

# The Legend

Number 205



Newsletter of  
North Gloucestershire Orienteering Club  
April 2023

[www.ngoc.org.uk](http://www.ngoc.org.uk)



# NGOC Committee

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<b>Club POC Manager</b> Caroline Craig <a href="mailto:pocs@ngoc.org.uk">pocs@ngoc.org.uk</a>	

The above shows the committee structure following the 2022 AGM

**Front cover:** Discover thousands of orienteering maps from across the world. Just go to the link inside this Legend and click on a country flag to find out what is available.

# *Chairman's Chat*

The big news is that NGOC fielded a really strong team for the Compass Sport Cup qualifier on 12th March at Margam Forest and we won, beating BOK! Thanks to all club members who took part. Our juniors made an exceptionally strong contribution to our overall score, thanks. Last year we travelled to Scotland for the final, but this year it will be on our home ground, organised by BOK at New Beechenhurst in the Forest of Dean. As BOK are organising the event we will compete against them again, as well as top qualifying clubs from around the country. Even if you didn't run in the qualifier please keep 12th November free and join our team— the more people the better!

The first NGOC committee meeting of 2023 was held on-line on 6th February and, as usual, the minutes will be made available on our website, so that club members can see what the Committee has been doing on their behalf. One important item is that we have agreed to assist the Welsh Orienteering Association by taking on the organising and planning of one of the days of Croeso 2024, at a location yet to be confirmed, but it will be in South Wales, so reasonably close to us.

Meetings of the Southwest Orienteering Association (SWOA) Committee used to take place in Taunton, so NGOC was not always represented, however these meetings now take place on-line, so it's easy to take part. At recent meetings Arthur Vince, the "controller of Controllers" for SWOA has repeated a plea that more people should consider becoming qualified controllers (or upgrading their qualification to the next level). He pointed out that attending a Controller's course is worthwhile training, even if you do not currently have all the necessary experience to qualify straight away. It is quite acceptable to take the course, gain any additional organising or planning experience over the next year or two and then make the formal application to be a Controller.

Worth thinking about? Some of the SWOA discussions take a very long-term view – it has just been agreed that SWOA should bid for the 2026 British Sprint Championships, with a proposed venue at either Bath University or UWE in Bristol.

After much discussion, the relaunch of the Terry Bradstock Trophy (TBT) competition is complete. Current standings, after the first two events (the CSC qualifier and the British Champs) are now available on the results page of the website. The usual names appear close to the top of the list, but I was pleased to see that widening the range of events counting towards the trophy has had the intended effect of increasing the number of people scoring. Already there are over 40 scorers! It was good to see we had 26 entries for the British Championships, a good field. With five more TBT events still to come this year there is still time for you to shine, as only your best four scores count.

The UK Orienteering League is a national competition, based on competitors performances in about 25 events spread over the whole country. Even though the first six events this year have been over a wide area, ranging from the New Forest to Sheffield, runners from NGOC have competed in every one. The league table currently shows NGOC in 5th place of almost 90 clubs that have scored! Most of the TBT races also count for the UKOL, so we should achieve a good position this year.

Hope to see you in the forest soon,

*Paul Taunton*

# South West Junior Orienteering Squad

## and wider junior opportunities



*A very triumphant southwest at JIRCs 2021 (photo: Pete Maliphant)*

Hi, my name is Rosie Taylor, I'm a bottom year W18 in NGOC and I am also a member of the South West Junior Orienteering Squad (SWJOS). I wanted to share some light on SWJOS because we have lots of juniors in NGOC with bunches of potential who may not know about the delights of the squad.

The South West squad is one of twelve regional squads in the UK, with juniors from all over the region starting at M/W14 all the way up to M/W18. If you want to join you need to be comfortably running a light green or above, have enthusiasm for orienteering and a willingness to travel further afield for training and races. The squad offers training days in a variety of locations across the Southwest, as well as fortnightly zoom sessions. The training takes place all over, sometimes it may happen after an event, or it could just be a full day of training.

As well as single day training, sometimes we have residential trips as well. For example, the SWJOS Christmas weekend is always amazing. Every year we stay in Soudley village hall for a weekend of training in the Forest of Dean. The Saturday evening is always great, filled with Secret Santa, Christmas dinner, games and lots of Christmas songs, last year we even had some snow! In the past we have had longer camps in very exciting places, for example, in 2020 we made the epic trip up to the Lake District for a long weekend of training. This was amazing because it gave us southerners an opportunity to experience the tough terrain up north. I remember being terrified of the lack of paths on the map but by the end I was much more comfortable in such tricky areas, and it was a great weekend away with friends.



*Juniors exploring some sandstone pillars on the Czech tour, 2022*

SWJOS is a part of JROS which represents all of the other regional squads in the UK along with the Southwest. JROS is great at offering training and racing opportunities for members of



the regional squads, for example JIRCs. JIRCs is the Junior Inter-Regional Orienteering Champs which takes place annually in late September. The weekend consists of individual races on the Saturday and relays on the Sunday. It's a great weekend where you get a chance to race and socialise with juniors from all over the UK. Last year the championships were held in Northern Ireland which was a great adventure. We all battled hard over the sand dunes and came away with fourth overall, however in 2021 we had our best result for some time claiming first in the girls' relay, first in the boys' relay and third overall.



*Some of the squad in Northern Ireland for JIRCs, 2022*

JROS also organises some great training opportunities. For example, the Hawkshead weekend in November. This is a great camp up in the Lake District for M/W16s who are part of a regional squad. Sadly, I'm too old now but I remember the heaps of fun I always have especially at the crazy and infamous Hawkshead night sprint on the Saturday evening. As well as

Hawkshead JROS also run summer tours, five in total - Lagganlia (top year 14s), Deeside (bottom year 16s), Czech Republic (top year 16s), Stockholm (bottom year 18s) and Gothenburg (top year 18s). I have only been on Lagganlia and the Czech tour, sadly I missed out on Deeside due to Covid. I also missed out on proper Lagganlia because it was during the height of the pandemic in 2020. But from speaking to friends that have been, I can say it is a great week up in Scotland, because it is the first time you really get to properly meet all the orienteers in your age group from across the UK. However, I did have the fortune of going on the Czech tour last year and it was honestly the best week of my life. It was my first-time orienteering in such fabulous terrain, we even ran on maps from the world Orienteering Champs in 2021. I was really grateful to be selected, and it wouldn't have been possible if I wasn't a member of SWJOS.



