

# The Legend

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North Gloucestershire Orienteering Club  
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[www.ngoc.org.uk](http://www.ngoc.org.uk)



NEWSLETTER AWARDS



**CompassSport**

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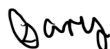
**Cover: Where on earth is Richard Cronin orienteering now? Does an orienteering map exist of this area? Captions please...**

## Chairman's Chat January 2015

I have been responding to the proposed changes to Clubmark criteria and getting final arrangements for our Level C controller's course, which we plan to hold in March. Any other club members who wish to attend the controller's course, please contact Caroline Craig.

The NYD event saw a chance for Shirley and Steve Robinson to practise organising a search when one experienced orienteer, decided to go walkabout. This ended with no casualties, but it goes to show that our event organisers should be prepared for all such eventualities, well done to both of them. No such dramas at the Coopers Hill Galoppen where Roger Edwards and Greg Best put on an excellent event.

I would like to thank Ellen Starling for her time and effort, at a personally difficult time, getting our new first aid kits together. I hope to bring these to the training event at Cranham.



## **We Did It Again!**

**Gill Stott**

Yes, our Legend, full of all your amazing contributions, has caught the eye of the Compass Sport magazine editor and won an award along with 9 other clubs in the country. See our new winning logo on the front cover.

### **CompassSport Newsletter Awards 2014**

*The eighth annual awarding of the CompassSport Newsletter Awards has been no easier than the previous seven. Indeed, deciding upon the best ten from the forty or so publications has become increasingly difficult as the overall standard continues to rise. In all, 193 magazine editions were in the frame this year compared to 199 in 2013 and it seems that there is plenty of life left in the traditional format yet even though most clubs do now offer an electronic means of delivery.*

*The ongoing trend is certainly for the employment of more colour which means that maps and photos are now in plentiful evidence. These on their own clearly do not make a great magazine and the focus for judging remains significantly on the written word. There is no magic formula, but there is no substitute for well-written articles, whatever the subject and an editor is fortunate indeed if he or she has contributors who reliably provide such material. The judging process however is imperfect and we do not want to discourage editors who never achieve an award. Many come close every year but just can't break into the top ten – maybe this will be the year. Anyway, who is to say that CompassSport knows what is best for the rank and file member of your own club!*

## **NGOC Volunteer Co-ordinator appointed: Hilary Nicholls**

### **If I Can Help Somebody.....**

As most of you will already know, our neighbours BOK are hosting the British Orienteering Championships over the weekend of April 18<sup>th</sup> – 19<sup>th</sup>, with the individual races on the Saturday and the relays on Sunday. Both days will be based at the huge field next to the Speech House hotel, a venue that is used for so many Forest events and activities.

This event normally attracts around 1,500 -2,000 orienteers from all over the country and requires a large input of volunteer help to stage. BOK have asked NGOC if as many of our members as possible can help out over the weekend – no special skills needed. In return BOK have promised to supply much needed help to us over our Triple Gloucester weekend and will also pay the club after the event £10 per day per helper for use as the committee sees fit.



Entries for the British are now open through [www.fabian4.co.uk](http://www.fabian4.co.uk) and further details of the weekend can be found either by following the link from there or by going direct to the BOK website. It promises to be a great event, using some of the best terrain in the Forest, so I encourage you strongly to consider entering; Captain Greg will also no doubt be scouting shortly for team members for the relay day. If relays are not your thing, BOK are particularly keen to find non-runners to help on Sunday so please still consider coming to help and enjoy the buzz that relays always create.

Please give your names to Hilary Nicholls, our volunteer co-ordinator, coming soon to an event near you, or email her at the address given on the Committee page.

## **The Triple Gloucester 2015: Roger Coe overall organiser**

Many years ago NGOC regularly held a Double Gloucester weekend comprising two of what were then known as 'badge events' - regional level events like our present galoppens but with competitors running courses strictly according to their age class rather than their choice of colour coded course.

In May this year we will be bringing to the orienteering world its successor, the Triple Gloucester.

The idea started when the committee noticed that there were no events of any size scheduled in southern England over the early May Bank Holiday in 2015, and decided to do something to rectify this. Ideas were discussed and the original plan agreed on was to hold an urban race in Gloucester city centre on the Sunday, based on the Docks, flanked by a colour coded event and a long O, both centred around Cranham.

The weekend was entered into the BOF fixtures list and things progressed slowly but steadily until October when SWOA, who were looking for a club to stage the SW Middle Distance Championships, asked if we could incorporate it into our plans. At about the same time, whilst I was safely out of the way in Suffolk, I was appointed Co-ordinator for the weekend - that is my version of what happened: other versions may be available!

Early tasks were to canvass views on how and where to incorporate these championships into the weekend, having concluded that Cranham would not really be a suitable location, and to appoint organisers and planners. These tasks were completed during November and December, with the focus moving from the Cotswolds to the Forest, and somewhere along the way the Gloucester City race has been selected as a qualifying event for the prestigious UK Urban League. The final shape of the weekend, the long O having been postponed to another occasion, is shown below:-

**Sat. May 2<sup>nd</sup>** SW Middle Distance Championships, Knockalls Enclosure. *Planner Clive Caffal; Organiser Gill Stott.*

**Sun. May 3<sup>rd</sup>** Glos. City Race. *Planner Richard Cronin; Organiser Roger Coe.*

**Mon. May 4<sup>th</sup>** Classic distance Colour Coded event, Headless Hill. *Planner Andy Stott; Organiser Gill Stott.*

I think that Gill may have drawn the short straw here, as I sold her the idea of organising both Forest days on the basis that they could share the same assembly area and infrastructure at Broadstone Farm. This idea was scuppered when we found that the required field would be filled by a caravan rally over the relevant weekend.

My main task at present is arrange the necessary permissions to run through the Gloucester Docks across the other publically accessible but privately owned land (such as the cathedral precincts) that we wish to use. This in general involves firstly explaining what orienteering is all about and secondly that there is no fixed route that everybody will follow before also getting permission to site controls on their land and securely attach them to their property.

New mapping (Gloucester city centre) and mapping updates (the Forest areas) have been largely completed now thanks to sterling efforts by Pat Macleod and Bob Teed, and initial planning of courses is also well under way.

Pat has also worked hard to design and set up a special Triple Gloucester website where you can obtain further information on the event, including details of how to enter. More details will be added to the site as they becomes available. The site can be found at <http://ngocweb.com/triplegloucester/> or you can access it by a link from the main NGOC website.

Hopefully it will turn out to be an exciting and interesting weekend, both middle distance and urban events being new ventures for the club, so **put it in your diary now**. As usual with our larger events we will be looking for as many people as possible to help out over the weekend, helping to spread the volunteer load and taking advantage of lower entry fees via a retrospective rebate.

## CAPTAIN'S LOG: Greg Best

It's perhaps a bit late now, but even so I'll take the opportunity to wish everyone a Happy New Year. The new year is the time that I am rudely awoken from six months of captain's slumber. This is due to the fact that all of the major team events take place in the first half of the year, and so this means that it is recruitment time again.....

First up is the **Compass Sport Cup**. All club members should already have received an invitation to be in NGOC's team for this competition. So far, 40 people have contacted me to put their names forward, but I am hoping for a few more, as the more people we have in the team, the better our chances and the more sociable it will be. The Compass Sport Cup is the national inter-club championship where all of the UK's clubs compete against each other. There are qualifying matches held in different parts of the country, and the winners go through to a national final later in the year. Our match will be on Sunday 15<sup>th</sup> March at Eastnor, near Ledbury in the Malverns (this is now confirmed). We will be up against HOC and OD. As Eastnor is not too far away for most of us, there will be no coach trip organised this year.

All club members are very welcome to take part, regardless of ability or experience. Don't worry that a bad performance might hold the team back, as the competition doesn't work like that. Points are scored by individuals depending on their performance on the day. The 25 people who perform best contribute to the team's score, but there are rules to ensure that these come from a wide spread of age classes. Even if you are not among our top 25 on the day, your performance can still be valuable as by finishing ahead of people in other teams, you will limit their scoring potential. The courses available are shown below.

