Like many commons, land on West Common appears to have been used for a variety of purposes as well as providing pasture. Remains of narrow ridge and furrow cultivation of probable Napoleonic date are visible on areas of the common, indicating some arable use. Numerous quarrying earthworks are also visible, indicating small-scale quarrying at various times.

The larger area of West Common, to the north of Saxilby Road, includes grassland grazed by horses, an area of grassland that used to be part of The Straight Mile of the Lincoln Racecourse, several plantations, a number of damper inundations and a formal pond. The smaller area to the south is mainly short-mown grassland that has been used as a golf course since 1891.

The Common continued as a focus for recreation throughout the Early Industrial and Late Victorian/Edwardian Periods, with as many as twenty football pitches and eleven cricket pitches laid out. In 1874 public baths were constructed in the south of the area adjacent to the Main Drain, the brick walled remains of which survive in situ. Nearby, a 19th-century footbridge, known as the 'Bath Bridge' due to its proximity to the public baths, carries the tow path for the Fossdyke over the Main Drain. An isolation hospital, swimming baths and brickworks are amongst the structures which have been built (although they are no longer present) on former areas of the common. The creation of Jubilee Pond was to celebrate the jubilee of Queen Victoria in 1898, and a recreational walk, known as Alderman's Walk, along the eastern boundary of the common was built in 1910.

The formal process of enclosing open heaths and common lands around Lincoln displaced a number of established activities including horse racing which had been carried out around Lincoln since at least 1597. In response, a permanent course, funded by the local aristocracy, was established by the Lincoln Corporation on West Common in 1773. The original course crossed the main turnpike road from Lincoln twice, and would have been simply staked out. In the early 19th century it was decided to improve the course and provide a grandstand, and this was done in 1825-26. In 1896-97 a new grandstand was built which is still standing today. Racing was a popular entertainment in the city throughout the 18th and early 19th century, it declined after the Second World War and the last Lincolnshire Handicap was run in 1964.

During WWI much of the Common was designated No.4 Aircraft Acceptance Park and was used to test aircraft assembled in the city's many industrial plants. The airfield was created in 1915 on the site of the racecourse and was used for the collection and testing of new planes prior to their distribution to squadrons, it had turf runways and a number of outbuildings, many of which survive as earthworks such as the former area of hangars to the south of the current football pitches, and building platforms on the opposite side of Saxilby Road to the racecourse grandstand, which were used to accommodate test pilots. Crenellated earthworks just south of the Grandstand identify the location of a former training trench from WWI. These are earthworks formed from a pattern of multiple, regular, rectangular spaces cut from the ground. The airfield went out of use shortly after the end of the war, and the buildings were sold off by auction. Two of the hangars remained in use elsewhere in Lincoln until at least the 1960s.

On the southern side of Saxilby Road is the golf course which was established in 1891 it is still common land and people have the right to roam across, this was expanded from 9 to 18 holes in the early 20th century and continues to function as a popular local amenity. Several smaller drains and ditches cut across the golf course. There is a pond and a series of periodically inundated damp depressions.

West Common represents eleven percent of the City's neutral grassland and marsh resource, and supports a population of skylark. Its been designated as an area of critical asset and nature conservation importance. A number of sports facilities are supported on the West Common, including football, tennis, cricket, bowls, a golf course and orienteering .

Who Dares Wins



Craig Lucas receiving the **'President's Award'**
from Chairman John Mather



Tanya Taylor Bronze
British Middle Distance Champ



EVENT PICS



Fixtures

LOG

27th Jan 2019 Belton/Londonthorpe

NOC

4th Nov Silverhill Wood 16th Dec Dukeries 23rd Dec Walesby
6th Jan 19 Sherwood Forest 3rd Feb 19 Bramcote Hills

LEI

25th Nov Bradgate

30th Dec Ratby Woods

13th Jan 19. Spring Cottage

17th Feb 19 Beacon Hill

DVO

18th Nov Lincarce

9th Dec Oakwood

10th Feb 19. Birchen Edge

HALO

8th/9th Dec Twigmoore Woods



Baseplate Pros

Multiple scales for measuring distance.
Can be used in either hand.
Easy to reposition and move round map.
Taking a positive bearing.

Baseplate Cons

Sometimes needs two hands
Can be dropped easy.



Thumb Pros

They don't cover up much of your map.
Always pointing in direction of travel.
One handed operation.
Harder to drop.

Thumb Cons

Stays too hard put in your hand.
Running accurately on a bearing is more difficult.

Which do you prefer and Why?? Let me know