*Some very smiley juniors at Hawkshead camp, 2022*



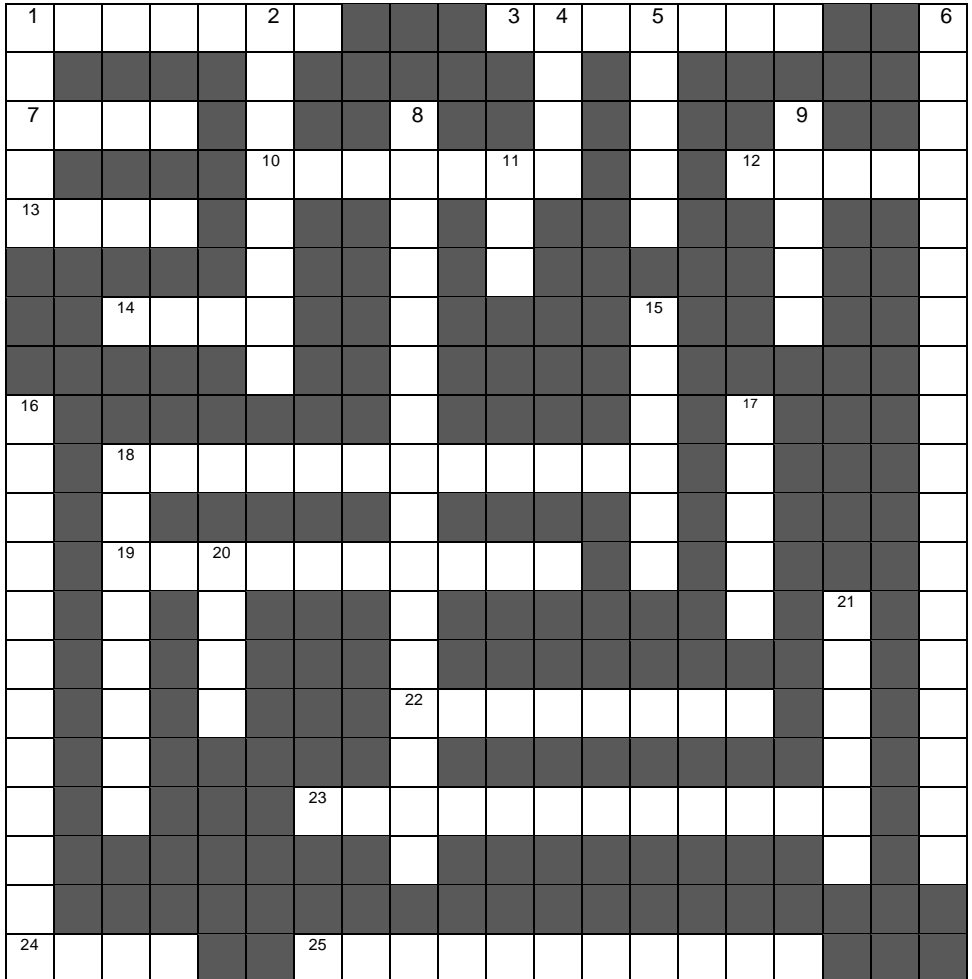
Lastly, since I joined the South West Squad I have made some of my closest friends and been places I never dreamed orienteering would take me, it has opened my eyes to all of the opportunities that orienteering has to offer. The wider junior community is a great place to grow your ability in a healthy and supportive environment, I can confidently say I've made friends for life since joining SWJOS. If you have any questions, feel free to email me at [Roseoberge@outlook.com](mailto:Roseoberge@outlook.com) or come and speak to me at an event.

*Rosie Taylor*
















# Control Description Crossword















Not always the common descriptions! If you would like some help visit: [OneDrive \(live.com\)](http://OneDrive.live.com)



## ACROSS

1.  (7)
3.  (7)
7.  (4)
10.  (3,4)
12.  (5)
13.  (4)
14.  (4)
18.  (6,6)
19.  (4,6)
22.  (5,3)
23.  (6,6)
24.  (4)
25.  (5,6)

## DOWN

1.  (5)
2.  (8)
4.  (4)
5.  (5)
6.  (10,8)
8.  (8,8)
9.  (5)
11.  (3)
15.  (6)
16.  (12)
17.  (5)
18.  (4,4)
20.  (4)
21.  (6)

# Fight dementia with orienteering!

*(Thanks to John Simmons, Chris Johnson and James Askew)*

Researchers at McMaster University in Canada believe that the physical and cognitive demands of orienteering decrease the risk of developing dementia, according to a new study. Orienteering, because it integrates exercise with navigation, may stimulate parts of the brain that our ancient ancestors used for hunting and gathering. Now scientists say that the sport – drawing on athleticism, navigational skills and memory – could be useful as a preventive measure to fight cognitive decline related to dementia.

The brain evolved thousands of years ago to adapt to the harsh environment by creating new neural pathways. Those same brain functions are not as necessary for survival today due to modern conveniences such as GPS and readily available food.

The research team think it may be a case of “use it or lose it”. Professor Jennifer Heisz said: “Modern life may lack the specific cognitive and physical challenges the brain needs to thrive. In the absence of active navigation, we risk losing that neural architecture.”

Professor Heisz, Canada research chair in brain health and ageing at McMaster University, points to Alzheimer’s disease, in which losing the ability to find one’s way is among the earliest symptoms, even in the mildest stage of the disease.

In the study the research team surveyed healthy adults aged 18 to 87 with varying degrees of orienteering experience. People who participate in orienteering reported better spatial navigation and memory, suggesting that adding elements of wayfinding into regular workouts could be beneficial over a lifetime.

The lead author of the study, Emma Waddington, a coach and member of the Canadian national orienteering team, said that

when it came to brain training, the physical and cognitive demands of orienteering had more potential than exercising only.

