

# The Legend

Number 176

Newsletter of North Gloucestershire Orienteering Club

August 2016



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Cover Picture

Harvester Control. John Fallows runs computing whilst map issuers await business.

## Chairman's Chat

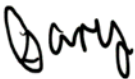
Looking back over the year as I wind down to the end of my term as Chairman, I feel very proud of NGOC. The committee, which has provided the backbone to the club for years, has been busy maintaining the standard which we have come to expect.

We have been up against it with permissions this year; every time we think an event is sorted, it changes. None more so than Simon's event at Cranham, which produced change after change until its successful running in July. This has been by no means the exception. So potential organisers must take changes into account, when normally things have been smoother.

Talking about events brings me on to the Harvester. This event is dying on its feet in terms of being a BOF major fixtures. We took it on in this knowledge, but decided we were going to do the best we could and spare no expense. With two experienced club members, in Pat and Paul, as officials, overseen by Russ, this is exactly what we achieved. Club members stepped up on the day and made it a well-run event.

Finally, but by no means least, volunteers are the life blood of the club. Time after time we see the same old faces, helping at events. NGOC is relatively small in numerical senses, but achieves a great deal. This can only be achieved with help from the membership. So don't wait to be asked, put yourself up for something, whether it be a committee job, event organiser or just helping with an event.

Well enough from me. I look forward to seeing you at the Chairman's Challenge on the 27<sup>th</sup>. Please remember to book your place for the event and bbq.



## Captain's Log

First off, many congratulations must be given to our two star ladies for each finishing third overall in their age classes at CROESO in July. Of course, I mean Judith Austerberry in W40L and Caroline Craig in W21L. Well done!

Now on to The Harvester. While Croeso was a wonderful 5 day festival of orienteering, attended by a large group of NGOC members, I think that our Harvester was equally memorable. Cleeve Hill proved to be a great area for this over-night competition, requiring good navigation and map interpretation in the tricky quarried areas and fast and furious running in the flatter parts. As expected, Pat and Paul did a terrific job as the planning and organising duo. Pat planned some great courses and Paul's organisation was spot-on, with some novel ideas.

The hub for the night's activities was Andy Creber's magnificent marquee, which was erected on the common itself, and afforded some great views. It was the social venue before the orienteering began, hosting the quiz and sales of Steve Williams' Bespoke beers. Tom's burger van was also in attendance serving burgers and bacon rolls for supper and breakfast. Later in the night, the marquee was the pre and post run shelter, changeover, social centre, download and computing hub.

Happily, NGOC managed to put out an impressive five teams, two in the longer 7-leg A relay, and three in the shorter 5-leg B relay. Quite a number in our teams were Harvester debutees, and this was particularly pleasing for me, as I think it's a great event so I find it difficult to see why more people don't take part. Working out when and where to sleep, if at all, is one of the special challenges of The Harvester. While most of us pitched a tent in the NGOC tent enclave and tried to get at least some sleep, others preferred their car and some chose to commute from home in time for their start. Scott as usual, did it his own way and just lay down on the grass inside his bivy bag! I put up my tent, but it turned out that it's only use was for storage. With us having so many teams and the excitement of it being "our" event, the idea of getting sleep was just fantasy.

The first runners set off before midnight into the eerie moonshine and before long there was an entertainment show of distant lamps, bobbing

about, confused in the complex quarries. It was clear that finding controls in there at night was not straight-forward.



*The attractive pack of 3 Steve Williams Bespoke beers, complete with Cleeve map, presented to winners*

Each of our 5 teams completed successfully with no mis-punches (unlike various other times). Although, we had no podium places, we didn't do badly. In the A class, we came 7<sup>th</sup> and 12<sup>th</sup> out of 15, while in the B class, we finished, 10<sup>th</sup>, 12<sup>th</sup>, and 15<sup>th</sup> out of 22. There were also 3 non-competitive teams, making a total entry of 40 teams, which was a rather disappointing entry, considering that we had made such a great effort to make it a success. Forth Valley did not have furthest to travel this year, as there was even a team from Finland! However, it was heartening to hear so many favourable comments after the event, regarding the courses, the area, the map and the organisation.