Brown (for men of any age)  
Short Brown (M40 or older, M20 or younger)  
Blue Women (women of any age)  
Blue Men (M50+)  
Green Women (W45+, W20-)  
Green Men (M60+)  
Short Green Veterans (M70+, W60+)  
Light Green Men (M18-)  
Light Green Women (W18-)  
Orange Men (M14-)  
Orange Women (W14-)  
White and Yellow (non-competitive)

The club will subsidise the competition entry fees. Adults will have to pay £5, while juniors will be free. As captain, it's my job to co-ordinate all of our entries, so please let me know as soon as possible if you would like to take part. All entries need to be made in advance, so please do not leave this too long.

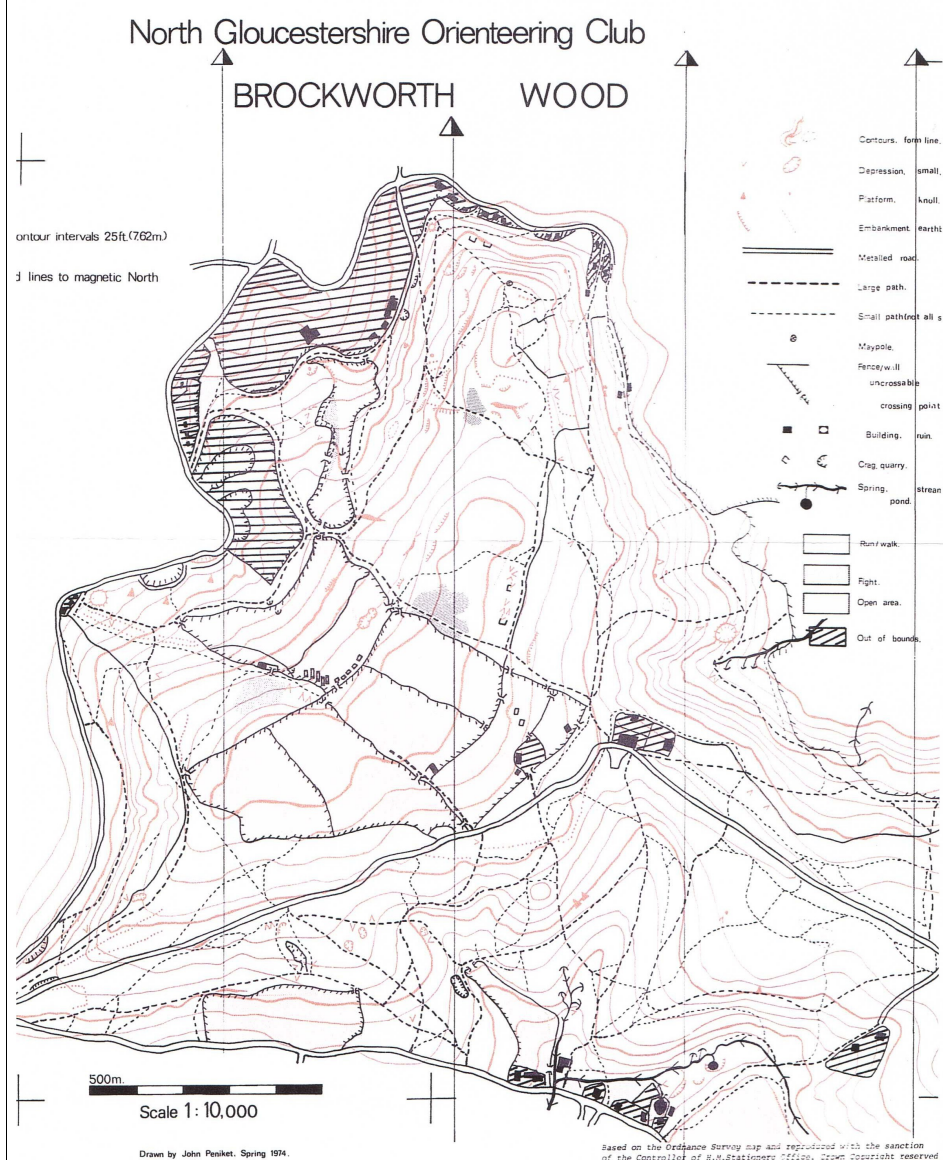
**Other up-coming team events.** The following team event will be the JK Relays on 6<sup>th</sup> April, Easter Monday. The JK is the UK's biggest annual orienteering festival, is held every Easter and goes on for 4 days. This year it will be in the Lake District. The relay day is for teams of three, and again I will co-ordinate our entries. Let me know if you are going to the JK and would like to be in a team.

Soon afterwards, the British Championships and Relay Champs will be taking place in the Forest of Dean on 18<sup>th</sup> and 19<sup>th</sup> April. The relays are again for teams of three, and as it's so close to home, I am expecting to be able to put out a multitude of them. Let me know if you'd like to be in a team.

Finally, some notes on **Cooper's Hill**. After the Galoppen, I received an interesting email from Mike Hampton of Octavian Droobers, where he gently corrected my assumption that this was the first time that Cooper's Hill had been mapped and used for orienteering. As he was running round his course, he had a nagging feeling that he had ran there before. When he got home he consulted his extensive archive and found that he had indeed attended an NGOC training event there in 1974, but that in those days the area was called "Brockworth Wood". He then kindly sent me a copy of the old map, which is re-produced below. The old map had just 2 colours (brown and black), and appears to be an OS map with just a few extra features drawn on to it by hand. I found it interesting to compare it with the new map. Now Mike is clearly a meticulous record keeper, but I was astonished when he went on to tell me that our galoppen was actually the 3600<sup>th</sup> O event he had ever attended, and that he was at 151 events last year alone!! Can anybody beat that?!

*Greg Best, Club Captain*

Contact me at [captain@ngoc.org.uk](mailto:captain@ngoc.org.uk) or 01242 516053



## NGOC TRAINING EVENTS

Scott's planned courses at Cranham attracted a healthy number of people who braved the cold (it wasn't that bad in the woods). Newcomers learnt the basics and progressed to the yellow course whilst experienced orienteers tried the corridor map and map with no paths. Greg was spotted busily recruiting people for the Compass Sport Cup.

The next Training Day is at Crickley Hill on February 28<sup>th</sup>. At the time of going to press we are still trying to find somebody to plan a green and yellow course – that's all that is required (plus putting out the controls on the day!) The training activities can be designed and planned for you and we aim to build on the training programme progressively through 2015, developing a broad range of orienteering skills as we go.

**Juniors:** TD1-2. We have a programme of activities for juniors which include activities for beginners to those trying to progress through to TD3, orange standard

**Adults and more advanced Juniors:** TD3-5 More advanced activities which include selecting an attack point, planning routes, compass bearings and pacing

Everybody is welcome to come and get some serious training in. If you would like one on one coaching, or plan to bring your children to the Junior training sessions, please email [coaches@ngoc.org.uk](mailto:coaches@ngoc.org.uk) to let us know that you are coming, so that we can provide the necessary resources and help for you.

Full details of the exercises, venue etc will be made available on the club website nearer the time [www.ngoc.org.uk](http://www.ngoc.org.uk).

*Gill Stott*

## Course Lengths and Theoretical Winning Times: Pete Ward

This article discusses the information given in the BOF Rules and Guidelines for course planning to hopefully clarify the process of calculating course lengths.

**ALL** course lengths are calculated on the basis of a top M21 Elite orienteer completing a Black course in 67mins, although in some cases TD1/2&3 courses can differ as discussed below. Once the length of the (usually fictitious) black course has been calculated, it is then a simple process of multiplying the Black course length by a Course Length Ratio (Appendix B, Table 8.6) to determine the distances of all other courses.