Orienteering was unique because it required active navigation while making quick transitions between parts of the brain that processed spatial information in different ways. Orienteers needed quickly to translate that information relative to their own positions within the environment, in real time. GPS systems have engineered this skill out of modern life. This may affect not only the ability to navigate but also affect our spatial processing and memory more generally.

There were two simple ways to incorporate more orienteering into daily life: turn off the GPS and use a map to find your way when travelling and challenge yourself – spatially – by using new routes for your run, walk or bike ride.

[\*Finding a new way to train the brain: Orienteering – Brighter World \(mcmaster.ca\)\*](http://mcmaster.ca)

[\*Orienteering experts report more proficient spatial processing and memory across adulthood / PLOS ONE\*](#)

## **Holmbury Hill**

Do you keep all your old maps, so that you can refer to them when you run on an area a second time? I do! I'm not sure it always helps though, other than giving a general idea of the shape of the terrain. Last Sunday my controls 10 and 11 were almost identical to my controls 4 and 10 on an earlier event, but I didn't recognise them. Hardly surprising, as the vegetation has changed dramatically in 18 years, but oddly the contours, most paths and even the north point appear to be identical!

*Paul Taunton*





Surrey 5 O, National Event, 1 May 2005, Course 8



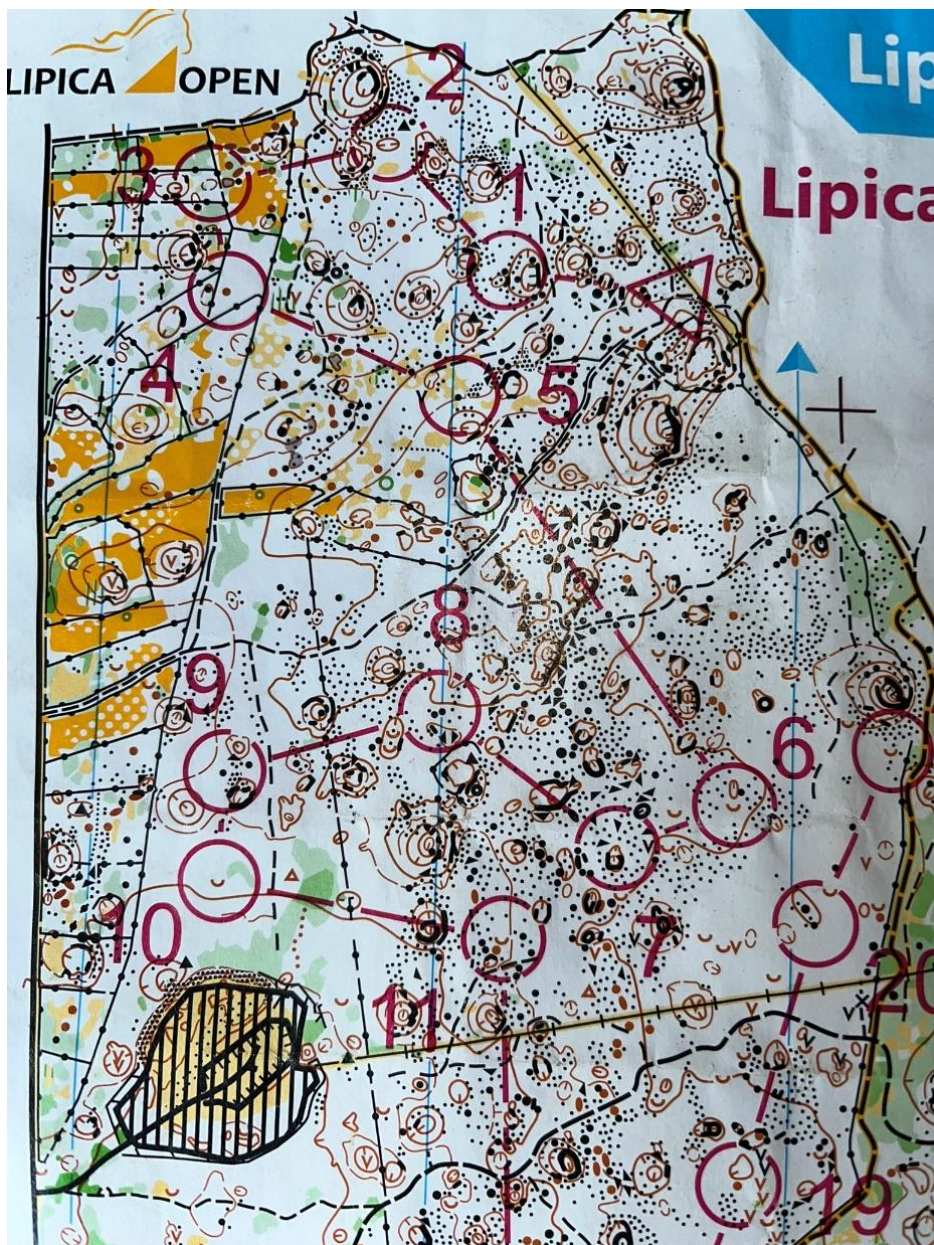
SE League National Event, 26 Feb 2023, Green

## 5 days of orienteering in Slovenia

The Lipica Open is a five-day orienteering event held in the karstic terrain of southeast Slovenia, with around 1500 competitors. This year I made my way there to compete in the M21A, travelling with a friend from my time with Berkshire Orienteers. This was my second time orienteering in Slovenia, having competed there 10 years previously. The limestone terrain is dominated by karst features, with numerous large depressions and dolines, as well as boulders and some cliffs. The forest was generally clear of significant undergrowth, but the uneven and rocky ground could still make the going quite tough and slow.

The event opened with a middle distance race, with my course packing 22 controls into just 4.3km with very little climb. It was quite an introduction, with the numerous short legs requiring you to maintain a constant contact with the map. I was surprised how quickly I was able to pick up a rhythm, using the depressions to guide my route through the terrain. I found the most effective manner of navigation was to work my way round each depression and using them as a jumping point to the next one until arriving at the control location. The controls themselves were generally easy to spot once you got within the circle. For example, from the map extract below, from 8-9, I went just to the north of the depression at the edge of the control circle, between the two depressions on the ruined wall, and was then able to aim for the gap between the two further west depressions within the circle for control 9. Similarly, for 10-11, I aimed for the depression along the ruined wall, between the two larger depressions to the east, before swinging around to the south to find control 11 itself. I successfully completed the course, with the largest error just pulling the wrong side from intended of a depression, finishing 45<sup>th</sup> out of 61 finishers.





