

The Legend

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North Gloucestershire Orienteering Club
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www.ngoc.org.uk



NEWSLETTER AWARDS



CompassSport

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Cover: Simon Denman in Easter pose at the JK 2015

Captions?

Chairman's Chat April 2015

Where is this year going, it only seemed like yesterday it was the New Year and here we are at League 3?

In March Clive Caffall ran a controllers course, mainly for NGOC members, with a few people from surrounding clubs. It was a resounding success thanks to Clive ably helped by Caroline, who did a lot of the behind the scenes work.

We had the biggest turn out for the Compass Sport Cup Qualifier, well done Greg for organising that, a bigger well done to all who attended and took part.

Lots of people have been volunteering to help, notably to help BOK with the British Championships and putting their names down for the Triple Gloucester on early May bank holiday. There are still a few places to fill for the TG, so please visit the spreadsheet and put your name down. A big thank you to Gill and Hils for the spreadsheet and to Hils for doing her Volunteer coordinator bit in recruiting helpers.

A special mention to Roger for his perseverance with the Triple Gloucester, it has been fraught, because of nesting goshawks, tree felling and food markets, forcing change of venues and timings. And finally well done to all who ran in the British championships. Here are the highlights:-

1. Winner W10 B Jessica Ward
2. Winner W40 L Judith Austerberry British Champion
3. Winner W21 L Caroline Craig
4. 5th M21 L Joe Gidley
5. 11th M65L Eddie McLarnon

Well done to Greg for organising the Relays.
Whilst we had no winners, there were 13 teams, all with clean runs.

Darry

Darry



JK 2015 Gill Stott

This year's JK was held in some of the finest orienteering terrain in England, The Lakes. It turned out that we had some of the finest weather too – a freak occurrence since we were expecting a bit of gloom.

Day 1: This was the sprint urban race at Lancaster University. Fast and furious demanding split second decisions and a fast turn of heel.



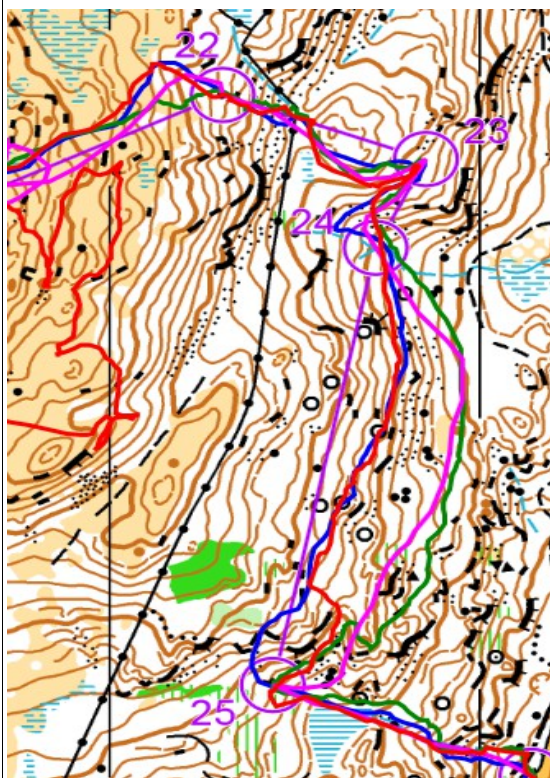
Elite course on Day 1. Typical university campus buildings with limited entry points and canopies. Which routes would you have chosen on the run?

Whilst I was accurate enough on control sites my fitness is not great so I was well down the list of finishers for my class. Scott Fraser (INT) was joint winner on elite men whereas the Swiss and Danes dominated the women's race.

NGOC Judith Austerberry was 3rd in W40 class with seconds separating the top few.

Day 2:Ulpha Park and Barrow Fell

The woodland here would have been wonderfully runnable (an absence of the brambles we find here)...only steep slopes and intricate rock detail made it a fabulously technical area. No wonder then that the Swiss, Czech and Danish National teams used the event as training for the World Champs which are in Scotland in August. It was exciting to see the top orienteers of the world competing, and so many young people too.



Map excerpt shows route choices for 4 competitors in the M55 class

Blue: Mark Saunders (1st)

Green Barry Elkington (22nd)

Pink Andy Stott (29th)

Red: Alan Honey (32nd)

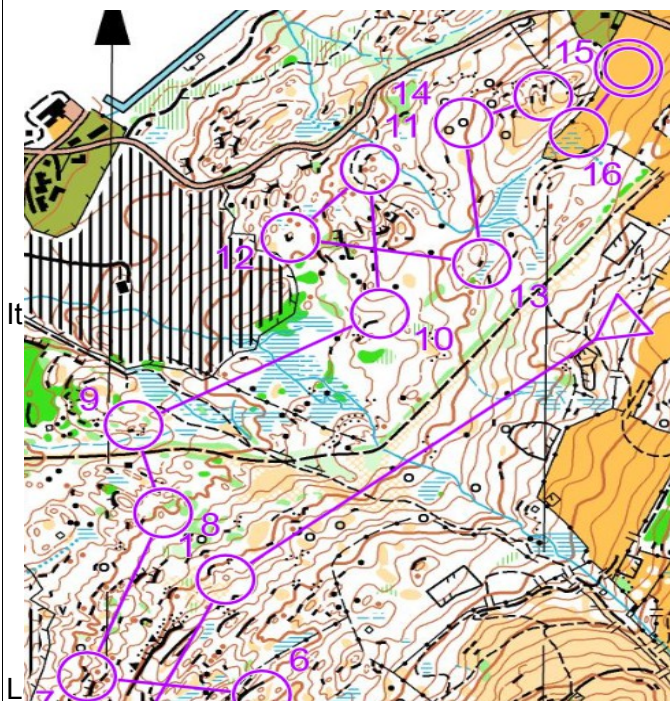
There were two routes attempted here, a higher route above the rock fields and main crags, then a lower route avoiding most of the rock features.