The daunting task for the planner is to try to work out how far an M21E can run on a particular area in 67 minutes, given it is very unlikely that an orienteer of that standard has run a Black course on the area before. However, by using the Course Length Ratios it is possible to determine how quickly an M21E could run other courses. It is also possible to utilise the Running Speed Table (Appendix B 7.1.1) to see the time it would take top competitors in other age classes to complete the course:

			Black	Brown	Short Brown	Blue	Short Blue	Green	Short Green	Very Short Green
			Course Length Ratio							
			1.00	0.85	0.69	0.56	0.45	0.39	0.33	0.28
M21	Running Speed Ratio	1.00	67	57	46	38	30	26	22	19
M35		0.92	73	62	50	41	33	28	24	20
M40		0.89	75	64	52	42	34	29	25	21
M45		0.86	78	66	54	44	35	30	26	22
M50		0.82	82	69	56	46	37	32	27	23
M55		0.77	87	74	60	49	39	34	29	24
M60		0.70	96	81	66	54	43	37	32	27
M65		0.64	105	89	72	59	47	41	35	29
M70		0.57	118	100	81	66	53	46	39	33
W21		0.82	82	69	56	46	37	32	27	23
W35	Ratio	0.71	94	80	65	53	42	37	31	26
W40		0.69	97	83	67	54	44	38	32	27
W45		0.67	100	85	69	56	45	39	33	28
W50		0.63	106	90	73	60	48	41	35	30
W55		0.58	116	98	80	65	52	45	38	32
W60		0.53	126	107	87	71	57	49	42	35
W65		0.48	140	119	96	78	63	54	46	39
W70		0.42	160	136	110	89	72	62	53	45

**Table 1 – Course Winning Times By Age Class - The Process**

So imagine you have been asked to plan a mini-league event:

1. Look at courses previously run on the area, or similar neighbouring ones. Try to identify whether an Elite runner has taken part. If not, identify a top runner from another age class, and back-calculate using the Speed Ratio Table to determine what the winning time could have been had an Elite runner taken part.

Let's assume for example Clive Hallett (M50 - BOK) has won a 6.2km; 250m climb Blue course in 44 minutes.

If he were still an M21 he could theoretically have won the course in:

$$\Rightarrow 44\text{mins} * 0.82 = 36\text{mins.}$$

2. Calculate the Elite runner's speed in min/km for a FLAT course, using  $\Rightarrow = 4.1\text{mins/km}$
3. If possible do this for a number of events to find an average. Note that a number of factors such as the time of year (heavy vegetation, mud etc), the design of course (many/few controls, principally terrain/path running etc) or a particularly difficult to find control will have a bearing on the speed.

4. Calculate the length of a FLAT fictitious black course (km), using  
=> = 16.3km
5. Determine the FLAT distances of all other courses by multiplying the Black course length by the appropriate Course Length Ratio. So for a Mini league on this area, designed in a similar way:
  - Blue
  - Green
  - Orange - See additional comment below
  - Yellow - See additional comment below
6. Design your courses reducing them a little, to allow for the anticipated climb. For the Forest of Dean, a good first estimate would be to deduct 25%.
7. Check the course length using straight line distances (taken from PurplePen), then add 100m to this length for every 10m of climb (calculated by counting contours) to determine the FLAT course length.
8. Amend the courses until the Flat distances (i.e. course length adjusted for climb) is close to those calculated in (5). However, remember this is theoretical and allowances should be made for the issues discussed below.
9. It can be a good idea to then test run the course you usually compete in, and this can certainly give you an indication if the course is about right. However, you will be faster through knowing the course and control location and not dibbing and slower through not being in competition and not having a visible flag.

#### **Other Issues to Consider**

Distances should not be adjusted to suit the expected competition level. So whether your event will be attended by several British Champions or just occasional orienteers, you should not deviate from the Appendix B designed lengths. If, like me, you tend to try to encourage terrain running, then competitor speeds will be slightly reduced. Conversely, if you are expecting a lot of long path legs, speeds will be faster (unless these routes require significant additional distances to be covered).

The calculations assume that the forest terrain is uniform. So if the shorter courses stay in thick forest, but longer courses visit faster open land, course lengths will have to be tweaked. Modifications might also be required if the terrain is particularly rough, dense or steep; there could be a greater variation in the Speed Ratios, as more sprightly orienteers are affected less by these. Table 8.6 in Appendix B includes a column indicating min/max length.

However, CI 8.5.11 notes that this is intended as a guide. Orienteering terrain differs so greatly, that I would question these figures; I suspect the variation between Max and Min lengths should actually be greater than stated.

You might wish to question whether it is appropriate to use course length ratios for White, Yellow and Orange courses (TD1/2&3). The speeds achieved by competitors on these courses WILL be affected by climb (and so the climb adjustment must be included).

However, terrain is unlikely to be such a determining factor in the winning times. Of course narrow muddy paths will be slower than main tracks, but the effect won't be so noticeable and so for the JK, British Champs and Regional Champs, BOF specify courses based on distance as shown in Table 2 below. This is fine for White and Yellow, and if the Orange course has been designed to the correct technical standard; in fact this reinforces the case for the Orange course being designed closer to that of a Yellow than a Light Green. However, where planners don't follow guidelines and take TD3 courses through a lot of physical terrain, then the use of the Course Length Ratio is far more appropriate.

	White	Yellow	Orange	White (30m Climb)	Yellow (60m Climb)	Orange (100m Climb)
	FLAT course lengths			Example Including Climb		
JK	2.2km	3.1km	4.0km	1.9km	2.5km	3.0km
British and Regional Champs	2.5km	3.5km	4.5km	2.2km	2.9km	3.5km

**Table 2 – TD1/2/3 Course Lengths for Major Events**

Clearly these are Championship courses for MW10 and 12, where young children and parents with pushchairs will not be competing. I consider for local events, the lengths quoted for the JK should be considered as the maximum course lengths - remembering "you can't make it too easy for juniors".

### Training and Skills Section -2015 Coaching Conference

*Gill Stott*

This year's coaching conference was held in Swindon where orienteering coaches arrived from all over the country, including Northern Ireland.

The conference started with a Park Run – not what you'd normally expect at a conference. Gill James and I ducked out of that and arrived for coffee (fresh fruit for snacks – all very healthy).

The first speaker was Kristian Jones, 6<sup>th</sup> place in 2014 at both the European and World Sprint Championships.

**Sprint Orienteering** event winning times can be as quick as 12-15 minutes so every second/part of a second counts. The control sites are simple and the terrain fast so personal fitness is important.

The main challenges for the orienteer are:

1. High speed and quick decision making. Sometimes difficult to make optimum route choices at this speed, requiring full concentration.
2. Route Choice. Shortest route is often the fastest..not surprising eh?! Watch out for impassable objects. In Finland they re-use an urban area by putting up new 'impassable objects' eg tall crowd barriers. These force you to adopt new routes. Kris also thought if you should identify which leg/routes were all important in the final results to indicate where you might have lost time.



Take the excerpt from the Venice map, left, for instance. You can see the route drawn from 7-8 but it has 6 'decision points' requiring constant map checking..would going left at the first decision point make it simpler though?

3. Time Pressure. Every second counts.
4. Physical challenges. 3.5k to 5 k running distance only but..
  - (a) changes of speed, twists, turns
  - (b) control flow demanding agility, acceleration and strength

(c) hills or steps – up and down



(d) In this example of the Venice map the vivid green line is the fastest route, dark green shortest route and orange, the winners route. Which route might you have taken?

### Sprint Training

Since the winners knock up speeds of up to 3 minutes/k, then clearly a substantial amount of fitness running training is required! Just as importantly though, train to be able to use your O skills under pressure. So

sprintivals, shorter efforts but faster speeds. Use your local park O map to plan an imaginary route, especially where there are many isolate trees. Even a car park will do. Armchair training is also useful – you can measure different routes accurately, comparing splits of your rivals.

## FOCUS – talk by Geoff Ellis, RAFO

On the face of it, what he was advocating us all to do at the start is pretty obvious stuff, but how many of us do it?!

For instance, equipment check before you go to the start:

- shoes (taped laces?)
- compass
- E Card
- CD holder (with focus card inserted, of your main focus points, which you have identified beforehand)
- vision – glasses?
- Start time?
- Which course number are you on?
- How far? Climb?
- Terrain?
- Did you find an old copy of an event on routegadget/in your drawer of an event held there before?