Map extract showing the first half of day 1's course

Day 2 was the longest of the week, at 7.3km with 19 controls. This meant that there were some longer legs, although none that were extremely long. There were also more significant elevation changes with some hills as well as the already familiar depressions, whilst the forest in some parts of the map was also thicker, reducing the runnability slightly. The course was well planned, such that the few paths within the area were of little use in negotiating the area. This meant that I found the best way of orienteering was as the previous day, using the numerous and obvious depressions to keep constant contact with the map whilst attempting to run as close to the line as possible. This generally worked well, with only one mistake where I overshot a control and relocated off the next, a time loss of at most three minutes. Despite this, I still finished 39<sup>th</sup> out of 60 finishers.

Day 3 had a slightly different feel to the area. Whilst the dominant features remained the large and numerous depressions, there were a lot of areas of open ground with scattered trees, as well as patches of scrub. The vegetation could be used for general navigation; the boundaries were not sufficiently distinct to be relied on for the finer navigation. There were also significantly less exposed rock features and boulders compared to the other days. However, still using the same technique around the depressions proved to be highly efficient, and I finished 33<sup>rd</sup> of 46 finishers.

Day 4 was another middle distance race. The ground in much of the area was also much rockier, with areas of limestone pavement which made the going slower than the previous days. Day 4 was also the only day when it rained. The dominant feature in the area remained the numerous depressions, and I continued to mostly use these to navigate a relatively straight-line route between the controls, finishing 26<sup>th</sup> of 39 finishers. Day 5 was close to the area used by Day 4 but was the most significantly different in terms of the orienteering. The area was much hillier (I ended up doing about double the climb of any other day), with much fewer depressions, vaguer contour



*Day 3 map*

detail and, in some parts of the map, distinct rock features. There were also more paths that could be utilised for parts of some of the legs. This day also had the longest legs yet encountered. This different area necessitated a change in the way I approached the race, no longer being able to use the depressions so reliably to work my way between the controls. Instead, I placed greater reliance on being able to use the larger contour detail to navigate. Additionally, this was the first day where there was a real opportunity to follow linear features such as paths and walls for at least part of a leg. For example, for leg 10-11, I ran down the hill, following the paths and walls for part of it, until reaching the depressions immediately west of the control, from where I could then get direct to the control itself. Day 5 was also the day I made my largest error of the week. I missed control 6, passing probably about 25m upslope without spotting the flag. I then managed to lose contact with the map, convincing myself I was at a reentrant north of the control, when I was in fact south of



it, only eventually relocating at a path junction. Overall, this cost me about 5 minutes. I finished the day 34<sup>th</sup> of 38 finishers.



*Map extract showing part of day 5*

Overall, it was a highly enjoyable five days of orienteering. The navigation was much harder than anything that can be found in southern England, with a much greater need to concentrate at all times, maintain constant contact with the map and make continual adjustments to the route. Final positions were taken from cumulative time over the five days, I ended up 24<sup>th</sup> out of 38 who finished every day.

## James Wilkinson

**karst** - area of limestone terrain with sinks, ravines and underground streams

**doline** - a shallow funnel-shaped depression in limestone regions

# AI again

In January's Legend Tom Cochrane wrote about generating a cover for Legend using AI (artificial intelligence). Here is another example that I received as a birthday card. The prompt that generated this image is:

An oil painting of a sunny day in the grounds of an England country house that's holding an orienteering event. In the distance is an orienteer about to "punch" at a control point.



# Armchair orienteering

In January's Legend we mentioned the website:



[Map collection: Course of the Year 2022 - Orienteering maps of the world \(worldofo.com\)](#)

## Countries



On the right-hand side of the web page you will see a block of country flags. If you hover your mouse over a flag it will display how many maps you can access for that country. Click on the flag and you will be able to look at the maps. The first flag is Albania where seven maps can be accessed, the second is Algeria and so on. For GB there are 3,177 maps, USA 3,621



maps, Norway 58,480 and Sweden 82,197. Hours of armchair exploring . . .

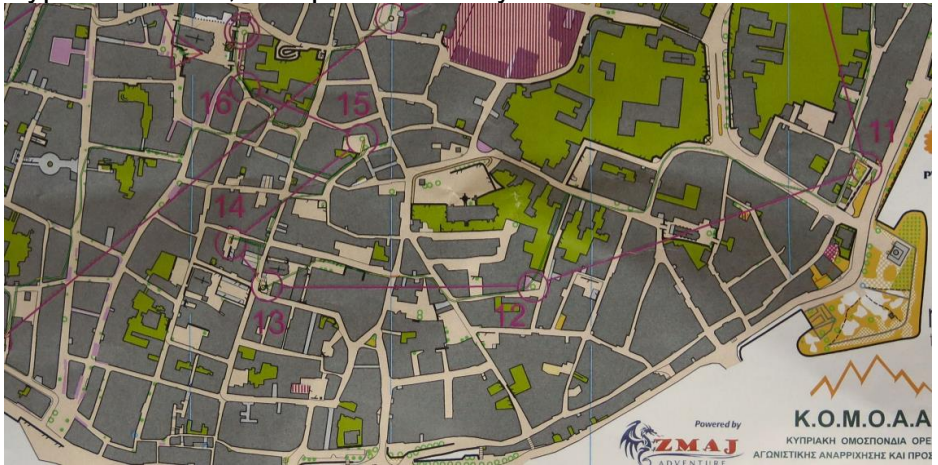
There are some areas where not many of us will have orienteered. For Tunisia there is orienteering in an oasis:



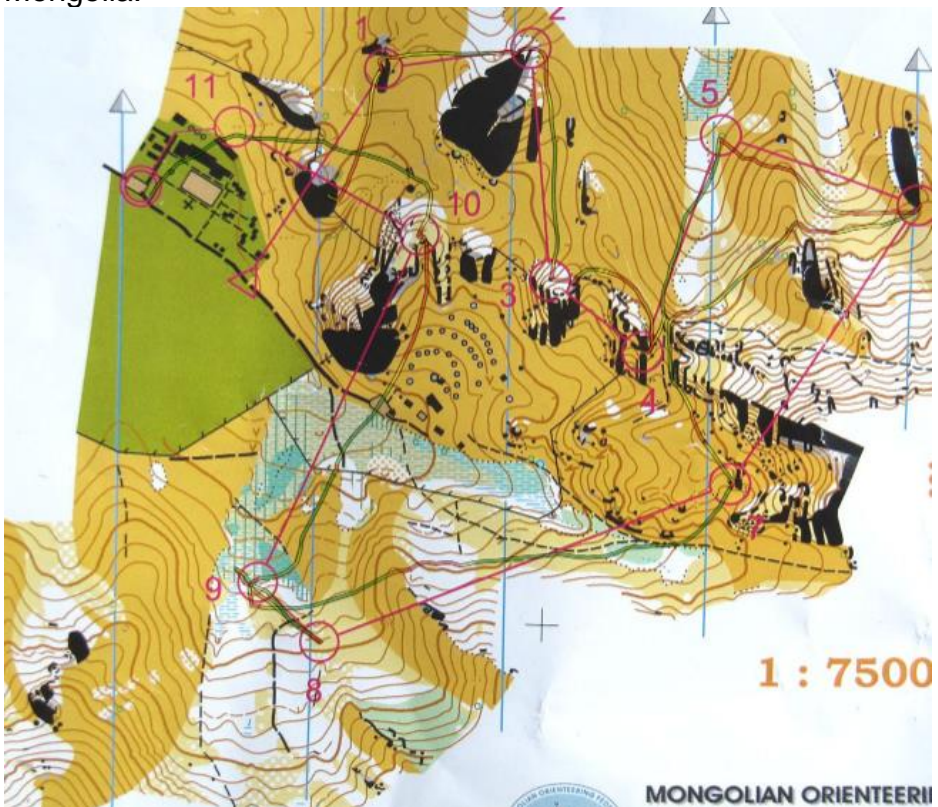
In the Bahamas there is the Clifford Park Botanical Gardens in Nassau:



Cyprus. Nicosia, with part of the city walls:

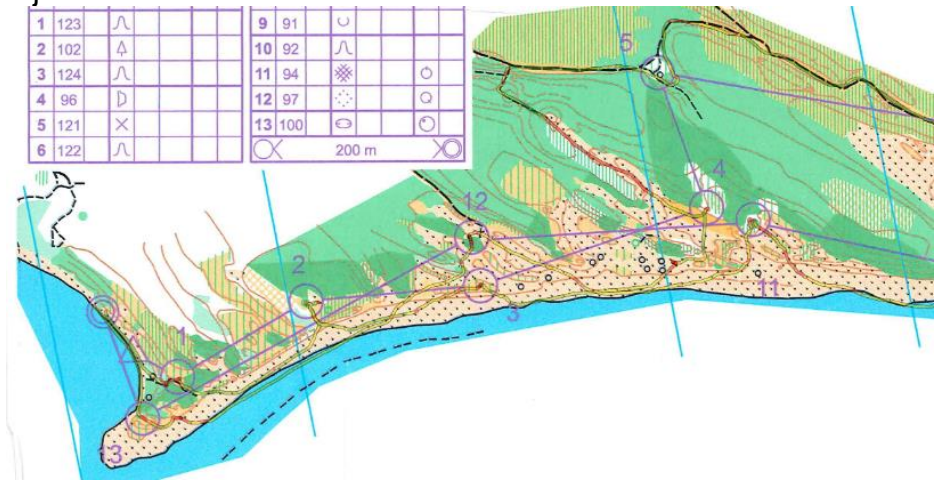


Mongolia:

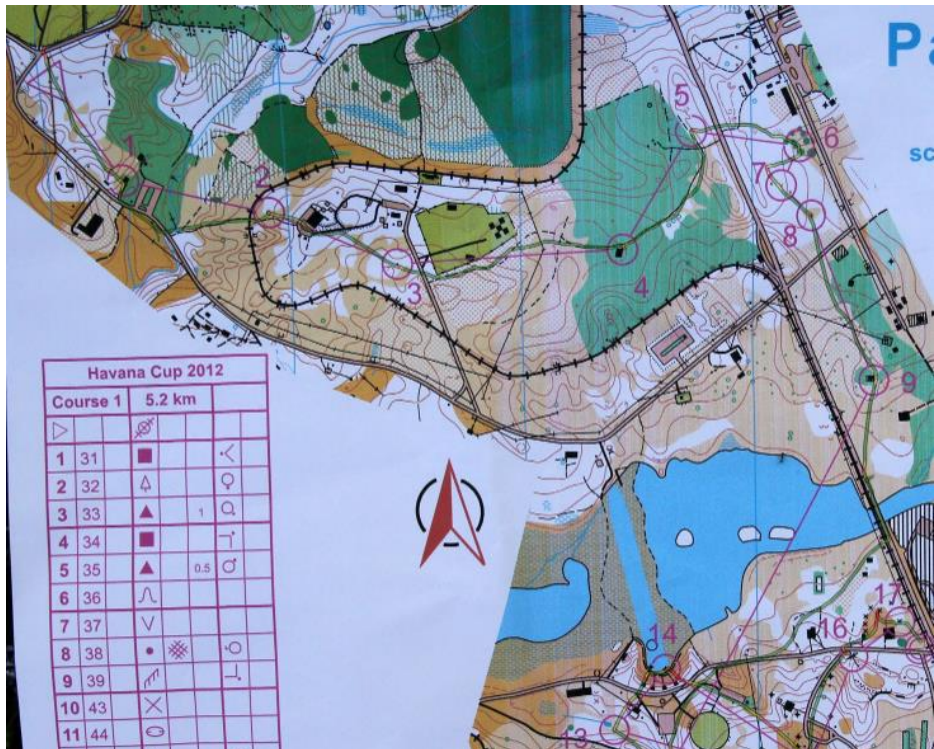




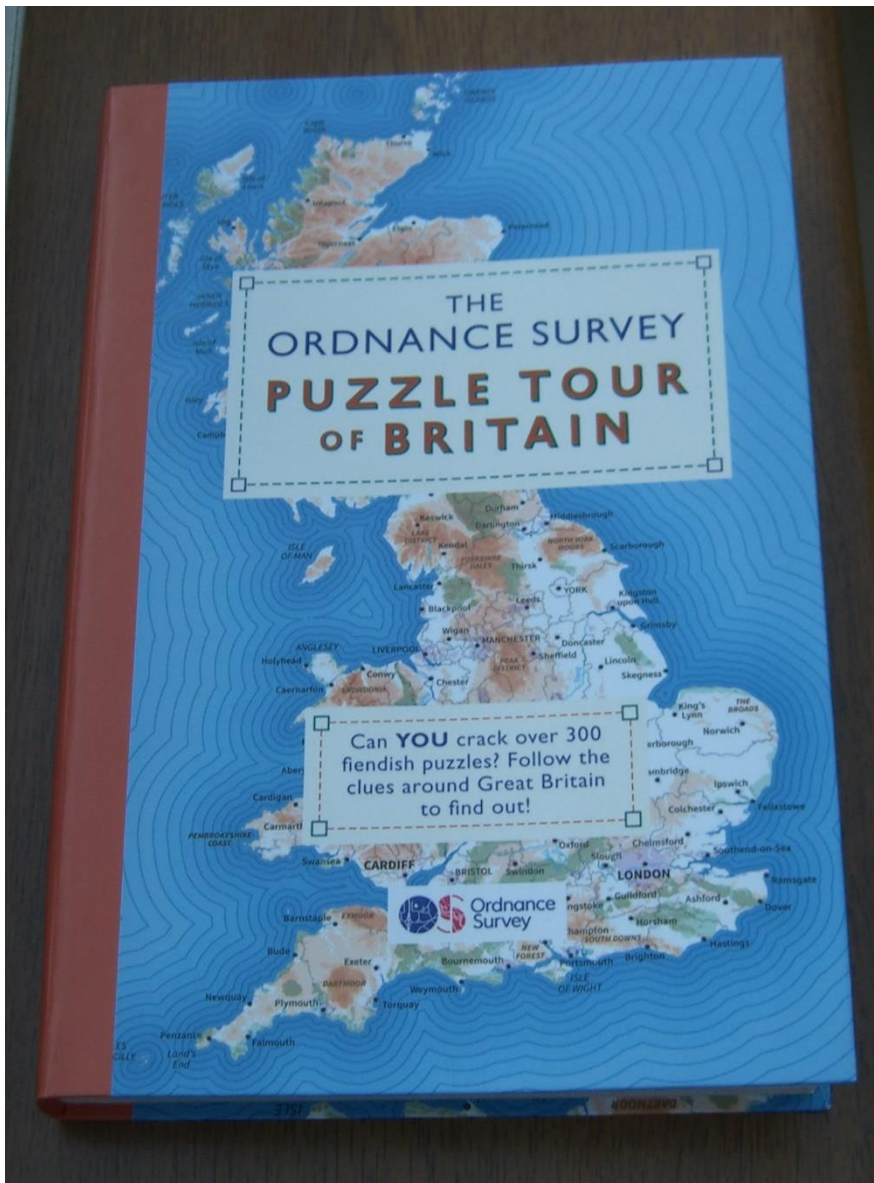
Fiji:



### Cuba. Lenin Park:



# Ordnance Survey puzzle book



An obvious choice for people who like puzzles and maps. There are 40 areas of Great Britain that have been chosen for a segment of map with associated snippet of history and puzzle questions

The format is one page each on:

- **“The story”** e.g. “The factory in a garden”, a brief history of Bournville village
- **Eight questions**, two each classified as easy / medium / tricky / challenging, which one has to answer by referring to the map on the opposite page. Examples are:

*Medium:* can you find all three “green” Monopoly street names on the map?

*Tricky:* Starting at 524, travel in a straight line to an island. From this island, travel in a line that is parallel to the first line you followed, and stop this line when it reaches the same altitude as your starting point. What building have you arrived at? (*524 is the height next to a triangulation pillar. The answer is a “Brick Works”.*)

- **Map.** These are of various scales, including O.S. Explorer enlarged to 1:20,000, Open Map Local Vector at 1:8,000 and O.S. Road enlarged to 1:210,000. Our Bournville example is O.S. 25-inch dated 1903 and is “hand-tinted”.

There are 40 sets of story/questions/map covering Scotland, Wales with England divided into six areas.

Between the story/questions/map pages there are also outline maps of islands to identify; some of these are obvious and well-known while others are obscure: have you heard of Scolt Head Island? (It's just east of The Wash.) if there is no outline map to

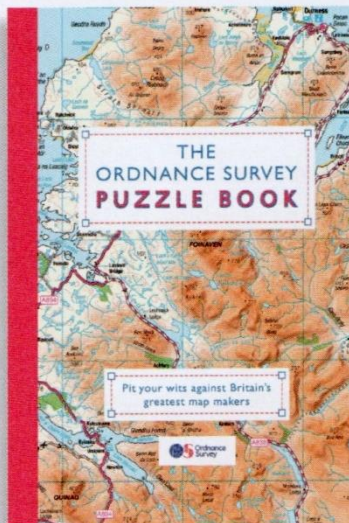
identify then there is a *GET OUTSIDE!* page where various outdoor personalities tell about themselves – their favourite walk or view and why people should visit their particular area.

And at the end of the book there is one “master puzzle”. Well, not quite the end of the book as they do give the answers to all the puzzles!

A book that will keep you busy for a long time; as well as the puzzles, you can dip into it to find out facts about your favourite areas. Map 5 covers Gloucester, Stroud and Wotton-under-Edge and down to Yate.

And if you manage to finish the book there is also:

Fancy brushing up on your map reading skills  
and solving an array of fiendish puzzles?  
Why not get yourself a copy of *The Ordnance  
Survey Puzzle Book* and pit your wits against  
Britain's greatest map makers?





