

LOG NEWS

**27 years of Lincoln Orienteering Group,
for those that like to challenge and
exercise the mind and body.**



Rising stars in the World of O



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COMMITTEE

Chairman	Paul Murgatroyd
Vice Chairman	Sean Harrington
Secretary	Amanda Roberts
Treasurer	Hayley Fox
Fixtures Secretary	John Mather
Publicity Officer	Ally Wright
Junior Rep	Tom George
Welfare Officer	Clare Hanna
Unposted	Liam Harrington
Unposted	Michael Nell
Unposted	Delphine Suty
Unposted	Anne Gibbs

**AGM on Oct 16 th at The Golden Eagle pub
High St Lincoln. Please come along and support you club.**

Welcome

Albert Einstein was supposed to have said that 'Insanity was doing the same thing over and over again, but expecting a different outcome'. So on that description I am heading straight for the looney bin, as on the Lincoln City run I had been told by a NOC guy to watch my step in the small (very small) wood so what did I do!! get totally confused and lose myself 14 mins so allowing my beloved to beat me..... On reading the reports by the 'top' boys, on page 6, and how similar things happen to them made me feel lots better. We have race reports, diary dates as the orienteering famine comes to a close, photos and another competition on page 10 so enjoy this issue.

Many thanks are given to those that have sent and even suggested articles, not all printable, for your LOG news without which this would be very sparse.

ED – Annie Gibbs



Chairman's Report

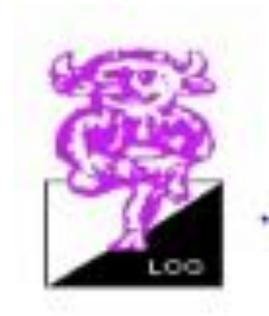
The summer season is drawing to a close and our trio of very different events over this period have gone down well again. The second Wolds Mini Mountain Marathon, running for its second year out of the village of Tetford, drew another decent crowd for some 'long O' style punishment. The heat made for a challenging day and my congratulations go to all those who endured the conditions for the full three hours, including 'man of the match' Sean Harrington. Scalping some notable orienteers on the day, I think we can safely say that, after several years of trying, we've finally found his event! The second Lincs Indoor Champs, at the opposite end of the orienteering spectrum, also passed off smoothly, with some 25 runners dividing up the four trophies up for grabs on the night. It was good to see Jeff Baker take the King of the Maze trophy against some fairly tough competition, although only after a controversial steward's enquiry had cleared his dodgy race tactics! Finally, the annual Lincoln City Race pulled in a good crowd and I've reported on this in more detail elsewhere in the newsletter.

So, we now switch our focus to the autumn season and, as the undergrowth begins to die back, we can look forward to returning to the woods at last. I hope everyone will make an effort to support the usual Saturday morning winter series, as we travel around the region attempting to spread the 'O' gospel. Before this, though, we have our second EMUL event of the year at Washingborough, in late October, and father and son planning team are well on with organising what should be a superb event on a cracking urban area. We shall also soon be travelling down to make our fourth appearance in five years at the Compass sport Trophy final and I hope to see as many of you as possible down in Aldershot, attempting to secure the club a respectable position at the national final.

The last topic to discuss is the AGM, due on the 16th October. We will be seeing at least three members of the committee stepping down, with Sean Harrington (vice-chairman), John Mather (fixture secretary) and Ally Wright (publicity officer) all handing in their notices. The good news is that John is not finishing with his committee roles completely, offering to stand as vice-chairman, and we hope to keep Sean and Ally involved as non-posted committee members, but there's no doubt that all of them will be missed from their current positions. I would ask anyone who's interested in becoming more involved with the running of the club to consider coming forward at the AGM, as we always need new blood to keep things fresh and ensure that the future of the club remains rosy.

WOC 2015
Third instalment is now due – please pay before the end of Sept

DIARY DATES



URBAN	NOPESPORT	LEAGUE
31 st Aug	Lincoln City	LOG
25 th Oct	Washingborough	LOG
9 th Nov	Loughborough Uni	LEI
16 th Nov	Oakwood	DVO

LOG	WINTER	LEAGUE
8 th Nov	Boston	LOG
22 nd Nov	Westgate Woods	LOG
6 th Dec	Chambers Wood	LOG
3 rd Jan	Sudbrook	LOG
17 th Jan	Morkery	LOG
31 st Jan	Belton	LOG

EAST MIDLAND	LEAGUE	
21 st Sept	Longstone Moor	DVO
12 th Oct	Byron Walk	NOC
19 th Oct	Bradgate	LEI
23 th Nov	Blidworth	NOC
30 th Nov	Beacon Hill	LEI

OTHER		
14 th Sept	Walesby	HALO
28 th Sept	Wombwell	SYO
12 th Oct	Brayton Barff	EBOR
26 th Oct	Longshaw	DVO

Race Reports



LINCOLN CITY RACE 31 st AUGUST By Paul Murgatroyd

Previous involvement in the Lincoln City Race, our most prestigious event in the club's calendar, has always been based around Bonesy's city centre map, but, after several years of running the race successfully around the old quarter, the club felt it was time to begin freshening things up a touch. Having spent nearly a year mapping the extensive Birchwood area of Lincoln, the club ran its maiden event on this new map at one of its annual Night Score Cup events back in February. The reviews from the participants were very positive, reflecting the trickiness of the area and there were few doubts that a full on line event would be challenging indeed. The fact that we had also lost our Nopesport status to the BOK double header in Bristol & Bath on the same weekend meant there was reduced pressure on the event and we had more leeway to 'experiment' with something different. The map was tweaked on feedback from the NSC race and preparations began in earnest, with Jeff Baker, as controller, assisting me admirably from the outset with some good recommendations for improvements to the courses.