I know. Your thinking that this is not rocket science but, he argues, if you have prepared carefully then you are more likely to be in the right frame of mind on your way to the first control, and so on. How many of us turn up at the start, seeing it as a great social occasion where old orienteering rivals are met and start times sometimes missed!

He recommends making a focus card for each major event. This is where you choose up to three things to focus on eg know exit direction from each control site before punching or ignore everybody else. It can even be 'enjoy'.

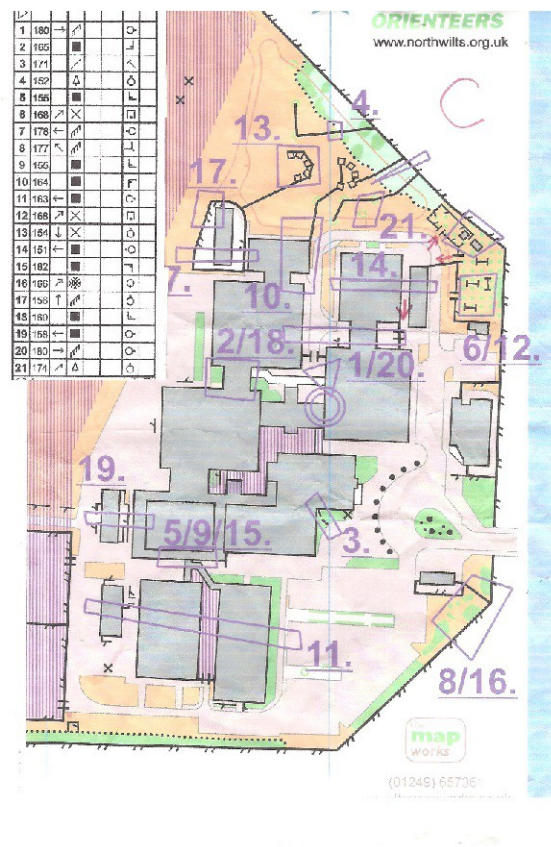
After lunch we trialled some new sprint O training exercises which BOF are publishing soon. One such exercise involved head to head racing with a partner, where the partner had slightly different controls to you and so maintain concentration and ignoring the other person was key. It is so hard, to ignore everybody else out on the course...

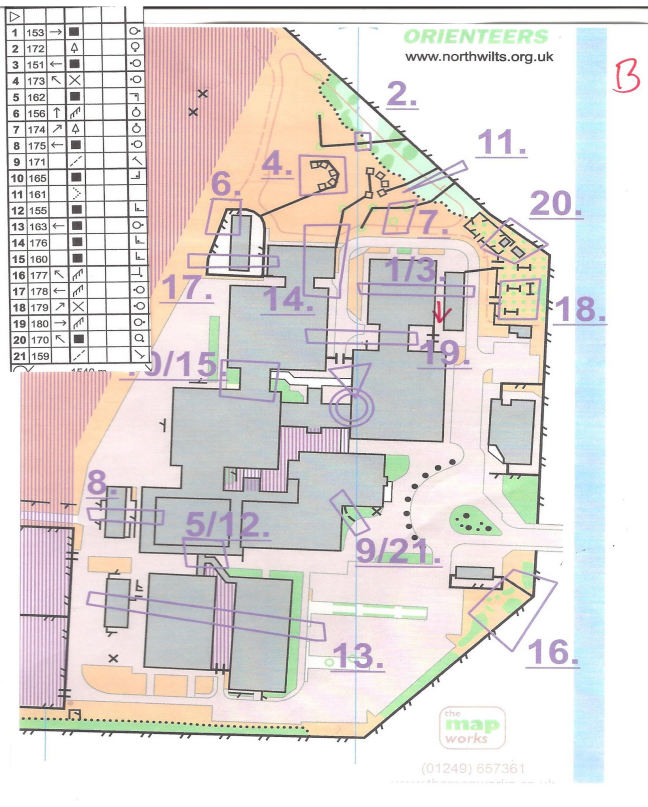
### **British Orienteering Coaching Conference 24<sup>th</sup>/25<sup>th</sup> January 2015** **Interesting, informative and motivating 2 days in Swindon. Gill James**

Before saying anything about the content of the Conference I would like to say thank you to North Wilts Club for all their hard work, especially the catering which was largely done by one member and certainly satisfied all tastes and diets. Tea, coffee, Juice, biscuits and fruit were on offer at all times. Hot soup and a big selection of quiche and salads followed by cakes at lunch time and more at tea time! Sunday was equally good. Well done to them, they will be a hard act to follow.

Sunday continued very much in the same vein as Saturday with Kristian Jones continuing to describe his personal way of running. One notable point that as a sprinter he looks at control numbers but not the description except as a last resort as time is of the essence and every second spent looking at descriptions is time lost. He plans at least 2 controls ahead and uses simple legs to plan more complicated ones. Jackie Newton gave a talk on developing coaches and athletes and plans for a programme which will include workshops for the talent squad and coaches to bring the right people together and this will be reviewed in April.

Jon Orton of NWO planned a number of outdoor exercises and courses for the groups around the school premises. These show that he used oblongs instead of circles for the controls so it was extremely important to know your control number as in one instance a control for one course was on top of a bench with a control from another course under the bench on the ground! He used a lot of tape to make uncrossable boundaries ensuring we had to keep going through the muddy part round the maze he has set up on Saturday! Do ignore the course lengths shown on the descriptions as they were not correct. Jon had hoped that most delegates would complete all courses, but 2 were the most anyone achieved - very tricky! He also showed slides of the interior of the school which was used to make good use of the limited area by having one way systems. Another "game" used all the lockers which were around 2 walls, where the clue in the locker told you where to go next.





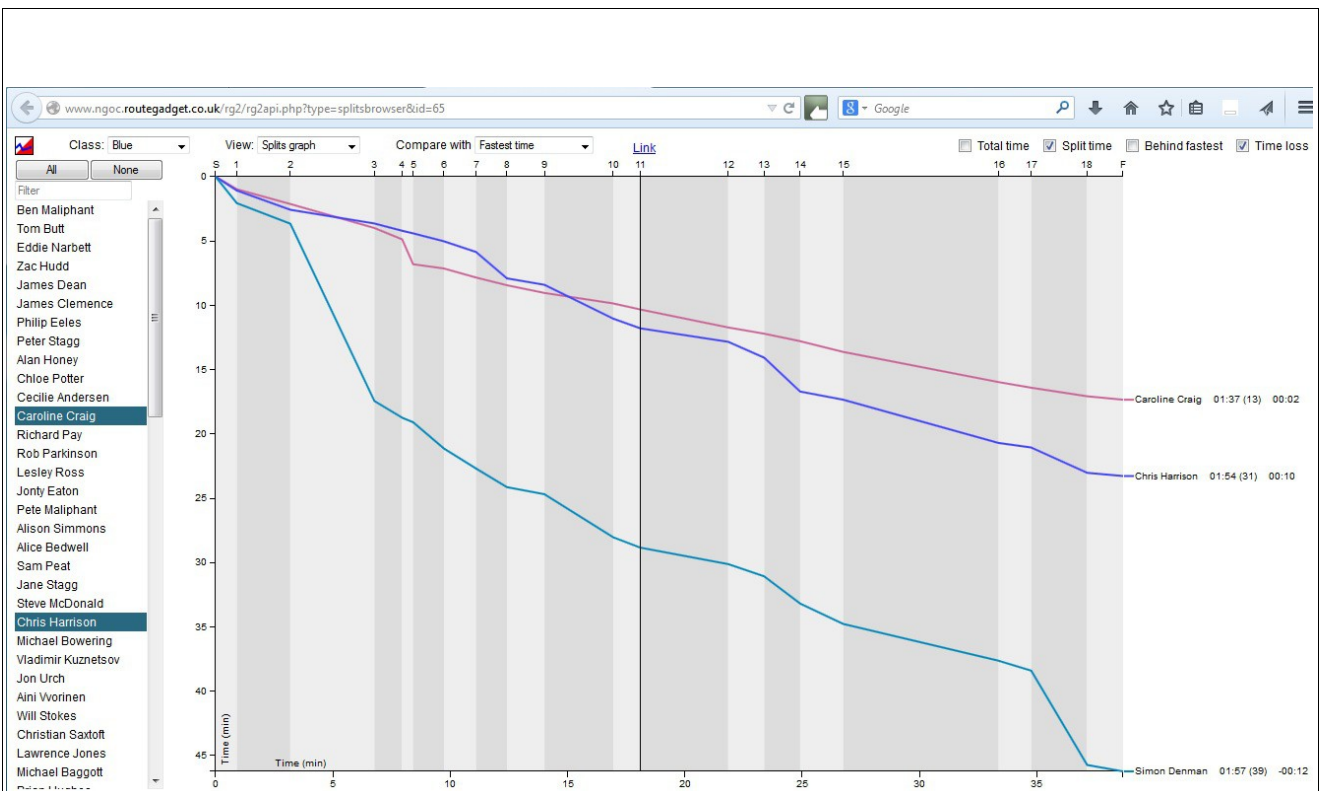
B It is now proposed that the Conference will take place every two years in a different location and the next one will be organised by Vicky Thornton on third week of January in the North West of England. All the papers from this year's conference will be sent out to delegates very shortly.

