

Logger's Latest

Jan/Feb 2014

Issue 1



LOGONLINE@ORG.UK

If you love maps, exploring, and the great outdoors, try orienteering . You'll be hooked for life



Contents

3	Chairman's Piece	8-10	Race Reports
4	Dates for your Diary	11	Photo's
5	Ally's life in NZ	12	Army Orienteering
6	League Results	14	Competition Time
7	Training & Development Day	15	Editor's Note

LOG would like to say many thanks to those who have helped set, control and organise events, who have packed and unpacked, setup and unset equipment, instructed, collected controls, run computers, made cakes and done any of the myriad of jobs uncomplaining, particularly those who always offer. Without you all there would be no LOG orienteering.

Don't forget to renew your BOF membership for 2014 at britishorienteering.org.uk

*If any club member like to do a coaching course??
Please contact Paul Murgatroyd ASAP*



READERS FORUM

I would like to start a LETTER PAGE in the next Newsletter, so please write to me with your views on our club, or orienteering in general. Let us have your views – ideas – likes – dislikes

Make this YOUR newsletter.

The 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	Micheal Nell
Unposted	Delphine Suty
Unposted	Anne Gibbs

Chairman's Piece

Writing this in the immediate aftermath of the club handicap championships at Walesby, I'm heartened by the continued enthusiasm for this annual jamboree. Starting from a small base eight years ago, it now regularly pulls in over thirty LOG runners on the Blue and usually around a dozen juniors on the Orange. There was a brief discussion about whether we needed to freshen up this competition, possibly by a change of venue, but it appears to be as popular as ever and is always a great way to end the year and begin the Christmas festivities and, as the saying goes, 'if it ain't broke, don't fix it!' It was good to see Anne, one of the stalwarts of the club and an ever-present at club nights, win it for the first time and the Williams youngsters of Toby and Hazel both had runs to remember on the Orange in their last outings for the club. What a shame that they're switching membership to join SN in the New Year....



Talking of the future, the next big club fixture will be the CompassSport Trophy qualifier on February 16th. It should have been the turn of the EAOA to host our regional round, but controversially they've chosen not to, as their clubs are going to the SEOA event at CHIG and don't therefore feel the need to put on an event in their area. This means that all the East Midlands clubs now have to travel further afield to take part in the CST and LOG, being the most easterly of all the clubs, are faced with a significant journey to compete. As a committee, we toyed with the option of not engaging in the CST at all this year, but we felt that 'taking our toys home' was probably not the most mature of choices! So, looking at the various venues available to us, we mulled over whether to travel to the rounds at SEOA, WMOA and YHOA, all of which will mean round trips of about 4 hours plus. In the end, we've gone for the WMOA qualifier near to Kidderminster, as this will probably be the most convenient of venues for all the club members from throughout Lincolnshire to travel to and it is likely to offer us the best opportunity to qualify for the final later in the year. I hope everyone will make the effort to travel over to this event and that we'll continue to see the great LOG turn-outs that have graced the past few years of qualifiers.

At a local level, the winter series is drawing to a close and has provided everyone with some fine orienteering on a Saturday morning. We could do more, I feel, to recruit newcomers to the sport, but we're not alone as a sport in struggling to get the nation to make the move from armchair supporter to active player. TVOC gave an interesting account of what they'd done on an advertising level in a recent issue of FOCUS and it appears that targeted use of social media is the way forward and something we should probably make more use of. On the membership front, we

welcome Alastair Jenkins to the club and hope to see him at one of our local events soon. Finally, the night score cup begins shortly, with one or two new or expanded areas to be used for the first time in the series, and I hope many of our members will support these events as possible. See you out there!



DATES FOR YOUR DIARY

LOG Night Cup Series

30th Jan South Common
 6th Feb Hartsholme Park
 13th Feb Lincoln City
 20th Feb Secret Location
 27th Feb West Common



All above events are score events with mass start commencing at 7. 15pm.