On the day the weather was glorious and this, coupled with the fact that there were few other events on in the local regions, meant we had a bigger than expected field. Some of the competitors were also treating it as preparation for the British Sprint Championships, scheduled for the following weekend at Keele University. This led to some issues with courses becoming full early on and we had to recycle maps for courses 2-5, unfortunately putting some undue pressure on the registration team – apologies to those in the firing line! However, on the positive side, a field of nearly 150 runners was far better than we expected and led to a nice buzz around the start and finish area and, as a bonus, also resulted in us making a decent profit on the day.

And so to the results on the day... In the Men's Open, local boy, Liam Harrington, triumphed comfortably and the Women's open title was secured by HALO's Charlotte Ward, who easily outclassed the rest of the field and she used this as a springboard to gain her first ever senior podium at the British Sprint Champs the following Saturday – a great achievement. Brian Ward (HALO) made it a family 1-2 by taking the Men's Vet crown and Tanya Taylor continued her winning ways in the EMUL on the Women's Vet course. RAFO runner, Tony Green, headed up the Men's Supervet group with Jane Booker (NOC) seeing off the opposition on the Women's Supervet course. The Men's and Women's Ultravet champions were the MDOC pairing of Chris Rostron and Irene Crawshaw and, finally, the Junior winners were George Van Dam (HALO) and Laura Hindle (MDOC). Other LOG'ers featuring strongly were: Amanda Roberts (3rd on W40); Ben Mather (3rd on M16); Andrea Page (4th on Women's Open); Mike Chapman (5th on Men's Open) and Trudy Crosby (5th on W55).

Lincoln City Report continued

My thanks go to all the helpers on the day from LOG and, in particular, the miracle worker that is Andy Lucas on download; Sean Harrington, the ever cool lead organizer; Jeff Baker for his sterling work as controller and Ally Wright for helping to secure the Birchwood centre for parking, assembly and registration. The event continues to grow from strength to strength and the chances are that, in the future, we will continue to cycle it around the various areas of Lincoln in order to maintain its freshness and reputation as one of the country's leading urban races.

INDOOR CHAMPIONSHIPS 11 th Sept by Geoff Gibbs



The university sports hall had been laid out in two courses for the indoor championships. Two-thirds of it contained a line sprint and the other bit had a maze. The event was to be run in Tour de France tradition and Paul as Directeur la Tour had again taken on all management rolls. He introduced the event and explained what was to happen so we were all clear on that !!!! LOG, NOC and Halo were represented. The twenty five who turned up were split into pop groups. Queen, AC/DC, Iron Maiden and my group, everyone's favourite ZZ Tops. Why no Guns 'n Roses? The courses had ten controls which looked okay until we were told there were three consecutive maps so each course actually had thirty controls. We all ran both courses, then for some reason I wasn't sure of, we did them again twice. Somehow out of the chaos, the boss selected finalists for battle.

Winners were sorted in La Tour tradition with mugs representing jerseys.

Green jersey Sprint won by Will Parkinson. Polka Dot jersey King of the Maze was Jeff Baker. White jersey Top Junior taken by Marsaili Jolly and the Yellow jersey of the Overall Champion went to Craig Lucas..... Une agréable soirée.



Lincolnshire Indoor O Champion
Craig Lucas



Will Parkinson



Jeff Baker



Marsaili Jolly

WE NEED YOU

Our AGM will be held on 16th October at the Golden Eagle and ALL will be very welcome.

This year there are three vacant positions to be filled

1 Vice Chairman

2 Fixtures Secretary

3 Publicity Officer

I know everyone leads a busy life but we really do need new blood on the committee – we have recycled the present committee too many times. Just a couple of hours a month would give you new interests and a new social life.

There would be lots of help and assistance from other club members for anyone who would like to help but unsure.

So if you feel you could become a committee member or would like to know more about any position PLEASE contact Paul Murgatroyd on pmmurgatryd@aol.com

Stepping down are



VICE CHAIRMAN
Sean Harrington



FIXTURES SECRETARY
John Mather



PUBLICITY OFFICER
Ally Wright

Know your pace count

One way to measure distance is pace count. A pace is equal to your natural step, and to use this method, you need to know how many paces it takes you to walk 100 meters.

To determine your pace count, walk a measured 100-meter course and count every other step you take. Then turn around and rewalk the distance, counting again. Take the average of those numbers and you have your pace count.