### **Splitsbrowser: Post-race analysis with graphs** ***By Greg Best***

I suspect that some of you are not aware that it is now possible to view your orienteering races in graphical form using the new version of Splitsbrowser. I really like this software, as it is easy to use, works very well, allows you to see at a glance where you made mistakes or performed well, and you can compare your run with that of your opponents.

Some of you may have used the old version of the software, but there have been problems with this for quite a long time due to some technical problems I don't understand (Java security issues?). Hence I was very pleased when I learned that the new version can now be accessed via Routegadget. This means that for all of our events where Routegadget is available, Splitsbrowser can be used. In practice, this means all of our league events, plus bigger events. To access it from our website, click on the Routegadget link, select the event you wish to look at and then click on the red and white icon near the top right hand corner of the window. You then choose your course and select and de-select the runners you are interested in.

There are several different graphs available, but I find the Splits Graph to be the most useful. Basically, this graph shows the time lost on each leg compared to the best time for that leg. The controls are across the top and the time loss is down the side. The figures on the right hand side show the time lost (or won if negative). If your line takes a nosedive on a particular leg, then you made a mistake there. If your line is perfectly straight then your run was very consistent without major hiccups. Splitsbrowser will tell you that you actually lost 5 minutes on a leg, rather than the 15 minutes it perhaps felt like whilst you were hunting for a control. The Splits Graph below shows 3 selected NGOC runners on the Blue course at the Galoppen. If you find the detail too small to see, look at it on-line.

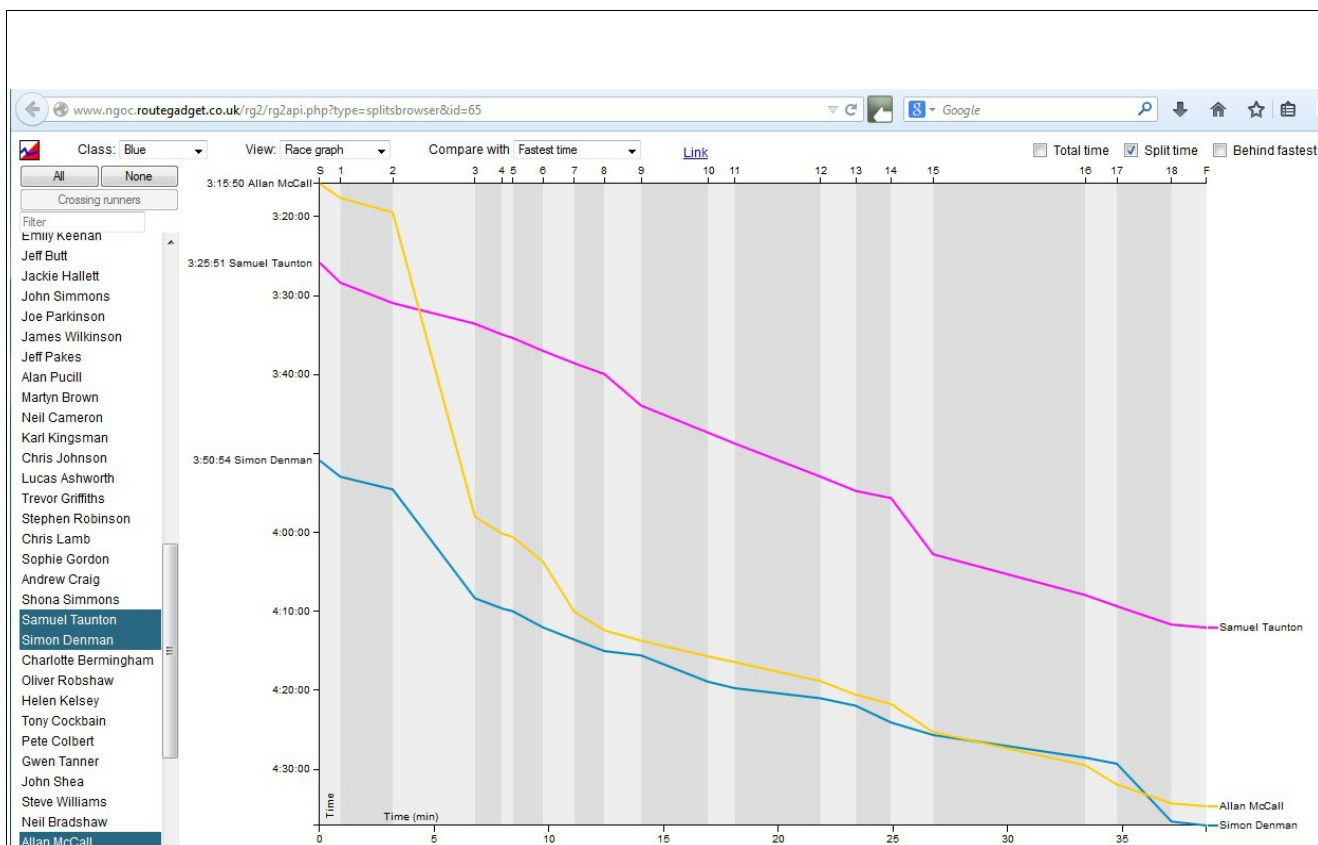


This graph shows that Caroline Craig (pink line) and Chris Harrison (dark blue) were neck and neck up to control 4. Caroline lost time at control 5, so Chris took the lead, but Caroline's consistency after that won the day. You can see from the downturns in Chris's curve that he made small mistakes at controls 8, 13, 14 and 18. Simon Denman (light blue), on the other hand, made much more major mistakes at controls 3 and 18. Sorry for pointing this out to the whole world, Simon!

One other graph I sometimes find interesting to look at is the Race Graph. This graph is very good at answering questions like "who was stunning blond that ran past me at control 8?" This graph is a real-time view that identifies who was running with whom and how groups form and split up as the race progresses. The Race Graph shown below is also from the Blue course at the Galoppen, and again shows 3 NGOC runners.

The image on the next page shows that Allan McCall (yellow line) was first to start. Samuel Taunton (pink) overtook Allan between controls 2 and 3. Simon Denman (light blue) was last to start, but almost caught up with Allan by control 8. Simon then followed Allan, just a few paces behind until control 15, perhaps to save time by not bothering to read his own map!!? Simon finally overtook Allan at control 16, so then had to start reading the map himself. This tactic obviously backfired as Simon's nosedive on control 18 clearly shows.