The map scale was 1:75000 for 'people of expected poorer eyesight' Whilst this made the rock detail very clear, there was a tendency to micro orienteer, checking off each rock feature as you passed. You might like to consider which scale you would have taken.

Day 3: Bigland

This time the planner had a different plan. We set off and most of us had 2 longish legs to the first 2 controls. This was through runnable woodland but again, much map detail to take in.

So carefully to #1 but then, confidence rising – erm #2?! that was hard and a few of us came to grief there. Notice the end of the W55 course – a rapid change of pace and distance to test your powers of concentration over an arduous course.



The finish field gave great views of the top guys running in though, and with our own bred Chris Poole commenting, we were kept up to date with the elite courses.

It was hard to believe the continuing good weather. This all contributed to a great international sport atmosphere which you could start to feel part of.

Day 4: Relays



Captain Greg had entered 3 NGOC teams but, predictably, things changed. Some people dropped out through illness and others turned up, hoping for a run. So it all worked out in the end and 3 teams went out. The mini relay went off first. That was a sight to see – a mass of tiny youngsters, racing off at top speed into the forest. BOK won! This is a result of their hard work encouraging and coaching young people into orienteering.

Meanwhile at the top end of things, the Swiss women took the first 2 places – 6 women to look out for at the world champs in August. The Swiss and Czechs did the same for the men's JK trophy.

The star of NGOC was Chris James. He was in my Ad Hoc team and sustained a significant head injury on the way round. He fell down a rocky

slope and gashed his head. Somebody retrieved his glasses but his cap was never found.

Undeterred, and not wanting to let his team down, Chris bravely carried on, blood trickling down his face, through the tough shin deep bog to the finish. Very impressive. After a bit of TLC from Gill James, he made a good recovery. (see below)

Bust but not Beaten Yet: Chris James

It has taken all but 50 years to cause me real damage in this beloved sport of ours. Yes, I have been injured before but not to the extent that I feel that I must stop and more fully recover before going out over any serious terrain again. Folk may have noticed that I have already stopped being competitive due to my glaucoma eyesight problems but what happened was just something else.

Anyone who has been to the Lake District can appreciate that the terrain can be tough. I don't just mean going up and down steep hills but also trying to move over such rough ground that I have to literally take it single step by single step. That is what I was doing on Day 3 of the JK 2015 at Bigland. It was hopeless trying to keep any sort of bearing and really read the unusual scale map at 1:7,500 with all of the clutter. I rarely give up but persist as I do not like to be beaten. On this occasion discretion was the better part of valour and I retired after a couple of hours and only reaching No. 3.

So with the Relays at Graythwaite I felt confident that doing an 'Orange' leg in the Mixed Ad Hoc Relay I would be alright. And so it was the case for most of the course. The navigation was straight forward up to No. 6. Then came my downfall; a very steep descent to No. 7 that I could virtually see below me. I was gently descending what was a treacherous slope taking it one step at a time and thinking that it was time to use my backside that was safest on the ground when without warning my foot went from under me. Over and over I rolled finishing headfirst downhill and feeling very dazed and momentarily confused. I was extremely grateful for the help of a young competitor who stopped and went back to retrieve my glasses and made sure that I was sort of okay. I waved him on and sat for a few moments to try to recover. It was also kind of Val Finch (FVO) for alerting the Paramedics

who gallantly went looking for me only to find the stubborn old mule had managed to stagger back on his own.

I slithered down the rest of the very steep descent and staggered round the rest of the course. In the run-in I decided that just outside the tapes was a far safer bet for me avoiding slippery and deep mud into which I did not wish to descend as I was already battered and bruised. Chris Poole in the commentary van commented on my initiative and I indicated to him that I had been playing roly-poly. Having handed over to Gill Stott my Gill escorted me to First Aid. What a bit of luck that I had just avoided my left eye with a rather deep cut along with a sprained right ankle, a badly bruised left hip and generally pretty sore all over. I will recover but I will have to allow it time. I have never ever suffered such a shakeup in 49 years and 50 weeks of orienteering!!

Was it necessary to give an 'Orange' leg such a dangerous leg? I do not feel that it was as the addition of one more control could have brought me down a far safer route. In the heat of battle I took what appeared to be a steep but possible leg. The map scale made it look okay though afterwards I realised just how steep it actually was. With hindsight it was positively dangerous given that competitors running such a leg were from 10 to 90 years of age.

As a JK I think that it may have suited the locals but it was hardly appropriate for many. Not so much because of the navigational challenges but due to the length of the courses and roughness of the terrain. There were over long winning times, many retrials, especially in the older age groups, and also a number of serious injuries. It went smoothly as an organisation with many very cheery and helpful volunteers. Our thanks to all of them.

Chris James M75

THE COMPASS SPORT CUP by Victoria Harvey

I'm not much of a team player, which is one reason why orienteering appeals to me - out there on my own in the forest with just a map and a compass to fall out with. So what on earth possesses me to join in each year with the club's big outing as a team in the Compass Sport Cup? Because actually, the club encourages us all to do our best and not worry too much about placings, due to the rather complicated scoring system (which I simply don't even think about!).