OTHER EVENTS – Check individual web sites for details

Jan	Venue	Club	Class	-----	-----	Jan	Venue	Club	Class
18	Grantham Town	LOG	D			19	Matlock Moor	DVO	C
26	Vicar Water Park	NOC	D			30	South Common	LOG	D
Feb						Feb			
1	Irchester	LEI	D			2	Thieves Wood	NOC	C
8	Clifton Campus	NOC	D			9	Wharnccliffe	SYO	B
16	Compass Sport					23	Lindop	DVO	C
Mar						Mar			

2	Clumber Park	NOC	B			8	Boundary Wood	NOC	D
9	Burwell Haugham	LOG	C			16	Fineshades	LEI	C
23	White Cliff	EBOR	B			30	Shining Cliff	DVO	C
						30	Houghton Moor	HALO	



Life in New Zealand by Dippy

Time is passing so quickly it has already been over a month since I left Lincoln and started my NZ adventure. It has definitely been one of the best decisions I have ever made, and dare I say it but as soon as I cast my eyes on the mountains I felt like I had come home.



I always had desires to visit New Zealand, and had planned on going for my 30th this year it had never felt the right time to go before. Whilst researching for my trip I decided to look at what paramedics did in NZ and nothing much came up. For some reason I decided to type the word 'Emergency' and Google found me the advertisement for this job. I wasn't looking for work but emailed out of curiosity my CV and a bit about myself, and enquired about how much knowledge of Fire pumps was required. A few hours later I received an application pack and the assurance that 'anyone can direct a hose at a fire', a few days later my holidaymakers visa had been accepted.

Suddenly I went from applying for something on a whim to really wanting it – and I knew I was going to be gutted if I didn't get it. I may be not be great at relationships but when it comes to career stuff I'm hot stuff and have only ever once not got a job I've applied for. However I kept it pretty quiet and only told close family and friends when I had officially got it. When I told my Dad his response was 'oh', and my Mum's was 'your going to break your Nana's heart', luckily they have both come around from the shock since!



So here I am Emergency Response Team Leader in the most beautiful place in the world (beats the

French Alps & Annecy) and the most wettest – Milford Sound, South Island, New Zealand. As I feared I absolutely love it and it has stolen my heart completely. If this place wasn't made for me then I was made for this place.

In the short time I have been here I have already learnt and done an amazing amount of 'stuff'. I'm really trying to make the most of my time here and days off. My post out here is funded by the community trust which means all the tour operators contribute to my existence and they are all keen to make sure I see NZ at its best. This means amazing freebies, discounts, and a celebrity status. All my news is on my blog 'Miss Wright's NZ Adventure' and photos are on my fb page.

Don't think I'm not keeping an eye on you guys back home. It was fantastic to see Annie winning the Blue Riband and being the LOG Champ for a yr, and Toby winning the Chocolate Orange after a year of poorlness. Also it's good to see the ladies leading the way in the Winter Series tables go Tanja and LOG Mummy I want to see you hold those spots! Miss all your faces lots & my drinking/ social crew, No Seagull or Struggs out here, Love Dippy x



VERY WELL DONE TO ALL BELOW ON ACHIEVING SUCH A GREAT RESULT - GO LOG

East Midland League Results

Name	Course	Position
Hanna Mather	White	5 th
Toby Williams	Yellow	3 rd
Ben Mather	Orange	4 th
Hazel Williams	Orange	4 th
Joanne Nell	Blue	9 th
John Mather	Brown	5 th
Tanya Taylor	Brown	1 st

NopeSport Urban League

Name	Course	Position
Ally Wright	WO	8 th
Andrea Page	WO	9 th
Paul Murgatroyd	MV	4 th
Tanya Taylor	WV	1 st
Clare Hanna	WV	10 th

EAST MIDLANDS CHAMPIONSHIPS 2013

Name	Course	Position
John Mather	M40	2 nd
Paul Murgatroyd	M45	1 st
Dave Denness	M50	9 th
Charlotte Fox	W10	2 nd
Hayley Fox	W35	1 st
Tanya Taylor	W40	3 rd



East Midlands Orienteering Association Training and Development Day Saturday 1st March 2014 at Groby Community College

As part of the EMOA's commitment to the initial training and development of event officials and those wishing to refresh their knowledge and experience we will be putting on another series of workshops and courses on Saturday 1st March 2014.