Further help on how to use the tool can be found at <http://www.splitsbrowser.org.uk/help/mainhelp.shtml>



## Organising a Galoppen – How hard can it be? : Roger Edwards

John Coleman sounded desperate on the phone; words to the effect “every competent person is busy; you are last on my list”. Being on the list at all was disturbing because the only event I had ever organised was a summer informal. However, my hastily conjured excuses sounded so feeble that I found myself uttering a reluctant okay, and was thus volunteered.

So I’m not qualified but how hard can it be? The comparison with rocket science came to mind, and the event was many months away, so no worries. It seemed that Greg had it all sown up already. Apart from mapping the area and designing the courses, he had also nailed down assembly at Prinknash Abbey Park, which was nicely placed to exploit the newly mapped area of Cooper’s Hill and nearby woods. Prinknash (pronounced Prin’ash apparently) has a proper car park, built in toilets, café, duck pond – what more could we want? There can’t be much more to do; sign up a few helpers and type some notices. I’ll just modify whatever Chris and Gill James did for the Knockalls Galoppen.

On seeing their list of 50+ helpers for Knockalls, it finally dawned that a Galoppen might need some serious management. Alas, managing people was never on my CV and, after 20 years as a club member, I still couldn’t put names to more than a dozen faces. The Prinknash team would have to be built from the club membership list by firing emails at strangers, pleading to their good nature. But who would be willing to stand around, in the middle of January, shepherding people and their vehicles? I needn’t have worried; most club members were not only willing to help, they were also keen to run!

As the event approached, worry set in again. The risk assessment was scary. Three hundred people crossing a busy main road – twice; juniors getting lost, ultra-seniors stuck in cold muddy ditches; and



that's just health and safety. There were so many what ifs and show stoppers like snow, helpers not arriving, monks calling the police, controls on the blink. How does any event succeed?

Well it did. The sun shone, the ice melted, and 350 runners came and went, leaving overburdened marshals weary and first aiders idle. Greg's new map and courses went down a treat, and I took credit for the weather.

Roger Edwards

### **A Salutory Tale – NGOC Rises to the Occasion by Gill and Chris James**

At the New Year Day's One Hour Score Event on Blakeney Hill, which was organised by Steve and Shirley Robinson, we were faced with an unusual situation. One competitor failed to report back to the finish one hour after the due time. He is a very regular and experienced competitor. What happened next was a very useful test of what we must always be prepared for but fortunately rarely face.

In the event the competitor did return safely feeling very embarrassed by what had happened. His story is as follows:

*"It certainly makes you think about the impact of people running off the map at an event. I've finally uploaded the file from my GPS watch and with the aid of Google Earth and the Soudley and Blakeney Hill map from 2001 I have been able to piece together my faux pas. Realising I only had 20 mins. left when I departed from control 56 my plan was to head for 50 and 49 as they were higher scoring. I climbed up the western side of the spur as I left the control and when I reached the road I saw a fenced area to my left in the distance. Convincing myself this was the one between 47 and 54 I crossed the road. However the road was not the E-W one but the N-S one about 100m NW of the junction. From there I contoured SW along the ridge west of the road for about 500m by which time I was becoming concerned as I was unable to relate any features and thought I might be off the map. I came to a forest track going south and at the junction turned left and followed it almost to the junction I had previously crossed. What little common sense I had deserted me completely at this point as when taking a compass bearing I seemed to be almost heading north and turned right down the ride alongside the fence. This would have been fine if I had only realised I was running parallel to the road on the other side from 49. Still being unable to make sense of anything I thought the best option was to get on a forest track and follow it regardless as I would eventually find a way out. At this point I was heading generally west and after meeting a dog walker I was able to ascertain I was close to Mallards Pike ponds where I reached the main road. Starting to hitch a lift thankfully some orienteers saw me and took me back to assembly.*

*I think the crux of the matter is that once you have managed to get yourself lost and off the map then you start to question your decisions especially if you brain convinces you that you have made a different error to the one you actually did. Many thanks for NGOC for both putting on the event and being patient with me when I was acutely aware that people would be concerned about my wellbeing, but seemingly unable to do anything about it any quicker than I did. It has been a salutary lesson for me as well.*

*I hope that you've got a map big enough for me at Cooper's Hill."*

We have turned the "what happened next" into an outline guide that reflects directly upon what did happen and what we should always be prepared for:

Putting into practice a search plan:

1. Gather all available evidence
  2. Check the evidence:
    1. The person had registered and started - Interrogation of the start box confirms this
    2. The person had been seen in the start area and on the course – yes to both
    3. Check finish control box to ensure that he had not finished or downloaded.
  3. Assumption can then be made that he is still out on course and missing.
  4. Seek potential volunteers for sweep searches.
  5. Check with fellow orienteers to confirm that his car is still in car park and that he has travelled alone.
  6. He had reported a leg injury so could have fallen and be unable to move.
  7. Checked returned control boxes and built up a picture of his recorded movements 43, 55, 47, 54 & 56 around 11.40 am.
  8. Carefully checked control boxes of 50 and 49 the most probable return route.
  9. Assumed that he was still in the northern part of the area and tried to reason where he was more likely to be.
  10. Established search teams in pairs to visit these areas (one to stay should person have sustained an injury and the other to return to report location).
- Those teams were reporting back when he returned so all was well on this occasion.
- It was very good to see that NGOC took the situation seriously and operated a logical plan. Anyone organising an event or activity must keep such a scenario in mind and be clear how they might tackle the problem. We are also very grateful to orienteers from neighbouring clubs who stayed to help in the search. In this case there was a “happy ending” to what had been an excellent, well attended event.

Chris & Gill James NGOC (With thanks to the competitor concerned not only for setting out his experiences but also being willing to share them to the benefit of all)

This is where he went..



## Time for a new pair of running shoes? By Chris Johnson, BOK

### So you need to buy a new pair of running shoes? How do you set about this task?

You could:

1. Ask a friend, but that person's feet and running style may be completely different from yours, in which case their advice could be the end of a great friendship.
2. Visit the nearest shop and buy the pair whose price and colour appeal to you most – 20km later you'll discover whether this was a good idea or not.
3. Ask a person who knows, but they must be experts in your sport and not everyone who serves in a running-shoe store will know about orienteering, cross-country or fell-running.

Or

You could obsessively analyse your needs and try to find a shoe that matches your wish list. If you prefer this last approach here is a checklist of some of the things that matter.

1) **Width.** A shoe should never be narrower than the foot that fits in it. Some people have broad feet and others narrow; mine are nearly square! Wide feet need a wide last, narrow feet something different. Salomon, Inov-8 and some VJ's tend to be good for people with broader feet.

2) **Front of Shoes (toe box).** The forefoot can be pointed or squareish. Avoid pointy shoes if you are developing bunions, it will only make them worse. A larger box for the toes is good for transverse forefoot movements and reduces the risk of poor circulation to the toes in cold, wet conditions, so fewer chilblains. Much better for the weekend athlete, but the real pro's often prefer a tighter forefoot to increase sensitivity over the ground. Some firms call these narrower lasts "technical shoes".



3) **Removable insole.** If you use orthotics, then you will need to be able to remove the original insole to fit the orthotic. Some people find orthotics very useful, others are suspicious that they may actually prevent the foot utilising its inherent springiness.

4) **Heel tab.** There has been a fashion for some manufacturers to produce shoes with high Achilles

tendon protectors. While OK in youngsters, my feeling is that these can push on the Achilles tendon and increase the risk of tendinitis - especially in older runners. Some older runners actually incise the tendon tab to provide more freedom.

5) **Heel cup.** A decent, but not overly rigid heel cup is better for contouring. One company that specializes in fell-running shoes manufactures very nice lightweight shoes with really good grip; they are great for runners heading straight up and down hills, but have a minimal heel cup and on me tend to rotate around the foot on long contouring legs. You are left walking on the side of the shoe. On the other hand a very tight heel cup will not suit those of us with heel spurs - extremely common amongst long-term runners. My experience of Inov-8 shoes (which I really like) is that they are immediately comfortable to wear, but my lumpy heels rapidly wear through the soft padding at the back of the shoe. Also look at the angle the shoe cup makes on the sole. The back of some shoes is a right angle with the sole, in others the cup is acutely angled inwards – better for grip, but more heel and tendon pressure. Lines of stitching behind the heel can increase the risk of blisters.