So on a grand March morning (if somewhat chilly - brrrr - but it's always nicer in the forest than in the open), off we set to Eastnor. Encouraged by skipper Greg Best with his smiley "just have a great time" attitude, I arrived in the start boxes feeling full of vim and vigour. I don't aspire to run the whole course but to rely on my navigational ability - the latter being much better than the former. That attitude helped enormously at Eastnor, as it seemed that the whole forest was covered in impenetrable brambles.

Steady away, I had a cleanish race, my only mistake being running down a diverging ride (some of the rides were very tricky to pick out in the bracken and brambles) but pacing helped, as I didn't come across the control where it should have been, a quick look at the map and I realised my error, took a 90deg bearing and a hundred yards to my right, there was the control. Phew. Oh, there was another control that I tried to go straight to but the brambles and undergrowth was much thicker than the map indicated, so I ended up going round by about 50 yards. Very annoying because I could just about see the kite, I just couldn't get to it!

The run-in was nice, downhill over some smoothish grass (with no brambles!) and I was delighted at download to finish about halfway through the field! Yippee! I scored points for the team and was very very pleased that my steady approach had worked.

"Having a nice time" might not suit all orienteers, as there are many out there who see the race as a pure race, with a good result being what determines a "nice time." But it works very well for me and when I get a good result, it's even more exciting.

I enjoyed being part of this team so much that I found myself at the JK, looking for a relay run! Thanks to Chris Harrison for doing what would normally be nothing like a long enough course, to Ros Taunton for making up a team with us and thus enabling us to have a run and to Gill Stott for sorting us out at enquiries. It was great - a sunny day in an OK forest (very steep slopes and slippery crags stopped it from being a grand forest) overlooking Windermere. Who'd want to do anything else? See you all again soon.

The Triple Gloucester 2015: Final Countdown

Our big event of the year is nearly upon us. Thank you to all those many club members who have offered to help, most offering to help for three days in a row. We are not a huge club so this dedication to our club is most appreciated.

The final deadline for entries is 30th April, from www.fabian4.co.uk There is very limited entry on the day.

To date the entry numbers have surpassed the amount we were expecting, which is great news but it does mean we will be kept occupied over the Bank Holiday weekend. The level of competition therefore will be good, meaning you will be able to measure yourselves against some well ranked orienteers.

See you there!

Sat. May 2nd SW Middle Distance Championships, Mallards Pike East. *Planner Pete Ward; Organiser Gary Wakerley*

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

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

Roger Coe overall organiser

Gill Stott

CAPTAIN'S LOG: Greg Best

Being club captain is a bit like waiting for buses. You sit around for months on end with not much to do, and then the 3 main team events of the year arrive in a glut in a 5 week period! This has meant my effort has gone into over-drive, with plenty of time and energy spent organising team entries and cajoling people to take part. Fortunately, many club members have willingly volunteered their services or at least, showed little resistance to being press-ganged into it. This has meant that we had an excellent turnout both for the Compass Sport Cup and the British Relay Championships, and this does make my job feel worthwhile. So, I would like to say a big thank you to all who took part in these events. I was particularly happy to have a good number of up-and-coming juniors present for both of these competitions.

Before I talk in more detail about the team events, I must congratulate Judith Austerberry on becoming W40 British Champion. This was an amazing result. To understand this, you have to know that Judith only took up orienteering just over a year ago, so to win the W40 Long course by 5 minutes is an incredible feat, even with the advantage of home territory. Well done Judith!! Judith was not our only winner at the British Championships. Caroline Craig won W21L and Jessica Ward came first on W10B at the age of 8 – many congratulations to both of you, too. It seems that the men

have some work to do to match our girls/ladies.

COMPASS SPORT CUP

Our qualification match took place nearby at Eastnor on 15th March. With a huge team of 66, this was perhaps our biggest ever and space in the 2 club tents was at a premium. We were up against Octavian Droobers and Harlequins and I was hopeful we might at least manage to beat HOC. Unfortunately, we were pipped at the post by just a few points, and ended up in third place, so the target will be to improve upon this next year. We had lots of good performances, but for the record the 25 whose points counted in the team score are listed below. It is particularly pleasing to see that 7 of these were our juniors. You may wonder where the captain's name is... well, the answer is that I was disqualified for punching the wrong control. Dohhhh!

| | | |
|------------------------|---------------------|---------------------------|
| Cadence Ware 98 points | Eddie McLarnon 96 | Shirley Robinson 93 |
| Adam Watson 98 | Colin Palmer 96 | Dave Austin 93 |
| Peter Watson 98 | Chris Harrison 96 | Victoria Harvey 92 |
| Rebecca Ward 98 | Joe Gidley 95 | Hannah Bradley 92 |
| Matt Stott 97 | Anders Johansson 95 | Rosie Watson 92 |
| Patrick Wooddisse 97 | Pat Macleod 95 | Emily van der Heijden 91* |
| Caroline Craig 97 | Lin Callard 95 | Bob Teed 91* |
| Gill Stott 97 | Pete Aaron 94 | Christophe Pige 91* |
| Charlie Aaron 96 | Andy Stott 93 | Kim Liggett 91* |

* Note that the 4 people with 91 points shared the last 2 scoring places

JK RELAYS

Next up was the JK Relays on Easter Monday in the Lake District. As this was a long way from home we only had 3 teams entered. I did not go to the JK, but have been told that the day was quite eventful.