Well done to Judith for stepping in and running a second leg, after John Fallows was unable to escape his computing duties. No wonder she's so quick!

And as for me, after staying up all night and then collecting in some controls the next morning, it was eventually home to bed and a 14 hour sleep.

Greg Best

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# John Disley – Olympic Athlete and Orienteering Pioneer

*[Chris James was a long-time friend of John's and is another British orienteering pioneer. This article is a precis of Chris's recollections of John, and the early years of orienteering in the UK – Ed.]*

John was an Olympic 3000m steeplechaser who won Bronze at the 1952 Olympics in Helsinki. He was probably favourite for the Gold 4 years later in Melbourne, but John was ill, and it was his fellow runner Chris Brasher who took Gold.



*John Disley (no 20) and Chris Brasher running a 3000m steeplechase - good practise for orienteering.*

In the early 1960s orienteering was beginning to develop in Scotland, with Swedish help, including that of Jan Kjellstrom, but it wasn't until the mid 1960s that John started a regular series of events in Surrey. Chris Brasher had also 'found' orienteering by this time, and the two of them effectively drove the early development of orienteering in this country. From these early beginnings, eventually, there emerged an English Orienteering Association, and the British Orienteering Federation, with Chris James first playing a central role as Fixtures Sec, and later Chairman. In 1966 John was instrumental in getting the first British orienteers to venture to the World Championships in Helsinki.

The sad death of Jan Kjellstrom in a car accident in 1967 prompted John and Chris Brasher to invite Swedish orienteers to Surrey for a commemorative event. Two weeks later, after a change of venue, and planner, the first JK took place on Blackdown, the venue for a local event the week before. The first JK venue, it had been decided, was unsuitable, so Blackdown was attacked from the other end. So much for 2 year embargos, 1:7500 maps scales and boulders 1m high!



In those days OS 1:25,000 maps were used, with features shown on the map being described as 'the' feature, and those used but not mapped being describes as 'a' feature – another John Disley idea.

Now with the bit firmly between their teeth John and Chris set about cementing the status of orienteering in the UK by bidding for, and winning, the staging of the 1976 World Orienteering Championships, supported now by the British Orienteering Federation under the then chairmanship of Chris James, NGOC!

As one might expect from such adventurous and enterprising characters



*John Disley CBE, 1928 - 2016*

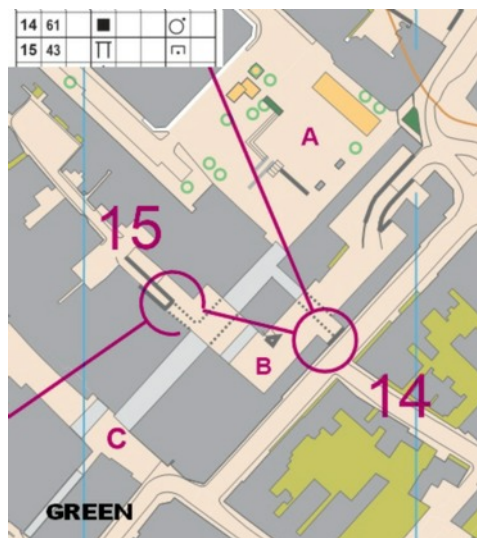
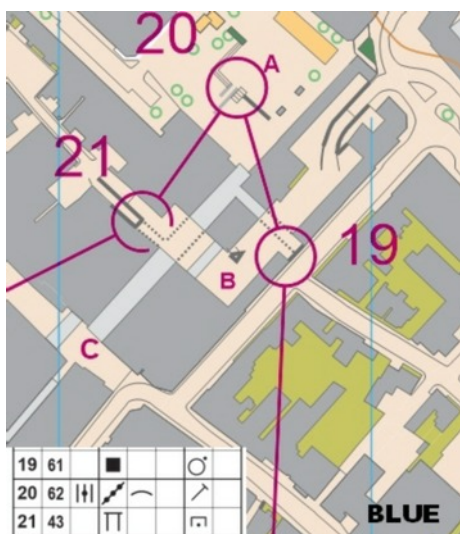
it wasn't long before John's attention turned elsewhere, and although he always continued to support orienteering, in 1979 he ran the New York Marathon. So taken was he by the scale and excitement, in 1981 he and Chris Brasher between them founded the London Marathon, and John remained closely involved with it right up to his death early in 2016.