6) **Ankle strength.** If you are prone to inversion injuries (the fancy name for twisting an ankle), then choose a broad shoe with studs that go right to the lateral edge and minimal heel lift. Such shoes are more stable for those with weakened ligaments.

7) **Mudclaw, studs or spikes?** No one shoe is optimum for all conditions and it may be worth having a summer and a winter shoe. Longer studs and spikes are less eco-friendly, but grippier during the muddy months.

8) **Maximalism or minimalism.** Inov-8 is a manufacturer that has embraced the concept of “Natural Running”. The company argues that three decades of ever-fancier and more supportive shoes have led to a large group of middle-aged runners suffering from tendinitis, arthritis and knee injuries. They advocate a transfer back to a much more minimalistic approach - much closer to an old-fashion gym shoe, but with decent grip. Look at the heel of an Inov-8 shoe and you will see 1,2 3 or 4 chevrons. 4 chevron shoes are conventional, 1 chevron is designed to mimic barefoot running. Don't try going straight from a conventional shoe to a minimalistic one – muscles and tendons will protest mightily. Other manufacturers are playing catch-up with low heel-rise shoes. Consider changing foot support if prone to recurrent anterior knee pain, tendinitis or plantar fasciitis.

9) **Material.** Seems to me that the coarser weave materials used in some of the very light shoes are much more liable to rip amongst the bracken and brambles. Denser weave materials with reinforcing around the sides makes for greater weight, but increasing durability. Good protection over the side of the big toes is particularly important, especially in rocky terrain.

10) **Colour.** Unless you are upside down in a bog or lying unconscious on a hillside, the colour of shoes are irrelevant to their other technical aspects, but matters mightily to those who fancy a fetching colour co-ordinated running outfit.



11) **Laces.** Often overlooked, laces can be the cause of much frustration. Some laces have an infallible ability to come undone with monotonously regularity, despite all attempts to knot and tape them. Thin, smooth round laces are the worst offenders, give me a broad

hairy pair any day. Adidas and Salomon (and maybe others now) use fine continuous laces with a gripper device, which is fantastic provided you remember to tuck the gripper away before you head for the forest, as the lace loop can otherwise snag dangerously on brushings.

12) **Cost.** Shoes are expensive investments - but overall cost less than £1 per event. A £10-£15 difference in price may not be much at the end of the shoes' life - especially if it has lasted 20 events longer. Like car tyres, hard sole compounds last longer, but grip less well -especially on slippery surfaces. Physiotherapists and visits to A&E cost more than almost any shoe (Jimmy Choo excepted).

13) **Gender.** Last but not least! Mens' and womens' feet are different. I don't have the stats, but my impression is that quite a lot of women like Asics shoes

So there you have it, 13 questions that if you get them right might keep you away from the physio. At the end of the day: a pair of light, grippy, well-fitting shoes can save you from falls and blisters, but don't really make you go any faster. But a bad pair of shoes can cause all sorts of grief. My O-shoes are Inov-8, my cross-trainers Salomon Gortex and my road shoes Adidas, but I have very broad feet and I am lucky if I can get 100 events (about 800km) out of any of my shoes before they turn to cardboard and fall to bits; so maybe I have it all wrong. I claim no particular expertise in this field and have no interests in any individual firm; if you think what I've written is rubbish feel free to add your thoughts.

For those that enjoy reading about running and running kit I recommend Richard Asquith's new book "*Running Free*", which is a sequel to his really excellent book on fell running: "*Feet in the Clouds*".

### More Understanding the Planner After Popular Demand Tom Mills

After a successful pilot workshop another 'Understanding the Planner' day is planned for a Saturday or Sunday in March. Requiring a minimum number of 4 and maximum of 6 people and assuming that a Saturday is preferable 2 dates are suggested these being the 7<sup>th</sup> or 14<sup>th</sup>.

**Workshop objective.** To improve the event skills of the orienteer by understanding the thought process of the planner, the rules and guidelines that are aimed to improve the orienteering experience followed by the restrictions and limitations placed on practical planning.

#### **Aims.**

- \*To engage people of all levels of capability
- \*An interactive day lasting between four and six hours.
- \*Exercise based activities, both group and individual
- \*How the planning rules affect the orienteer
- \*Consolidation of exercises using large screen and Purple Pen for group analysis.
- \*Improving the mind-set of the orienteer – anticipation of the testing characteristics likely to be found in planned courses

#### ***A few examples of event skills gained by previous attendees:***

Improved route choice  
Increased awareness of attack points  
Use of handrails  
Understanding the positioning of controls  
Quicker decision making  
Progressing through TD levels according to current ability  
Improved confidence

**If interested contact :** Tom  
Mills: 01452 760451 or  
[t.mills01@btinternet.com](mailto:t.mills01@btinternet.com) or Gill  
Stott: 01291 689471  
[apg.stott@btinternet.com](mailto:apg.stott@btinternet.com)

## Results Corner:

BOF Rankings – filtering NGOC, ranked by number of points. Top 20. Your name not there? Well have a go at getting in the top 20 by competing in any event which has an 'r' for ranking attached to it..

If you want to see the whole list, it's here

<http://www.britishorienteering.org.uk/index.php>

Clive Caffall has got out more and shot up the list. Congratulations to Joe – most points in the club.

Pos. ?	Name	YOB	M/F	Points
1 (204 +9)	Joe Gidley	1988	M	7589
2 (210)	Peter Ward	1970	M	7581
3 (221 +2)	Richard Cronin	1989	M	7556
4 (491 +2)	Andy Stott	1959	M	7221
5 (536 -76)	Christopher Harrison	1958	M	7176
6 (649 +4)	Andy Creber	1958	M	7068
7 (773 +4)	Christophe Pige	1971	M	6963
8 (800 +7)	Judith Austerberry	1974	F	6931
9 (1062 +3)	Tim Stott	1986	M	6696
10 (1088 +221)	Clive Caffall	1961	M	6675
11 (1194 +9)	Gill Stott	1957	F	6598
12 (1204 +12)	Simon Denman	1965	M	6590
13 (1316 +19)	Joe Parkinson	1962	M	6504
14 (1493 +14)	Greg Best	1962	M	6366
15 (1503 +12)	Tom Mills	1946	M	6359
16 (1585 +23)	Alan Pucill	1959	M	6296
17 (1685 +3)	Samuel Taunton	1986	M	6225
18 (1716 +8)	Paul Taunton	1950	M	6200
19 (1753 +40)	Neil Cameron	1946	M	6165
20 (1763 +3)	Gerry Ashton	1953	M	6159

more...

1 (196 -1)	Peter Ward	NGOC	1970	M	7604
2 (218 -1)	Joe Gidley	NGOC	1988	M	7565
3 (231 +23)	Richard Cronin	NGOC	1989	M	7548
4 (418 -4)	Christopher Harrison	NGOC	1958	M	7303
5 (507 +4)	Andy Stott	NGOC	1959	M	7206
6 (776)	Christophe Pige	NGOC	1971	M	6946
7 (1022 +150)	Judith Austerberry	NGOC	1974	F	6720
8 (1131 +2)	Clive Caffall	NGOC	1961	M	6643
9 (1140 +4)	Simon Denman	NGOC	1965	M	6633
10 (1148 +2)	Ben Moorhouse	NGOC	1980	M	6626
11 (1238)	Gill Stott	NGOC	1957	F	6560
12 (1244 +1)	Greg Best	NGOC	1962	M	6555
13 (1353 +10)	Joe Parkinson	NGOC	1962	M	6477

14 (1483 +8)	Tom Mills	NGOC	1946	M	6375
15 (1603 +7)	Alan Pucill	NGOC	1959	M	6272
16 (1691 +9)	Samuel Taunton	NGOC	1986	M	6211
17 (1710 +10)	Paul Taunton	NGOC	1950	M	6195
18 (1787 +8)	Gerry Ashton	NGOC	1953	M	6135
20 (1873 +7)	Alan Brown	NGOC	1952	M	6062