After much last minute chopping and changing, it seemed we only had enough people for 2 teams. However, Chris Harrison and Victoria were there on the day looking for a run, so filled the void and saved the day. Chris James ran the short second leg for his team. His team mates waited ages for him, before he staggered in through the mud and mire, blood streaming down his face, having fallen down a cliff face. But still he battled on - awesome eh?! Chris Poole gave him a magnificent commentary as he came in, but sadly he didn't hear it as he was so intent on finishing (apparently – he did! Ed) As captain, that's the kind of fortitude I expect from my team!!

BRITISH RELAY CHAMPS

With the British Relays being held in the Forest of Dean (on 19th April), I did expect that we could put out quite a few teams. We managed 13 in all, across a broad range of categories, including 2 junior teams, and that was terrific. Steve Williams and I had arrived early to ensure the club tent could be pitched in a prime viewing spot, in front of the nasty uphill climb to the finish. The tent was a busy place, and my job was to make sure that everybody was wearing the right number bib, to hand out pins, whistles and dibbers, to collect the money, and to make sure that people understood what to do and where to do it. This was particularly important for those that had not run in a relay before, as relay arenas are quite confusing, and we had quite a few novices.

Miraculously, everything went perfectly, with everybody in the right place at the right time....., apart from one who should know better! Gill Stott and I had managed to coax Sheila into taking part in her

first relay. I had re-assured her that all she had to do was to wait for Gary to hand-over to her at the end of his run, and then she would hand-over to Tom Mills once she completed hers. Well, all went well – she finished her run successfully, but where was Tom? She waited anxiously for quite a few minutes, before Tom finally sauntered along to the changeover area, still wearing his over-coat. After a good chat with Sheila, Tom finally set off, still in no apparent hurry.

We had no winners, but all 13 teams successfully finished with respectable results. Being the British Championships, there was some very stiff opposition, including current and past national team members. The best performance was our ladies team of Judith, Caroline and Hannah Bradley, and they finished 10th on Women's Short. This was despite Judith having to stop part way round for a "comfort break" and Caroline running off without her dibber. Luckily, she didn't get far before she realised it was missing and returned for it. The dibber had got tangled up in the clothing passed on at the hand-over! With the exception of Peter Watson, who had a good clean run, coming 3rd on his leg, all of the other 5 juniors each had one bad control where quite a bit of time was lost. Unfortunate, but good experience, none the less.



Thanks to ticked off Tom – who spotted these fabulous looking orienteers from NGOC! (Ed)

UP-COMING TEAM EVENTS

So this rush of team events is over, but it doesn't end there. The next one will be the over-night Harvester Relay, that starts at midnight on Saturday 27th June in Dorset. This is for teams of 5 or 7 people. We all camp by the assembly area, so this is quite a fun, sociable event, quite different from all other orienteering events. We need night runners and day runners, so let me know if interested.

We also intend to enter a team in the 10 leg Cotswold Way Relay again this year. Unfortunately, this clashes with The Harvester, being on Saturday 27th June. There is no orienteering involved in this relay, as it is pure running. Gill Stott is organising this, so let her know if you are interested in being in the team.

Over the summer, as usual, the SWOA Relay Series will take place at different locations in the south west of England. This is a fairly low-key affair, and people can enter their own teams. However, if anybody would like to do any of these and is looking for others to make a team then let me know.

The first one is in Swindon on 14th June. The full list is on this webpage

<http://www.sworienteeringassociation.co.uk/relay.php>

Greg Best, Club Captain Contact me at captain@ngoc.org.uk or 01242 516053

Club Development – Pat McLeod

Not so long ago we were a 'small' club; we competed in the CompassSport Trophy competition, for clubs with fewer than about 120 members, rather than against the big clubs. That has changed. We now swim in a bigger pond, and judging by our efforts this month at Eastnor we are by no means outclassed in such company. At a time when many clubs are struggling to maintain their membership we seem to be something right.

So what is it that we are doing differently, and more importantly, what else should we be doing to maintain this momentum?

- We have replaced our old and rather tired 'informals' programme with a series of training days offering specific activities for targeted groups of orienteers, from novices to experienced runners, using trained coaches which follow a progression of activities through training sessions TD1-5.
- We have refreshed the League programme to create a year long series of varied fixtures, including street, park and forest events, to add competitive running through the traditionally 'quiet' summer months, and hopefully strengthen the appeal of the league to more local and neighbouring club runners;
- As well as offering activities for competitors, we have and will continue to run courses for new and developing club officials: we have run successful controllers and planner courses, and we are seeing an encouraging increase in the number of new organisers and planners volunteering to run our events. We have an advisor scheme in place to give new planners and organisers help and advice, and to make sure they don't find themselves struggling to get to grips with the ins and outs of risk assessments, course planning as per British Orienteering guidelines, and the general logistics of event organisation;
- We have purchased 5 new OCAD licences, and are encouraging new mappers to cut their teeth on reviewing and updating our map library, as well as helping to extend our suburban maps into new parts of Cheltenham and Gloucester;
- We have at last found a volunteer coordinator in Hilary Nicholls, and are already seeing the results of her efforts to encourage club members to come forward and help at events.



These are all the good things we are doing. On top of these, there is plenty of anecdotal evidence to suggest that within the confines of an individual rather than team sport, with a 2 hour start window and travel time to be factored in, we are a friendly and sociable club, and we try to make sure newcomers are welcomed, helped, and encouraged to come back.