## **Multi-level Mapping - Pat MacLeod**

.There was quite a bit of head scratching around King's Square in the recent Gloucester City league event, and a lot of discussion after download as to how the area should have been mapped. For the Triple Gloucester last year we consciously dodged the issue by mapping the upper level effectively as buildings, and not placing controls there; it was a higher profile event and we were keen not to generate too much controversy in our first serious urban event. This year, however, as planner as well as mapper, and for a much more low key event, I thought it worth trying to add a bit of challenge, in an area which generally does

not have much, and to see whether we could create fair and technically consistent courses.

Looking at the course map extracts, A is King's Square, a large paved area at ground level. It is surrounded mainly by shops, which have an L-shaped paved service area pivoted about B. This area is at ground level at either end, but rises to first floor level up the ramp at the Northern end, and also next to the tunnel entrance by control 15/21. A shopping arcade – King's Walk - runs at ground level from C to emerge into King's Square. It has a branch to the left part way along, emerging past 15/21, and another to the right which emerges again at ground level within circle 14/19.



Control 14/19 is on the end of one of the service buildings at first floor level, directly above the point where the arcade branch emerges onto the street below. Control 15/21 is at the entrance to the tunnel/arcade at the point where the adjacent paved area rises to the first floor service level. This control seems to have caused no problems.

The Green course runners would all have approached control 14 through King's Square. Many, it seems, went through the arcade, emerged onto the street, then turned back in and sought a route up to the first floor level using the stairs and lifts in the arcade, none of which are mapped. Had there been a valid route that way it would have been. I heard that there was a bit of a procession of people trying various ways to get out, some

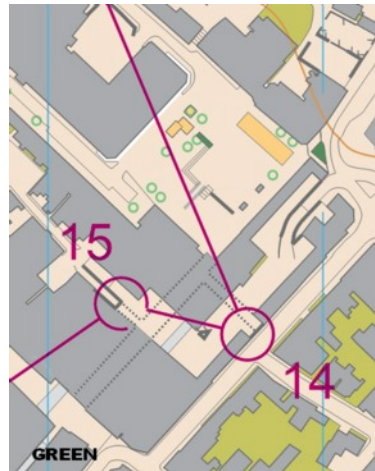
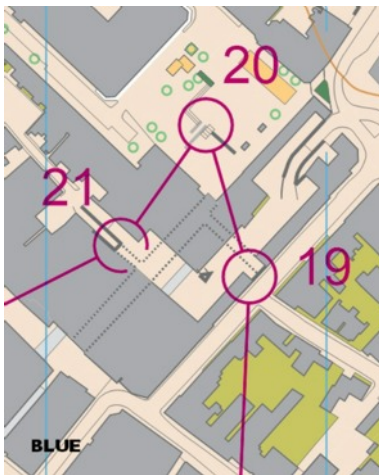


going up to the second floor, whence they could look down onto the target area, but could find no way to get there.

Blue course runners approached from the South, and seemingly had various options – go through the arcade at C, try the tunnel at the control, or – correctly – run past the control on the road, and come up the service ramp at the Northern end of the service area. Many took the arcade route at C, and hit the same problem as the Green course runners – wrong level in the control circle.