1. Event Safety and Welfare Workshop (09.30 – 12.30) - Chris Phillips

This course is a requirement for organisers and Controllers and is recommended for other event officials.

2. Organiser's Course (13.15 – 16.15) - Chris Phillips

Primarily of interest to those Organising Level C and D events for the first time but a re-cap for all organisers.

3. Mapper's Workshop - Part 1 (09.30 – 16.15) - David Olivant

This is the first part of a two-day course intended to get novice mappers up to the level where they can carry out initial surveying and cartography, including the use of mapping software.

4. Grade C Controller's Course (10.00 – 16.00) - Ranald Macdonald & Peter Hornsby

For experienced Planners who wish to take on the role of Controller, primarily at Level C and D but will also be of use as a re-cap for Grade C Controllers who wish to become familiar with update Rules and Appendices.

5. Planning Course (10.00 - 16.00) - Mike Gardner

For all interested in Planning at whatever level, though primarily of interest to those starting at Level C and D. Use will be made of the new British Orienteering Appendix to the Rules of Orienteering on Planning.

6. Mentoring Workshop (10.15 - 12.15) - Hilary Palmer

This workshop will be of interest and use to those mentoring in a variety of contexts - coaches, planners, organisers, etc.

7. Planning linked coaching sessions (13.15 - 16.15) - Hilary Palmer

This workshop will be of particular use for the personal development of any coaches who have not done this workshop or UKCCL2 training before.

If you are interested in participating in one of these sessions, please email **Viv Macdonald** (viv.macdonald@btinternet.com) by **Friday 14th February 2014**. Please indicate a second choice just in case we have insufficient numbers to run your first choice. Lunch will be provided.

Ranald Macdonald (Chair, EMOA)

LOG Winter Series

Race Reports

WASHINGBOROUGH VILLAGE

2nd Nov 13

By Sean Harrington

Washingborough was the first event in this year's winter league, with 14 people entering the short and 28 on the long to make a total of 42, this included quite a large contingent from Metherringham Scouts.

I had been out in the village from 7:30am putting out the controls secured with gripples to keep them safe, and by 9:30am everything was ready for the early starters



This year both courses started from outside Heighington Primary school, which gave the courses a bit of a different feel to them.

The short course was won by newcomer Xiaoying Li in a time of 23:50 with the long course winner being and old LOG member Thomas Honniball coming home in 32:35.

I think from most comments after the event people had enjoyed the courses, sorry if there was a bit of dead running /dog legs, with urban events this is sometimes difficult to avoid.

Thanks to everyone who stayed behind at the end to clear up, sorry to anyone collecting in if they had trouble getting the gripples undone, I had tightend them up behind the box which made some a bit hard to get off!!!!

GREETWELL HOLLOW

16th Nov

By Anne Gibbs

Greetwell Hollow is harder to plan than one first thinks, arm-chairing it there are many places on the urban to run a good course but when there in the actual flesh, so to speak, lots of the places either have nothing to gripple to or they are private, the quarry bit is a lot easier.

Putting out the controls in the quarry on a cold and very foggy morning was a bit eerie but with two of us it was soon done and the weather brightened up ready for the O.



Running in the hollow area is ideal for 'O' ing as going in a straight line either makes for wet feet or bashing through brambles. For some reason control 6 on the short course caused a few problems but everyone found it in the end. It was a good turnout and although most finished with bloody legs, arms and hands everyone seemed to enjoy it. Romping home in first place on the Long was our distinguished Chairman Paul Murgatroyd – second Liam Harrington and third Tom Hanniball. Leading everyone home on the Short course was LOG mummy Nikki Harrington – second Kaele Pilcher and third Alex & Anna Bellety.