### Western Night League

1. Richard Cronin	M21	NGOC	4 (events)
3. Scott Johnson	M35	NGOC	4
6. Anders Johansson	M40	NGOC	4
7. Greg Best	M50	NGOC	4
8. Caroline Craig	W21	NGOC	3
9. Judith Austerberry	W40	NGOC	3
13. Allan McCall	M45	NGOC	3

## Current Club League Standings

### BLUE

- 1 Peter Ward NGOC M40
- 2 Joe Gidley NGOC M21
- 3 Scott Johnson NGOC
- 4 Caroline Craig NGOC W21
- 5 Duncan Innes BOK M50
- 6 Charles Daniel BOK M55
- 7 Christophe Pige NGOC M45
- 8 James Wilkinson HOC M21
- 9 Anders Johansson NGOC M40
- 10 Clive Hallett BOK M50

### GREEN

- 1 Simon Denman NGOC M45
- Tom Birthwright NGOC M35
- 3 Mike Farrington HOC M55
- 4 James Hartley NGOC M21
- 5 Paul Hobby NGOC M40
- 6 Paul Hammond HOC M50
- 7 Rachel Dennis BOK W45
- 8 Laurence Gossage BOK M60
- 9 Dave Hartley NGOC M60
- 10 Lin Callard NGOC M75

### ORANGE

- 1 Ashleigh Denman NGOC W45
- 2 Gaye Callard NGOC W75
- 3 Rebecca Ward NGOC W12
- 4 Adrian Dawson SARUM M55
- 5 Rachel Wilcox IND W21
- 6 Carol Farrington HOC W55
- 7 Alan Mackenzie BOK M65
- 8 Gillian James NGOC W70
- 9 Jeanette Tate NGOC W50
- 10 Neil Harper IND M

### YELLOW

- 1 Reuben Lawson NGOC M8
- 2 Jessica Ward NGOC W10
- 3 Rose Taylor HOC W8
- 4 Seth Lawson NGOC M6
- 5 Rosie Watson NGOC W12
- 6 Rowan Paterson TVOC M9
- 7 Barthelmy Pige NGOC M4
- 8 Mairead Donoghue WYE W7
- 9 Hannah Nicoll BOK W14
- 10 Jim Clark IND

### Coopers Hill – NGOC Galoppen – top 20 placings

Brown: Joe Gidley 6<sup>th</sup>, Richard Cronin 14<sup>th</sup>, Scott Johnson 17<sup>th</sup>,

Blue: Caroline Craig 12<sup>th</sup>,

Green: John Fallows 11<sup>th</sup>

Short Green Adam Watson 6<sup>th</sup>, David Lee 9<sup>th</sup>, David Jones 11<sup>th</sup>, Dan Edwards 13<sup>th</sup>, Sue Ashton 16<sup>th</sup>, Gordon Smillie 18<sup>th</sup>

Light Green: Peter Watson 14<sup>th</sup>

Orange: Cadence Ware 4<sup>th</sup>, Ashleigh Denman, Sheila Miklausic 19<sup>th</sup> Rosie Watson 20<sup>th</sup>

White: Barthelémy Pige 13<sup>th</sup>

### FORTHCOMING EVENTS

For latest details check the NGOC website at [www.ngoc.org.uk](http://www.ngoc.org.uk)

O'Brien's all encompassing orienteering fixtures map of the UK – just type in your postcode

<http://oobrien.com/map/?p=GL15TE&d=on&c=All>

Sat. 7<sup>th</sup> February : BOK Saturday Winter series, Bathampton <http://www.bristolorienteering.org.uk/>

Sat. 8<sup>th</sup> February: HOC Wyre Forest

[http://www.harlequins.org.uk/event\\_details/20150207\\_longdon\\_flyer.pdf](http://www.harlequins.org.uk/event_details/20150207_longdon_flyer.pdf)

Sunday 8<sup>th</sup> February. Southern Championships

<http://www.mvoc.org/Events/20150207SouthernChamps/20150208SouthernChampsDetailsVFinal.pdf>

Saturday 14<sup>th</sup> February: Painswick Beacon League 1 – a Simon Denman special [NGOC](#).

Sunday 15<sup>th</sup> February: Midlands Champs. Cannock Chase [WCH](#)

Saturday 21<sup>st</sup> February: Western Night League. Minchinhampton Common [NGOC](#)

Sunday 22<sup>nd</sup> February: Welsh League Event. Pwll Du. [SWOC](#)

Saturday 28<sup>th</sup> February: [NGOC](#) Training Event, Crickley – please check website to see if we are able to run this event.

Saturday 28<sup>th</sup> February: British Night Champs. Middleton Park, Leeds. [AIRE](#)

Saturday 28<sup>th</sup> February: [SBOC](#) local event. Broughton Burrows (part of a weekend of Welsh O)

Sunday 1<sup>st</sup> March: Yvette Baker Trophy Heat. Level C event, Pembrey Burrows. [SBOC](#)

Saturday 7<sup>th</sup> March: Oxford City Race. C. [OUOC](#)

Saturday 7<sup>th</sup> March: [BOK](#) Winter series. D. Worlebury.

Sunday 8<sup>th</sup> March: [HOC](#) League event. C. Highgate Common

Sunday 8<sup>th</sup> March: Sarum Saunter. Sidbury Hill . B. [SARUM](#)

**Sunday 15<sup>th</sup> March: Compass Sport Cup Round B. Eastnor and South Malverns [HOC](#) ALL NGOC members requested! Email Captain Greg if you want to compete [greg@abbeyhotel-cheltenham.com](mailto:greg@abbeyhotel-cheltenham.com)**

Saturday 21<sup>st</sup> March: [NGOC](#) League 2. Mallards Pike [NGOC](#)

Saturday 28<sup>th</sup> March: [NGOC](#) Training Event. Mallards Pike

**Get Your Entries in for.....**

JK <http://www.thejk.org.uk/jk2015/> 3rd-6<sup>th</sup> April Entries already top 2500! Last deadline = March 3<sup>rd</sup>

British Orienteering Championships, Forest of Dean. 18<sup>th</sup>/19<sup>th</sup> April

<http://www.boc2015.org.uk/page/entries> deadline = 29<sup>th</sup> March

Triple Gloucester 2<sup>nd</sup> - 4<sup>th</sup> May– our own new flagship event <http://ngocweb.com/triplegloucester/> cheaper entries by 21<sup>st</sup> April.

### NEW MEMBERSHIP

We have several new members to welcome since the last Legend

Andy Creber, M55 who has defected from BOK and will be useful in more ways than he realises yet

Dan Edwards, M21

Paul Murrin, M40

Julie and Tim Morgan M/W50  
Lucas Ashworth M21  
Alisa and Emily Swanson W40 and W6  
Cadence ware W15  
Susanna Perry W55

Congratulations on joining our popular and increasingly successful club!

### Brashings

#### November's Caption Competition



"I can't believe I came all this way for a bloody Urban!"  
Judith Austerberry

"Northern ruin, east side" John Fallows

"The place had still been inhabited when he punched the start". Simon Denman

"Simon thought that Lydney's newest tourist attraction, the Model Village, looked unfinished, as none of the little houses had roofs" Paul Taunton

#### **Ticks & red meat allergy**

Anyone who watched Chris Packham on "Nature's Weirdest Events" on 13 January will now have another reason to avoid ticks – they can make you allergic to red meat! Search on "lone star tick". The programme showed that the allergy has been seen in many parts of the world although it doesn't seem to have appeared yet in the UK.



Alan

Is this a cunning ploy by militant vegetarians?! (Ed)

### AND FINALLY

*Thank you all again for your diverse and interesting articles.*

*Please keep them coming – from out of the way different events you have been to, to ideas about race strategies, injuries (no moaning mind, keep it positive!), other types of orienteering related sports you have tried...it's all good. Gill Stott [legend@ngoc.org.uk](mailto:legend@ngoc.org.uk)*