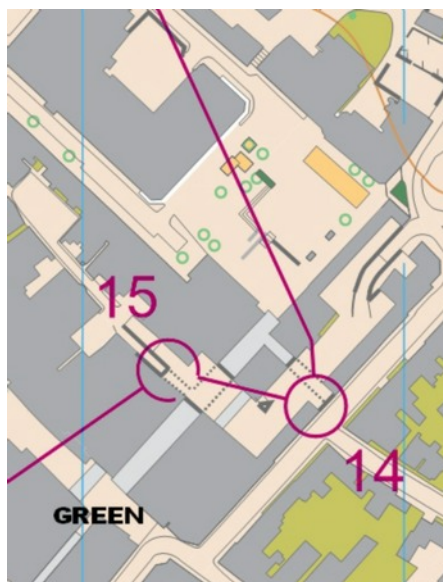
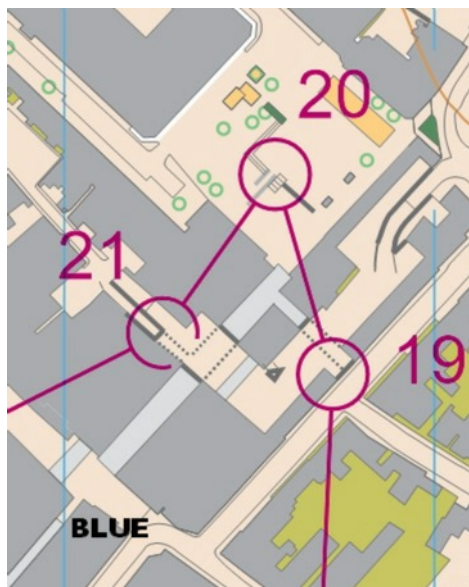
So, the key question is how could the mapping of area have been improved, so that whilst runners would have had to think, the best route would have been more clearly discernible from the map?

The most common comment at download was that the canopy symbol confused rather than clarified, and that mapping the entire arcade as tunnel would have been better. It would then have looked thus:



It is difficult for me to judge whether this improves clarity or not – I am too familiar with the area, and so both say the same thing to me.....canopy or tunnel, there is something above you. However, I suspect that mapping all of the arcade as a tunnels does perhaps help to show that the paved area is on a different level, and that being in the tunnel is no help when trying to get to the paved area which is on top of it. Several people said that they were confused by the mix of canopy and tunnel. The only way out of the tunnel to control 14/19 is out the side tunnel past 15/21, round the wall, and back towards the target control.

Another option, put forward by Ed Stott, who wasn't at the event but has looked at the problem, would be to keep the canopy, but use the impassable wall symbol to mark the change from canopy to tunnel.



This is perhaps the best way to map the separate running levels. On the ground floor running level the impassable walls mark the end of the canopy, and indicate that there is no exit from the canopy onto the paved area, but the tunnel shows that there is a way through beneath it. On the first floor running level the walls correctly show that there is similarly no access to the canopy. On reflection this looks to me like the best option.

All that said, looking carefully at the map, and the control description, it is clear that control 14/19 is not in the tunnel, nor is there any way to get to it from the tunnel beneath it – there are no stairs mapped, and an impassable wall seemingly at the end of the tunnel (which in fact doesn't block the tunnel – it is on the level above, but either way it says there is no access to the control from the South East). So going into the tunnel is not a good idea, and whilst it might seem from the original map that one can emerge from the canopy to the paved area, the mapped tunnel would serve no purpose in that case, and mapping it would be pointless. By implication, therefore, the tunnel is a continuation of the canopy, but has more than canopy above it. Easy to say, of course, when you know the area well!

King's Square isn't the Barbican, but it certainly caught out quite a few experienced orienteers. The question is, was it their own doing, or did the map mislead? And if the latter, did it do so fairly, or should the area have been mapped differently? If so, how would you have done it?