Make sure the terrain you use to count your steps is similar to the terrain you'll be hiking, and try to mimic the conditions and gear as much as possible.



ELSE WHERE

Thought you may be interested that even the big boys make mistakes. Makes me feel better....

Edgars Bertuks Latvia age 29

The dark times of this summer are over. Can't deny I had some very bright moments too, but those were more like a short flashlights in middle of a polar night. I run my worst ever WOC and to be honest I don't feel like there were a World Champs this year at all. You won't find me on any (well, almost any) of official pictures taken and my results are hidden too...of course if you look closely at the end of the list you might find me there. Wasn't really what I was aiming for after 7 months of solid training, but life is life and taking big risks has it's price. Sometimes! Have to learn from own mistakes....not those of the others cause that basically means not to try at all.

Gernot Kerschbaumer Sweden age 31

Second day, long distance. "Silver yesterday, today you will win gold?" "If it was that easy...."

Anyway, as an athlete you should know how to deal with it. Back in the competition, the focus was just on myself. The difference to the middle distance was that I got some problems with the map reading because of the 1:15.000 scale. The first 4 controls were still good, but the first part of the long leg was not convincing and the control approach was also far from perfect. But the real problems started with the butterfly (I had the northern loop first). To at least half of the controls there, I was too far left or right, losing 10-25 seconds here and there. Even if the medal chances were burried latest there, there was still enough power to give to fight for a good position and the team result. Everything turned out to work better after that butterfly. Just the last long route choice was suboptimal, as I lost some time running through the thorn area (green raster just before the small water course), losing about 25 seconds there.

However, the spectators provided a fabulous welcome in the finish again. 10th place in the end.

Route Choice in Orienteering

a trail is faster than the woods

vegetation mapped as green may be very slow going

going uphill and then down may be slower than going the long way around

a potentially faster route may offer no navigational aids, while a longer/slower route provides a navigational easy approach to the control site.

Tanya with her look alike performing biscuit.



Hair raising



Available for parties.



I won !!



Indoor Champs



Car park duty



Indoor Champs contestants

WINNER OF COMPETITION APR/MAY MAG

AMANDA ROBERTS RECEIVES HER PRIZE OF THIS WONDERFUL MOTOR BIKE.

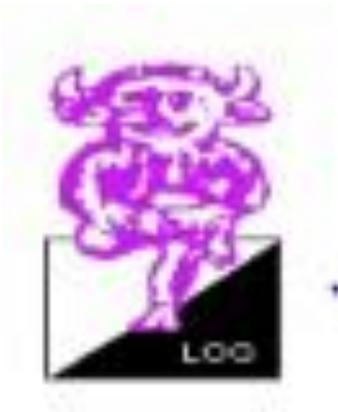
HER CAPTION WAS



Have you found the start yet Geoff
Collection of Loggers was
A Navigation' Congratulations
Amanda

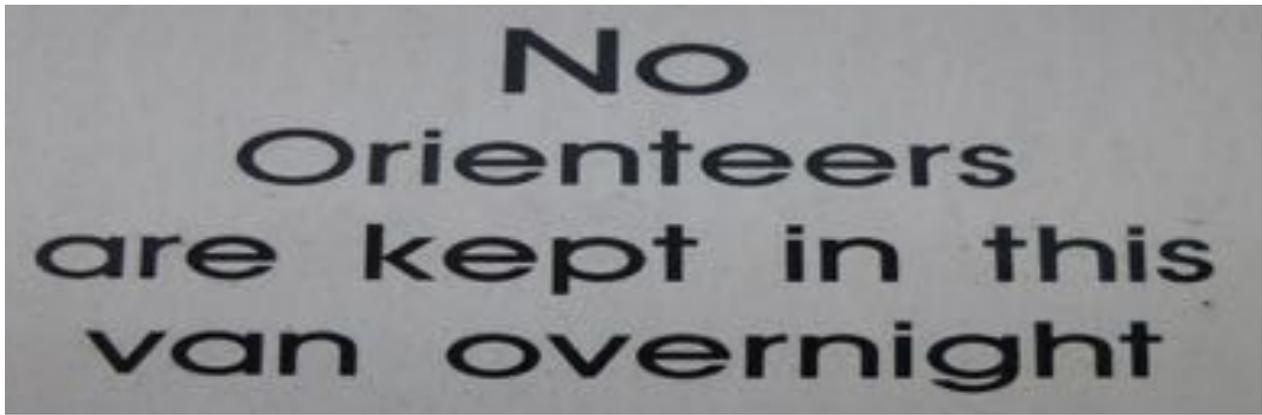


COMPETITION TIME



Caption please





LOG XMAS DOO

STRAIGHT & NARROW PUB (bottom of Steep Hill)

TUES 16TH DEC 7 pm

QUIZ & LAUGHS

This years MUST HAVE xmas pressie - the new SOS watch from Timex as well as having a GPS it has the ability to send a text message to tell people where you are . Clever stuff.



Keep up to date with LOG with

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Web site – www.logonline.org.uk