CHAMBERS FARM WOOD

30th Nov

By Paul Murgatroyd

"Chambers Farm Wood is unusual for us as a wood that is not beset with brambles, unlike Bourne, Stapleford, Twyord, etc., and as such makes for good, straight line running in many areas. The issue is that sections have a good deal of low branches making upper body damage more likely than lower! I wanted to make the long as challenging as possible and try to avoid the temptation for too much track running and most legs appeared to have achieved this from my chats with people afterwards. With few features in the woods to navigate by, it was important to get good attack points and ensure that the fine nav skills of compass & pacing were right on the money, otherwise big time losses could ensue. Several runners had issues of setting their map at the start and managed to spend a fair few minutes off the map hunting for number 1!



On the day, the 5.4k Long course had 24 runners taking to the woodland and was won by veteran Justin Williams in forty minutes, with Chris Sanderson two minutes down in second, both of whom were making their maiden appearances in the 2013 series. Back in third was the young flyer, Bella Williams, five minutes ahead of some fairly notable names. The 2.3k Short course had 8 individual runners and several small groups of scouts making their orienteering debuts and quite a few obviously struggled with the demands of the forest, taking well over an hour to make it round. However, that wasn't an issue for Hazel Williams, who cruised to victory in just under thirty minutes, eight minutes ahead of debutant Kevin Parnham, and series leader, Nikki Harrington, completed the podium line-up, finishing in third a further four minutes back."

WEST COMMON 14th Dec

By Delphine Suty

I organised my first orienteering event, it is all very scary at first with sorting out the courses, fitting them into map, attempting at using Ocad which is not the most user friendly programme. At the end I created them using purple-pen and our kind chairman transposed them into the ocad programme and clearly it wasn't the most practical way to do it but certainly the fastest and easier for me!

The turnout was of 32 participants which prior to xmas isn't bad and the numbers were boosted by a group of juniors turning up.

The results were as follow:

Short: Alex Belletty LOG M8 22:29 Long: Tom George LOG M20 29:27

Would I do it again? I'm still asking myself the question...the feedback from the people that took part was good...mainly grateful that I didn't use the steeper section of the map! 2 queried the location of the control in the enclosure on the boulder but it was at the correct location.

Yes overall I enjoyed the planning and thank you to Chris for helping out, I wouldn't have been so pleased had I been on my own setting out the courses had he not been able to attend on the day. And thanks to Paul for sorting out the maps and quality control the courses. Very best of health to you all for 2014



BELTON WOODS

4TH Jan

By Amanda Roberts



WET, WET, WET

At 7.30am on Sat 4 Jan I was wondering whether it was really worth setting up an orienteering course. I was sloshing around in the dark trying to find my control point markers while trying to clear my glasses well enough to check my map. I had to discard the waterproofs very early on because I was getting too hot rushing around trying to be ready by Paul's strict 9.30am deadline. Surely no-one in their right minds would turn out to play on such a soggy day.

But how wrong could I be – thank you to all those committed orienteers who braved the weather and travelled to Belton, it makes it all worthwhile. With a record turn out on the Long Course, I have to apologise to those who had to wait for maps to be recycled. People were obviously desperate to get out into the woods after a week of festivities and hopefully the event helped everyone use up some of those Christmas calories.

Congratulations to Alex and Paul on their wins this week. All eyes now focus on Grantham for the finale of the Winter Series on Saturday 18 January.

WALESBY HANDICAP

22ND Dec

By Jon May



NOC's final event before Christmas at Walesby scout camp hosted our festive handicap championships. We of course know Walesby well, a few tricky nooks and crannies and in the main fast and open. The handicappers know us well also, and most of the crowd chattering in the marquee beforehand knew they would need a strong run to knock much time off their personal targets.

Ali's long campaign to make LOG a more presentable group has worked wonders but I think we must ask our fashion Nazi for a long distance ruling on Mike's vest in the middle of winter ensemble. The planner had us into one of the trickier areas from the off, straight in an area of gorse that was more prolific than it looked on the map or than I remember from previous years. This cost a few people, as mistakes were made before sweat was broken (Tom, Liz, Jeff you know who you are). Number 9 was another popular location to throw away a few precious minutes, possibly because there was a bit of a trod that went in slightly the wrong direction leading out from the previous control.