If you have a view, send it to me – [equipment@ngoc.org.uk](mailto:equipment@ngoc.org.uk) - and I will collate your thoughts in the next Legend.

Pat Macleod

### **The original JK Event – A few memories - Chris James**

It was in the early period of 1967 that Jan Kjellstrom was sadly killed in a winter motoring accident in the North of Sweden his native country. He was the son of Alvar and Ebon Kjellstrom and nephew of Bjorn Kjellstrom the brothers who established Silva Compasses AB. He had been acting as an ambassador for the firm by promoting the Silva Compass to nations newly involved in orienteering. We had seen quite a bit of him as he helped and mentored us to establish the sport and provide training within the UK. Some from the UK had also been over to Sweden to meet his club Rotebro from the Stockholm area.

On receiving the sad news Chris Brasher and John Disley decided to invite Jan's parents and members of Rotebro to Surrey for a commemorative event in Jan's name. With less than 2 weeks' notice John realised that he needed a Planner/Organiser to find a suitable area, plan the courses, and make all the necessary arrangements. At the time I was working at Kingston-upon-Thames College of Technology on the opposite side of the road to Surrey County Hall where John worked as the County Sports Co-ordinator. John tracked me down and I agreed to use my free Wednesday afternoon off from work. I checked out the area he suggested called Marley Heights not previously used for orienteering. On visiting the area I felt rather doubtful about it. So on the Saturday Frank Milner, previously of South Ribble OC, agreed to further explore the area with me. After much searching we felt that the area was certainly not suitable as the ridge area was rather built up with large country houses with only thin strips of woodland surrounded them.

So next day at the Sunday event over Blackdown, Surrey organised by Martyn Hyman a crisis meeting was called. With John Disley, Chris

Brasher and Martyn Hyman it was decided that given only 6 days left we should use the Blackdown area again as Martyn felt permission would be forthcoming. The JK event would be planned and started from the opposite end of Blackdown in the hope that many would be unaware!

My problem was now my lack of suitable time to accomplish the planning task. However a student at the College, Tony Walker, indicated that he could achieve the task. So in effect he became the Planner and I acted as Controller. We succeeded and gave the Swedes from the Rotebro Club a taste of what we could offer. All went well and we pulled it off. Can you imagine this happening in the current situation when arrangements start as early as 4 years before each JK event?

In the following year we again held the event in Surrey before it went to the NEOA in 1969 which included the first JK Relays. Even here the organisers were faced with very significant weather issues. In the week prior to the whole event there was a very heavy fall of snow that made Slaley Forest the Relay area inaccessible. The solution was to move the event to another part of Wark Forest used for the Individual races less affected by snow and access problems. Could we purchase sufficient copies of the original OS 1:25,000 map to give each competitor a copy? An approach was made to the OS in Southampton. They were able to confirm that they held sufficient copies of the map but could not supply them with less than 2 weeks' notice. At this point Chris Brasher intervened by putting a telephone call through to the Director General. The maps were released and picked up but there were still courses to plan and maps to be drawn with only a day or two to achieve this. Tony Walker and Pete Simpson went out and planned the relay courses and then sat up all night drawing up the individual map for each competitor. This event was also a great success!!

To my knowledge there have never been such significant problems again though, no doubt, there are other tales to tell.

## **Results:**

JK '67 was on 19th March at Blackdown, with the men's and women's courses won by Gordon Pirie (NUT) and Jenny Tennant (SN). The JK Trophy was awarded to the best team entered which proved to be the C team from IK Stern, Gothenburg. Both Stern and Rotebro sent quite strong teams to the event.