What else do you think we could do maintain and improve the vitality of the club? Whether you are new to NGOC and orienteering, or an old hand, we would love to hear new ideas for ways in which we can improve the club, its activities, and the fun you have when you come to our events.

For example many, if not most of us, are not too good at is social networking, and publicity. With a few honourable exceptions we do not perhaps exploit social networks as much as we might, and we are not good at spreading the orienteering gospel amongst unbelievers. What more should we be doing to exploit new and different ways of getting people involved?

You can find lots of contact details on the website, and of course there is always a 'gang' of helpers and committee members hanging around and trying to look useful at events, so please come and talk to us and help us keep up the good work.

Pat Macleod

Training and Skills Section

Gill Stott

Over the past few months I have been training as a level 2 coach and within the next few months should be accredited. Mark Saunders from BOK/SWOC is my mentor. It has been quite a journey for me as, maybe like many of you, I have been orienteering for many years but I have often wondered, do we all reach a certain level of competence at the sport, then that's it? I know some orienteers have claimed "I know all the skills, just don't use them". I don't believe we do hit a ceiling of expertise and think that all of us can improve, just as any other athletes might.

Since taking on this role I have been made much more aware of the range of different orienteering skills we should be using, and deciding when to use them, For instance, pacing, rough compass v fine compass bearings, and so on.

On a recent orienteering weekend on the Gower Peninsula I was impressed to see Octavian Droobers out in force, on a training weekend (all ages). They spent the first day in complex sand dunes, the second in bramble infested Pembrey Park, in readiness for Eastnor where they won. Octavian Droobers do put much club effort into continual coaching and skill awareness so I thought "We can do that!"

What I wondered was is there is any interest in organising a club weekend away, using a weekend event in another region where there is good technical terrain perhaps?

Meanwhile..

The objectives of our re-vamped NGOC training events are:

1. Junior skill training
2. Newcomers to orienteering introduction
3. Experienced orienteer skill training

At each of our training events we are trying to make sure that we can offer some quality training for everyone. This definitely includes experienced orienteers.

For juniors and newcomers we have plenty of experienced hands to help whilst for the top level of difficulty, TD5, we are planning activities for orienteers to choose and try, acting more as facilitators, discussing route choices etc on their return.

For example, we have just had our April Training Event – Joe Parkinson's event at Danby on 25th April. Joe planned some good yellow/orange green courses and coaching activities were built around these,

- For experienced orienteers a set of sprint/middle distance spaced controls, practice for the SW Middle Distance Championships down the road at our Triple Gloucester Event, was planned and quite a few orienteers used this as a rehearsal for next Saturday, engaging their quick decision, fast thinking navigation skills.
- Another popular activity amongst orienteers was a short green course map (2 different routes) with the smaller paths removed on the map, thus encouraging orienteers to navigate using other features such as contours and vegetation boundaries. The turnout was very encouraging, about 50 in all. We had several new groups of parents and children who received expert help from a committed group of coaches.

It was great to see so many accomplished orienteers turn up.

At future training events I want to make sure that we are providing skill activities that will help you develop your expertise at orienteering. I believe we can all improve and that specific orienteering skill training is something we should all be thinking about.

With this copy of Legend I am attaching a skill check list which you I invite you to use to indicate to us which particular skills you would like to see included in future training events. If you are interested, you can email me the form back and I can try and accommodate your suggestions at future training events. Thank you . apg.stott@btinternet.com

The NGOC Archive: David Lee

As NGOC nears its 50th birthday, it is a right and proper time to create an archive of the Club. This has long been in the mind of Chris James and I share his enthusiasm. It is fortunate that Caroline is also interested and, as Hon Secretary, she has many of the essential documents, including every past copy of Legend. But Caroline and I believe that club members, past and present, have much to add to make the Archive less formal, more anecdotal and interesting.

We would like to include personal memories of your experiences with NGOC but can only do so if you send them to us. As an appetiser, I would like to recall the White Rose in 1989 when Gerald Vinestock and I met in the car park. We were described as two very tired old men – and that was before we had run. Gerald wrote 'Circular Orienteering', a small booklet about our sport, which became very popular. We need a copy in the archives -HELP, Please.

What sort of items do we need? It can be anything – a wonderful event – an incident when you were helping – a great control site (like foot of twenty metre crag in F of D) – a social occasion – a kind gesture by a fellow orienteer- why you continue to orienteer – how long does a pit stop take – Gaye Callard in Spain.

We hope that all current members will send us a memory and we are approaching past members as well. Laurence Townley, now of SN, is thinking what to send and has approached his father (who was club Treasurer in the late 1970's) and his sister for a contribution. Now is an appropriate time as there are three events looming where there is likely to be a strong turnout of past and present NGOCers: the JK in the Lakes, the British in the Forest of Dean and the WOC/Scottish 6 day in August.

Contributions may be written or spoken and should be sent to the NGOC Hon. Sec. Please get involved – it should be a wonderful end product.

We hope to have a regular spot in Legend, where we pick out something particularly interesting, relevant or amusing from the archive, so that it can be appreciated by all. This could be an extract from a historic Legend article, old map or someone's story.

David Lee

Planning Lessons – Pat McLeod

All of us who have planned events have, at some time or other, got it wrong. And most of you, I suspect, have been to events, in some cases major ones, where the planner has also got it wrong, in one way or another. We all make mistakes. The key is not only to learn from them, but also to help others learn from them, so that hopefully others don't repeat them.