# Bertie goes to BOK



Interrupting my recurring dream of winning an orienteering event, any orienteering event, there was a gentle coughing sound, like a diffident sheep on a Welsh hillside trying to attract the attention of his shepherd. The impossible dream faded to reveal that Jeeves had materialised at my elbow. He has always had this habit of making me jump and I still haven't got used to it. He waited until he judged that my heart rate had returned to normal.

"As you are desirous of orienteering as much as possible at the present time, sir, may I draw your attention to a Bristol Orienteering Klub event at Clifton in the city of Bristol?"

"You interest me strangely, Jeeves, spill the beans!"

"Certainly, sir, the details are as follows."

And Jeeves spilled the beans in overwhelming detail, enough to feed an army for a month.

"A Sunday did you say? Do they have trains on Sundays?"



“Oh yes, sir, but not as early as one would wish. The earliest train to Bristol departs Cheltenham Spa station at approximately half past nine.”

“Half past nine! That’s the middle of the night!”

Still, I decided to go and Jeeves entered me for the Blue course, there being no Brown.

I duly caught the first train from Cheltenham Spa on the Sunday morning. I must say that it kept to time but, as it stopped at every station on the way to Bristol, if it had been any slower we would have gone backwards and ended up in Birmingham. Changing at Temple Meads I caught a “parliamentary” to Clifton Down. I was amazed at how busy the train was at eleven o’clock on a Sunday morning and there was even a little man rushing up and down the carriage handing out tickets to people who crossed his palm with silver (or a credit card).

At Clifton Down station I followed a large crowd off the platform and found myself on a busy street full of shops and cafes. I was keen to get moving and get orienteering but everyone else was moving slowly and only seemed to be on the lookout for grub. One joint was called “Boston” but it’s beyond me why there was a large crowd queueing up at this time of the morning to partake of its advertised speciality: “tea parties”.

Eventually the shops and tea parties gave way to a large, grassy area, obviously the Downs. It now dawned on me that I had forgotten to check the exact location of this orienteering binge and it was a relief to spot a couple of feather banners in the distance. As I homed in on the banners, I began to recognise some of the usual suspects lurking in and around the Registration tent. It was already about halfway through the start window so I swiftly doffed my jacket and donned my trainers and biffed off.

Unlike Mr Lineker's preferred sport this was not a course of two halves but more like five. There was a grass and bush section, a street section, then a very complicated bit with various shades of green and lots of narrow footpaths, then streets again and finally more grass and bushes. So much for the technical description of the course.

At 1:5,000 the map was pretty big and the course started with a bit on the common where the bold orange representation of the grass was disfigured with lots of splodges as if someone had had an accident whilst filling a fountain pen with dark green ink. Now I'm not saying that the dark green splodges representing the bushes were inaccurate but they might have been for all the help they were to Bertram in finding his way around.



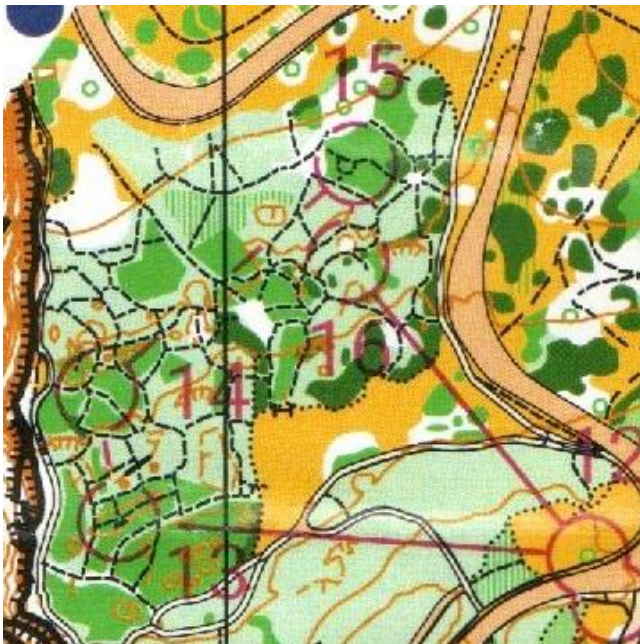
*"... an accident whilst filling a fountain pen ..."*

Luckily there were only five controls hiding under bushes before we moved on to residential streets where another green – olive – abounded. This section looked much neater on the map; I think that the olive green had been carefully coloured in on a rainy Sunday afternoon by someone who had only a blank map and a felt tip pen to keep themselves amused before a teatime that was several hours distant.

These street sections were quite easy and, if I had been fitter, I could have tooled along at a rate of knots. But it was a Sunday,

and therefore logic requires it to have been a Saturday the night before – this means that Bertram’s attendance had been compulsory at the Drones Club and also means what Jeeves describes as a “late evening”. In fact, it was more like two o’clock the next morning. What I’m trying to say is that I wasn’t at my brightest. But with proceeding more slowly I was able to look at the scenery, mainly houses of the well-heeled; if I ever leave good old Cheltenham I could live in one of these.

But then another thought struck me. These large, solid, very respectable houses are just the sort of places where aunts live – aunts who disapprove of innocent fun and a few drinks at social gatherings and, worse still, want you to give up orienteering and settle down with “a nice gal from a good family”. I shivered at the thought. As you know I have too many aunts and all, apart from one, are blots on humanity and are to be avoided at all costs, as orienteers try to avoid dark green, and marshy areas, and thick undergrowth.



*“Walk-O”*

The end of this quiet, pleasant urban section, where only the occasional dog walker was to be encountered, saw Bertram crossing a busy road and entering a very complicated wooded area with many paths, contour features and green patches. I use the word complicated advisedly as there were many grey shades of chaps running hither and thither in an ancient Greek underworld atmosphere of great woe and gnashing of teeth. My swift intelligence enabled me to probe to the bottom of this thing – the answer was to slow to a walk. And so I emerged quickly on the other side of this orienteering Hades to take to the streets again and leave all the ranygazoo behind.