On the Chocolate Orange number 3 seems to have caused most of the problems and undid several title bids. The final result gave us a top three on the Orange of Toby William, Dean Shields and Hazel Williams, a fairly close tussle at the top. The Blue (chase) course had a bigger winning margin, Anne Gibbs leading home Amanda Roberts and Joanne Nell. So the big shiny cup stays in the Gibbs household, but this year Geoff can only look on and remember his past glories. Some speculation must be given to what weaknesses the handicapping committee have with a, clearly loaded, all female top three. The fastest LOG times on the two courses were Hazel Williams and Liam Harrington. Congratulations to all our winners.



Tanya – x dresser????



Muddy feet Belton



Amanda Belton



Hayley – Spring Cottage Champ



Andy Greetwell



Training on Thursday nights



W

2013 INTER-SERVICES ORIENTEERING CHAMPIONSHIPS – HOW TO TACKLE SAND-DUNE TERRAIN

By Chris Sanderson

Each year, the Army takes on the RAF and RN in the Inter-Services Orienteering Championships. As any Service orienteer aspires to represent his or her Service at the highest level, we always try to ensure that the Match is held on suitably challenging terrain and we run at M/W21E level – something that is getting to be more and more of an ordeal for some of us! It's not always easy to find a suitable event, so I was delighted that KERNO agreed to host us at their event on Penhale this year. Having been used for both the JK and the British Championships in the past, this is the very highest quality sand-dune terrain and tests even the best orienteers. I certainly wasn't complaining, as I love sand-dune terrain, and managed a 3rd place in the JK there at M35 many years ago. On the flip side, however, my last time there, in the British Championships, had seen me over-extend myself early on and go into exercise-induced hypoglycemia halfway through. Whilst I finished, the second half was at a very slow pace and run entirely on the compass, as I couldn't see enough detail on the map to read it. I therefore had a point to prove this year! Fortunately, I definitely wasn't fit enough to run too hard! I'm not going to bore you with the details – suffice to say that, after 26 years of being in the Army Team and trying, I finally managed to win the Championships, despite tearing a calf muscle going into Control 6, of 28.



I thought it might be more useful to offer a few pointers on how to do well in such highly complex terrain. Firstly, you might want to follow my course on RouteGadget: <http://www.kerno.routegadget.co.uk/cgi-bin/reitti.cgi?act=map&id=71&kieli=> Choose the Black Course and my name and click on “View Route” to get it on the screen, Select other competitors and refresh the “View Route” to see where the mistakes were made. As for the tips:

- Injuring the calf wasn't as bad as it might seem. I was going to retire, as it was very painful, but I knew that a consistent, if slow, run would help the team, if nothing else. I also knew that the team wasn't hugely experienced or capable in very difficult terrain, and I didn't want to lose to the RAF for the first time! So, slow and steady is good. Look at Jamie Ranson's route to see what happens when a fast and fit runner over-stretches themselves, despite being a very capable map-reader.
- Simplify the map as much as possible – don't waste time reading detail you don't need. Look how I use open areas, ridges, depressions, series of knolls, thickets, etc as handrails. I'm not reading the detail of them, just the general shape – see Legs 4-5, 6-7, 7-8, 9-10, 18-19, 19-20, 22-23.
- Pick off the big features and don't worry about what's in between (from a map-reading at speed perspective – do worry about whether what's in between is going to slow down that speed!). I'm running on bearings to pick off the big features near controls – see Legs 1-2 (open area to E of 2, and then the long knoll immediately before it), 2-3 (big spur in front of the 3), 5-6 (big knoll before 6), 8-9 (open area before the control and the transition from fairly featureless open slope to complex dunes), 11-12 (open area and the saddle between the spur on the right and the large knoll on the left), 17-18 (thicket to NW and open area to N of 18), 24-25 (large index contour knolls to the NE of 25 – I was going to run over them, but was very tired and realised when I got there that going S around them was probably just as quick and offered a better route into 25), 26-27 (large thicket to SSW of 27).
- Plan backwards from the controls. This is really basic stuff, but in an area like this, it will be

hard to find the controls even when close. Therefore, the final 100m or so is essential and you must have a good attack point and a good route to it. It's worth going off the line or taking a sub-optimal first half.