This article describes a couple of mistakes we have made at our league events, together with some of the lessons all of us planners can learn from them. I hope it will help future planners avoid these kinds of small errors in course planning and set-up, and so improve their own experience and that of competitors running in our events.

I should add that I use these examples solely because they are fairly recent, and so fresh in the memory. I intend no criticism of individual planners, without whom we cannot stage events, and only a little of the mapper, who was in both instances me!

Control 55

Fig 1 shows the location of control 55 at a recent league event. Direction of approach was from the South East, departing towards the West, and the X marks where the flag was actually placed – about 40m from the correct vegetation boundary. The control site is the edge of a completely impenetrable pile of vegetation, the result of landslip some years earlier. The flag was actually located near a small platform, hidden here under the circle, but not really on anything. There was a vague change in vegetation above the flag, but not one which would merit being mapped as a 'fight' boundary. Runners using the fence corner as an attack point aimed for dark green, found no control, and after hunting around drifted down towards the actual flag, or headed off on the next leg and the ran across it. Others using the re-entrant either saw the flag and went and checked the number, or in one case ignored the flag thinking it was on a different course. The control was checked by a control checker before the event, but she approached from the West, saw the flag and the vague vegetation boundary, and assumed it was OK.

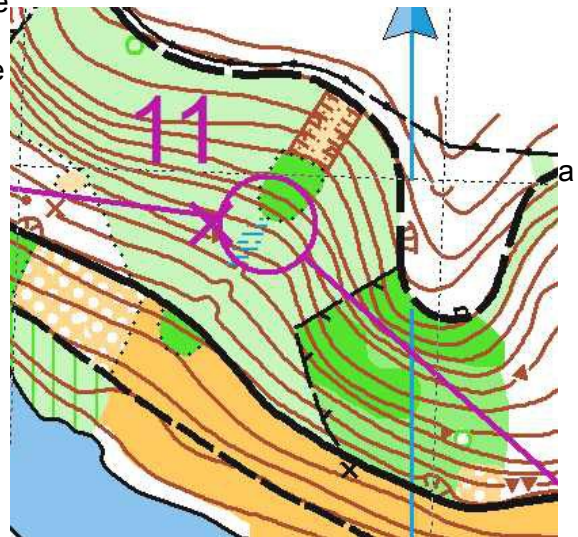


Fig 1. Control 55, Event map

Figure 2 shows how the area should have looked. The fence along the veg boundary South East of the control is still there, but so flattened and covered in vegetation as to be largely invisible. The veg boundary, however, is distinct, so the absence of the fence should not have been much of a hindrance. More importantly, the re-entrant is slightly further West than shown, and there is a much smaller one to the East, so that the marshy area – the outflow from the water source up the hill that caused the landslip, spills out onto a slight levelling of the ground directly below the area of fight. Runners coming along the track could have thought that the first small re-entrant was the main one, and would have had to go slightly left above it, whilst those missing the first and going up the larger re-entrant would probably have seen the flag, but should have been going slightly right and further up the hill to the patch of fight. Note that the patch of fight on the track had been cleared, so runners aiming for that as an attack point would not have found it.

Control 44

Fig 3 shows another control used at a different league event. The red circle shows the actual location of the flag. Runners approached from the North West and departed South West. Some runners found the flag, which is 40m from the correct depression, after casting around a bit, and others ran across it upon heading off for the next control, having not found it where expected. Almost all runners punched the control, after greater or lesser time spent searching. One common observation was that



Fig 3.

Control 44, Event Map

the course line significantly obscured the depression where the flag had been located. As in the case of control 55 above, the map is not quite correct here, though the effect of the mapping inaccuracy is perhaps less marked here. The area of slow run is fairly distinct on the ground, as is the point where the rough open opens onto the main forest track. A runner heading into the slow run from the track or the rough open would expect to fall into the depression without too much trouble, particularly with a distinct gully, a couple more depressions, and before long the stream beyond, as catching features.

Fig 4 Shows an updated map. The undergrowth screen has been removed, as the bracken at this time of the year is no impediment to progress. The vegetation boundary and rough open meeting with the track have been moved slightly further North, so that the line of attack from this track/Rough Open juncture is slightly more South West than previously mapped. The rough open extends further North than was mapped, and there is a hitherto unmapped depression, albeit a fairly shallow one, about 60m North of the correct one. This depression has an unnumbered tag in it. The whole area is somewhat 'lumpy', so that deciding what depressions and knolls to map, and what to leave out, is not particularly straightforward. The original 2 mapped depressions are, however, significantly deeper than the others.

In each of these cases we voided the leg to this control. What lessons could we all have learnt from this?