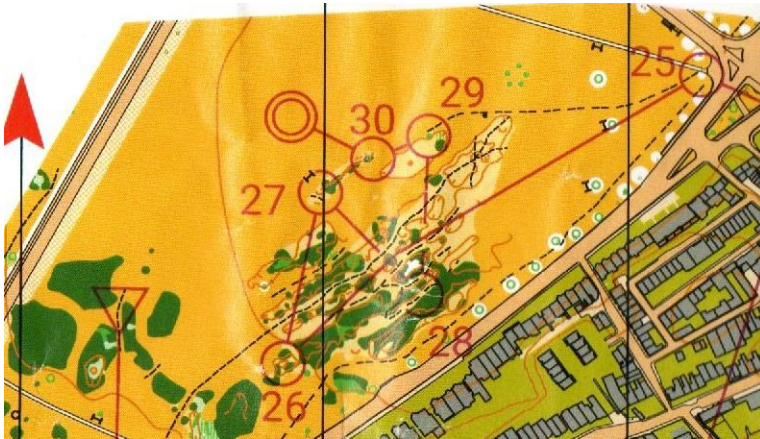
It was the same streets as before but not so enjoyable this time as my brain kept seeing images of aunt calling to aunt like mastodons across the primeval swamp. My route also passed a large public school, which was the spitting image of the one that I had attended. My abiding scholastic memories are of the many times at the end of assembly where the headmaster announced that he was looking forward to seeing Wooster, B. of the lower third immediately afterwards; these interviews were invariably painful, both mentally and physically.

It was approaching control 22 that I was puzzled to see a large dotted black line on the map and it wasn't until I got there that I realised that this indicated a railway line and that 22 was on the station platform, at the bottom of the stairs where I had alighted only a couple of hours previously. Why hadn't I noticed this? Ah, of course, there are two platforms and I had alighted at the other.



*"Train-O"*

Just a couple more controls and I would be back on the Downs for the final stretch. I made sure that I avoided the busy street with the crowds outside Boston looking forward to a tea party.



*"Be more careful-O"*

Reaching 25 I reckoned that the best way to 26 was by running along trees lining the road and then nipping "inland". Any bookie would have given you 100:1 on that I would run past and look for 26 in the large green blob. Peering into that jungle I thought I saw some red and white and made my way (with another mug, I hasten to add) all the way round looking for a way in before seeing 26 laughing at me in plain sight. From there the remaining controls were a doddle and I sprinted to the Finish in great style, even if there was no one watching.

Having changed and thanked the Controller for a fruity course I looked at my watch and at the railway timetable – I had just missed a train and the next was an hour away.





## *Pine martens*



We reported in the October 2019 Legend about the release of pine martens, one group in the Forest of Dean and the other in the Wye Valley. In January 2023 the BBC reported that volunteers were being sought by the Gloucestershire Wildlife Trust (GWT) to track their movements; the volunteers would be expected to set up camera traps and carry out poo surveys.

It is hoped that the two groups of pine martens will one day meet up and that this will maintain genetic diversity and improve their chances of survival. The martens were said to be doing well and recolonising their former range.

GWT says that “landscape connectivity” is the biggest hurdle to expanding the range of the animals. GWT is continuing with landowners and local communities to make connected landscapes a reality.

[Gloucestershire: Charity wants volunteers to track pine martens - BBC News](#)

# SLOW MAP

This seems to be a good description of what I always seem to pick up at the start of an orienteering course while most others on the same course pick up a fast(er) map.

But this slow map is different. Started during lockdown the idea is to work out the best routes to walk between the UK's main towns. There are plenty of computerised ways of finding the best routes by car or train or cycle but what about walking? With the backing of the Ordnance Survey, Daniel Raven-Ellison started to devise the best walking routes between towns and cities. How often have we worked out what looks like a good route on the O.S. 1:50,000 to find out one or more of these problems actually on the ground: mud, chest-high brambles, barbed wire obstacles, no stiles or gates or any sign of a path?

Searching for urban green spaces on the O.S. database increased nearly tenfold during lockdown. Walking routes on phone satnavs are often far from ideal and feature the scenic route rather than a direct route or else take the walker along a busy road that has no pavement.

700 volunteers were recruited during lockdown in 2020 to identify "slow routes" for anyone wishing to avoid cars or public transport on longer journeys.

For full article click on:

[\*Slow map: Mapping Britain's intercity footpaths - BBC News\*](#)

Also:

[\*The plan to connect every British town - BBC Travel\*](#)



# Brashings

## Control Description Crossword - answers

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

## **Wild Isles**

Episode 2 of this new nature series, with David Attenborough, is about woodlands and starts off in the Forest of Dean: it shows how the wild boar help feed the robins in winter by digging up the snowy ground to reveal earthworms. Incidentally, I have yet to see a wild boar in the Forest; how many of our readers have come across wild boar when out in the Forest - and under what circumstances? Let us know at [legend@ngoc.org.uk](mailto:legend@ngoc.org.uk) and we will publish your story in the next Legend.

## **LIDAR now on trains**

We all know about how LIDAR (light detection and radar) is used in the production of orienteering maps but the rail company Northern is now using LIDAR on its trains. The technology is being used in train-mounted cameras to detect infrastructure defects such as "bumpy track" or loose bricks in tunnel roofs. LIDAR was used by NASA to map the moon's surface (anyone for "moon-O"?). Full article:

[\*\*NASA tech innovating Northern's rolling stock | Rail News \(railtechnologymagazine.com\)\*\*](#)

## **Military League South entry fees**

These are now £8.00 for civilians instead of £7.50. BUT if you are an armed forces veteran you now pay the lower fee of £5.50.

## **A warm welcome to new members: -**

- \* Hugo Hedley
- \* Ed Wicks
- \* John Walsh

## **Corrections**

Two corrections from the January Legend. Apologies to Greg Best for not crediting him with extending the map of Cirencester for our urban event in June. Apologies also for the incorrect spelling of Nick Nourse's name.

## **Have your say!**

Are there any matters that you would like the Committee to consider? Contact the Club Secretary or any member of the Committee.

## **Articles for Legend**

We are always looking for articles and photographs on anything to do with orienteering. Send your article/pictures to [legend@ngoc.org.uk](mailto:legend@ngoc.org.uk). Thanks to everyone who contributed to this edition of Legend.

## **Disclaimer**

Views expressed in this newsletter are not necessarily those of the North Gloucestershire Orienteering Club.