- Take time early on to look at the course strategically. Somewhere, there is a leg or series of legs that the planner is very proud of and feels will decide the race. Identify them, look at the problems that have been set, the pitfalls, and don't get drawn into making the mistakes that will cost you time. Above all, slow down and take extra care at those controls. The first control is always likely to be difficult in a complex area. Aside from that, I identified 2, 8, 9, 15, 21, 22, 23 and 26, as the only potentially really difficult controls. All the rest are pretty easy, as long as you do the simplification and collecting features bits right.

Run your own race. I caught quite a few people, but was unable to run away from them with the injury. To their credit, they didn't just follow me, but they did go wrong a lot, and it would have been very easy to get dragged off course with them. That was especially true on Leg 13-14: I had intended to pick up the obvious yellow strip due E of 13, but couldn't recognise it. As I realised I'd overshot the yellow and stopped in the small patch of rough open above the marshes, two of those I'd caught ran confidently past. They ended up lost NE of 14 in the rough open; it was so tempting to follow, but would have compounded the mistake.

- Linked to that, be confident in yourself. From the start, I knew I wasn't the fittest and that the open terrain, complex as it is, still favoured the fast runner. Shut that out and do the best you can. Run to your strengths; don't try to match theirs. That's the mistake I made at the British Championships there. My strength is steady, consistent map-reading – I've never been a strong runner, so it's pointless trying to orienteer as if I were. I later found out that I'd been second to the person I tipped to win right up until Control 23, when he made a single 3-minute mistake that cost him the race.

- Get lucky! That's not entirely within your gift, but what you can do is maximise the chances of getting lucky and make most use of what advantages you have. I was very lucky that Geoff Ellis retired from the RAF this year, so that left the individual competition more open than it has been for a few years. Although he did still come out for a run and won the event overall, he was ineligible to run in the Championships. However, with some very capable Army runners around and Charles due to be eligible for the RAF next year, I knew that, realistically, I probably only had one chance to win the Championships. Therefore, it needed 100% focus and commitment, even to the point of aggravating the injury, and I needed to concentrate on running my own race and not trying to match others' strengths.



WOC next £25 deposit deadline is 31st March 2014



Calling ALL Logger's Your Club Needs You

Compass Sport Trophy qualifier 16th Feb 2014 Kinver Edge

Please come along and support your club in this year's Compass Sport Trophy Its at Kinver Edge near Kidderminster. For more details go to logonline.org.uk

COMPETITION TIME

1. We need a caption for the following picture – its our illustrious Chairman at a 'Fun' event on New Years Day (they won the event) – the two boys were in Paul's team of three and the map was being collected by the boy on the zip wire.



2. **Don't forget to put your ideas forward to rename the South Common as one of the 'Dark Races'. it's the first Night Score event on 30th Jan – you have to enter to take part.**

Final Note from your editor

With Christmas well behind us and a couple of weeks into the New Year many articles are out there about setting new goals gaining motivation etc. is it time to reflect what we want from the coming year or what we already have. Just think for a minute what we all do,

O is a peculiar sport – we don't think twice about running off into a strange forest off the beaten track completely on our own, we even let the kids do this without a thought. We run through difficult terrain, we stumble, fall over tree roots, brambles, run through cold streams and bogs then beat ourselves up when someone beats us by a few seconds.

I think we should remember that to do all of these things requires confidence - endurance – motivation – decision making – intelligence and more – so we should be proud of ourselves as we start this New Year and instead of looking back, look forward to a year of great Orienteering.

Together we can help people discover the joy of finding their first control.

Doing the newsletter takes more time than I thought please bear with me for a few issues until I get the hang of doing them. Lastly I would like to thank all those that have contributed to this newsletter without you it would not be possible.

Anne Gibbs annegibbs@logonline.org.uk

Keep uptodate with LOG via Facebook— 'Lincoln Orienteering Group',

Twitter—@LOGGER'SLATEST

or our website—www.logonline.org.uk .