- First, the map needs to be substantially correct in the area of the control. In these cases the maps were not particularly bad, but could have been better. Planners should always check around the immediate area of the tagged site to make sure that there isn't some inaccuracy in the map that could lead either to the tag/flag being misplaced, or to runners being unable to locate the control using the map. Changes to obvious attack features should be applied to the map, and where point features are used as controls it is always worth checking around the area to make sure both that similar features are as mapped, and that there are no unmapped features which could result in control placement or runner errors. If I am using a point feature as a control I always visit all of the neighbouring ones as a check that I am tagging the correct one.
- Have someone check tag and/or control locations, and make sure they know the general direction of runner flow, so that they, too, can check the map as well as control placement. We introduced the 'adviser' role for this express purpose, and all planners are urged to recruit one for their event. Level D events do not have controllers, and the adviser is there to fulfil some of the functions of a controller, as well as providing an extra resource. Checking tags and control sites is perhaps the most important of them. The checker needs to have time to assure themselves that both tag and map are correct.....it may not be sufficient just to run round on the day. If there is any doubt about the map or the site, and if the map cannot be modified as required, find a different control site.
- Tags are important. When I ran the latter of the above courses I saw no tag in either the correct depression or the flagged one, and being non-competitive I took time to have a good look around. When checking the mapping afterwards I found the tag in the unmapped depression to the North. This tag may have related to some earlier planning phase for this event, or it might have been left from some previous event. Either way it could have been a further distraction for runners on the day, and more importantly, could have led to a control being misplaced on the day. There are some simple rules for tagging:
 - Tag clearly and mark your tags so that you and the checker know that they are yours and not someone else's old ones; remove any old ones you find when out in the forest, and especially your own from changes in course plans, unless you know of a forthcoming event in the area.
 - If you cant find a tag when placing a control, don't place it unless you have thoroughly satisfied yourself that it must have been eaten by boar/deer; get a second opinion.
 - Leave the tag in place when you set out controls. If a control is vandalised the tag helps runners know they have found the right feature;

- Collect up tags when controls are collected. This is hardest to achieve, particularly with numbers of control collectors all in a hurry to get round, but tell collectors what the tags look like and remind them to try and remember to take them in.

Having the first few runners come back in from a course claiming that Control X is in the wrong place certainly spoils your day as a planner, and spoils the event for many competitors as well. The fact that it is 'only' a level D event doesn't mean that we shouldn't always aim for perfection.

I hope this article hasn't put off any would be planners. There is an excellent presentation on Planning, by Paul Taunton, on the club website at

http://www.ngocweb.com/documents/events/planning_NGOC_events.pdf, and Tom Mills

occasionally runs his 'Understanding the Planner' course to get new planners started. We can't run events with them, and we need as many as we can get. Finally, I think most planners would agree that planning helps your orienteering. If you fancy a go at planning a club event, or feel you could do with some support to hone your planning skills, do get in touch with me, or any of the committee.

Pat Macleod

Development Officer

Cotswold Relay: Gill Stott

It's that time of the year again – The Cotswold Relay, Saturday 27th June

<http://www.cotswoldwayrelay.co.uk/>

Last year we managed a diverse team of runners, all of whom ran their own race for their leg...some a bit faster than others! The ten leg lengths vary in distance from 6 miles to about 12 miles.

This year it might be possible to have 2 teams, and A and a B team. If we had enough interest from orienteers who were a bit fleet of foot, then I reckon we could put up quite a competitive team.

There are several categories but the mixed team (minimum of 3 women) is a possibility.

Please email me, Gill Stott apg.stott@btinternet.com if you are interested. The Harvester Relays are start during Saturday night but some people think they can do both...

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.britisshorienteering.org.uk/index.php>

Congratulations to Richard who has been busy doing a lot of orienteering!

Joe Parkinson has also moved up the list

Is your name not there? Then compete in one of the many ranking events and run fast!

| Pos. ? | Name | Club | YOB | M/F | Points | Contributing scores ? |
|--------------|----------------------|------|------|-----|--------|-----------------------|
| 1 (215 +7) | Richard Cronin | NGOC | 1989 | M | 7582 | |
| 2 (228 -11) | Joe Gidley | NGOC | 1988 | M | 7559 | |
| 3 (270 -63) | Peter Ward | NGOC | 1970 | M | 7499 | |
| 4 (517 +3) | Andy Stott | NGOC | 1959 | M | 7204 | |
| 5 (536 +1) | Christopher Harrison | NGOC | 1958 | M | 7186 | |
| 6 (714 +4) | Judith Austerberry | NGOC | 1974 | F | 7039 | |
| 7 (776) | Tim Stott | NGOC | 1986 | M | 6982 | |
| 8 (800 +3) | Andy Creber | NGOC | 1958 | M | 6966 | |
| 9 (874 +3) | Christophe Pige | NGOC | 1971 | M | 6909 | |
| 10 (1082 +2) | Alistair Ross | NGOC | 1987 | M | 6726 | |

| Pos. ? | Name | Club | YOB | M/F | Points | Contributing scores ? |
|----------------|------------------|------|------|-----|--------|-----------------------|
| 11 (1147 +3) | Gill Stott | NGOC | 1957 | F | 6673 | |
| 12 (1172 +4) | Simon Denman | NGOC | 1965 | M | 6658 | |
| 13 (1204 +6) | Joe Parkinson | NGOC | 1962 | M | 6638 | |
| 14 (1579 -3) | Samuel Taunton | NGOC | 1986 | M | 6353 | |
| 15 (1586 -5) | Alan Pucill | NGOC | 1959 | M | 6344 | |
| 16 (1647 -5) | Greg Best | NGOC | 1962 | M | 6305 | |
| 17 (1739 +3) | Allan McCall | NGOC | 1967 | M | 6229 | |
| 18 (1743 -3) | Paul Taunton | NGOC | 1950 | M | 6227 | |
| 19 (1748 +4) | Neil Cameron | NGOC | 1946 | M | 6225 | |
| 20 (1763 -1) | Alan Richards | NGOC | 1946 | M | 6215 | |
| 21 (1871 -101) | Neil Bradshaw | NGOC | 1961 | M | 6125 | |
| 22 (1885 -4) | Stephen Robinson | NGOC | 1957 | M | 6114 | |
| 23 (1999 -2) | Alan Brown | NGOC | 1952 | M | 5995 | |
| 24 (2141 -58) | John Fallows | NGOC | 1958 | M | 5878 | |
| 25 (2167 -2) | Vanessa Lawson | NGOC | 1971 | F | 5840 | |

Current Club League Standings

BLUE

1 Andrew Monro HOC M45
2 Joseph Gidley NGOC M21
3 Andy Stott NGOC M55
4 Richard Cronin NGOC M21
5 Scott Johnson NGOC M35
6 Caroline Craig NGOC W21
7 Judith Austerberry NGOC W40
8 Adam Hampshire BOK M40 2029 718 581 730
9 Nick Dennis BOK M55 2003 684 659 660
10 Peter Ward NGOC M45 1857 0 934 923

GREEN

1 Mike Farrington HOC M60
2 Rachel Dennis BOK W45
3 Dave Hartley NGOC M60
4 Paul Hammond HOC M50
5 Philip Bostock NGOC M50
6 Lin Callard NGOC M80
7 Gill Stott NGOC W55
8 Brian Laycock HOC M65
9 Matthew Fautley IND M45
10 Steven Harris NGOC M35

ORANGE

1 Ashleigh Denman NGOC W45
2 Peter Watson NGOC M14
3 Cadence Ware NGOC W16
4 Anne Palmer BOK W65
5 Rosie Watson NGOC W12
6 Carol Farrington HOC W55
7 Joe Hudd BOK M12
8 Rebecca Ward NGOC W12
9 Jenny Heaps IND
10 Gaye Callard NGOC W75

YELLOW

1 Reuben Lawson NGOC M9
2 Tim+Max Besien IND M8
3 Jessica Ward NGOC W10
4 Seth Lawson NGOC M7
5 Rowan Murrin IND M5
6 Max + Tim Besien IND M8
7 Ella May Rush BOK W10
8 Helena Strelcova IND W5
9 Alex Busker IND M8
10 Emma Busker IND



WORD SEARCH BY HILARY NICHOLLS

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| E | R | E | S | I | N | A | G | R | O | N | E | F | C | G |
| O | M | V | R | E | G | I | S | T | R | A | T | I | O | N |
| R | S | I | E | L | U | O | G | A | C | D | E | X | N | O |
| O | S | A | T | T | C | O | N | T | A | E | G | T | R | L |
| U | A | L | I | Y | E | L | L | O | W | G | D | U | R | E |
| T | S | T | A | R | T | R | L | I | R | A | A | R | O | E |
| E | S | R | G | Y | U | N | A | E | A | P | G | E | L | R |
| L | E | O | M | I | W | N | E | N | P | R | E | I | L | U |
| I | M | H | U | O | P | T | C | D | P | O | T | T | E | O |
| A | B | S | D | B | N | A | O | I | I | E | U | A | R | T |
| R | L | E | Q | U | I | P | M | E | N | T | O | G | A | N |
| D | Y | E | L | L | G | L | P | N | W | O | R | B | N | O |
| N | O | O | K | C | H | T | A | P | E | O | A | O | P | C |
| A | V | W | H | I | T | E | S | R | E | R | O | L | P | X |
| H | S | I | N | I | F | U | S | N | P | T | R | A | T | S |

Compass

Fixture

Night

Xplorer

Map

TrailO

Registration

White

Short

SportIdent

Relay

Organiser

Yellow

Routegadget

Club

Long

Veteran

Run

Orange

Assembly

Cagoule

Contour

Controller

Brown

Equipment

Elite

Download

Route

Green

Gaiters

Leg

Start

Volunteer

Handrail

Tape

FORTHCOMING EVENTS

For latest details check the NGOC website at 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>

Triple Gloucester 2nd - 4th May– our own new flagship event <http://ngocweb.com/triplegloucester/>
entries by 30th April.

09/05/15 Level A [BAOC British Sprint Championships \(UKOL\)](#) Aldershot Barracks

09/05/15 Level D [SWOC Saturday Event](#) Merthyr Common TBC

10/05/15 Level A [TVOC British Middle Championships \(UKOL\)](#) Naphill and Park Wood

16/05/15 19 km Level D [NGOC League 4 Cleeve Hill](#)

17/05/15 27 km Level D [BOK BOK Club Event & ASO Championships Silk Wood](#)

23/05/15 71 km Level B [HOC Springtime in Shropshire Brampton Bryan](#)

28/05/15 Level D [NGOC Summer Evening Event](#) Lydney
07/06/15 Level D [NGOC League 5](#) Ross on Wye
25/06/15 Level D [NGOC Summer Evening Event](#) Bishops Cleeve

Pre Entries:
SINS (Springtime in Shropshire) Cheaper entries by 4th May
Scottish Six Days , 30th April then 30th June

NEW MEMBERSHIP

We have several new members to welcome since the last Legend

Steve Lee
Jenny Heaps
Ed Johnson
The Waller Family

Congratulations on joining our popular and increasingly successful club!

Brashings

1. There are five unclaimed maps left over from the British Champs individual day. These are from courses 17, 18, 20, 22 and 29, If any of them is yours and you would like it let Greg Best know.
2. Greg has 2 old pairs of orienteering shoes that need a new home. These are both size 10.5, are in reasonable condition, but don't fit well with his odd feet. £5 per pair.

Greg

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