JK '68, Ludshott & Bramshott Commons, Hindhead:

Senior Men, Jonathon Thomson, (RMOC), Women, M Pinel, Rotebro  
JK Trophy, Rotebro

JK '69, Wark as you describe

Senior Men F Dvorak, Women J Sevcikova, Relay (JK Trophy) EUOC

JK '70, Clumber Park North & Alderwasley (Relay)

Senior Men Geoff Peck EUOC, Women Carol McNeill WOS, Relay GULAR  
(Norway)

JK '71, Leith Hill & Holmbury Hill (Relay)

Senior Men P Andreasen (TOL), Women Sue Banner (WCOC),  
Relay OK PAN Kristianstad (Sweden)

### **Black Mountains MTBO Govilon June 2016 - Gill Stott**

There are monthly Mountain Bike Orienteering events around the Black Mountains during the summer months. These are in the form of a 3.5 hour score event, starting and finishing in a local village hall.

June's event began in sunshine from Govilon village hall. It's wise to spend a good few minutes after starting, planning a route which will:-

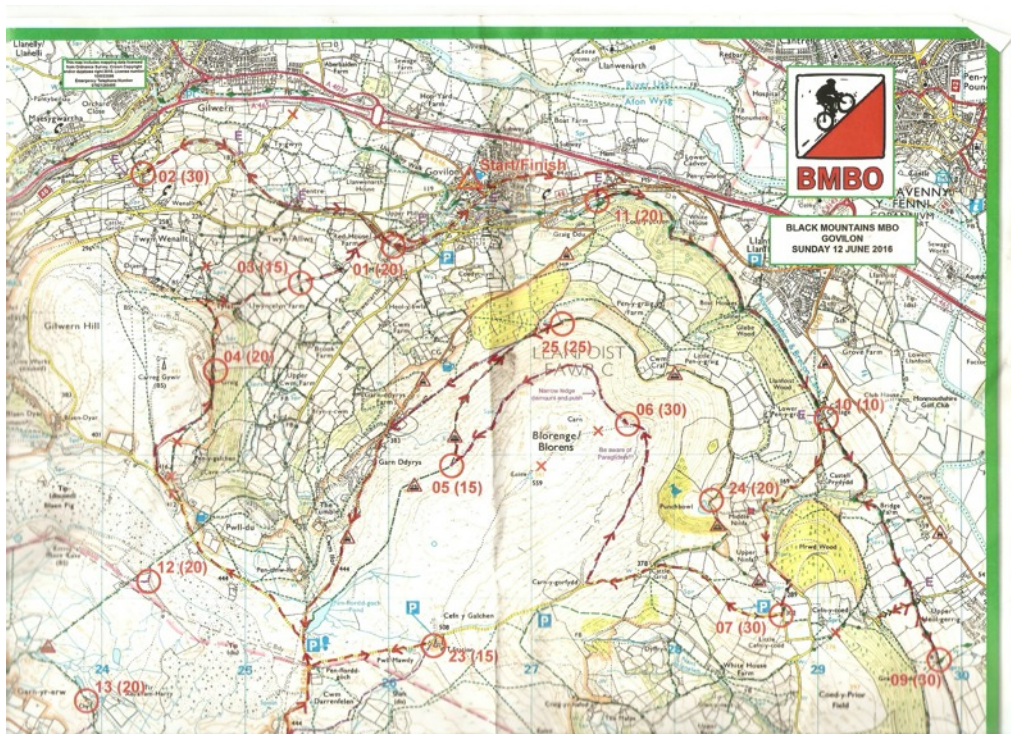
- a. maximise your score
- b. minimise distance and climb
- c. be achievable in the time frame – penalty points for being late!
- d. avoid hard rocky climbs – better to come down rougher tracks than go up them.

The event allows for all abilities. If you don't like mountain climbing, then for this event you could tootle along the canal path quite happily and pick up points.

I set off with all good intentions. The usual dilemma of going round clockwise or anticlockwise I made a quick decision on, only to wish I'd done the opposite later. It was good for me to set off along the canal path south east then started to pick up controls up the slopes of the Blorenge, #24 and 7. On the way up to 24 I was a bit alarmed to be overtaken by a rather large, older man on his bike. The slope was steep, I was out of the saddle yet he floated past with enough breath to offer



greetings and floated into the distance. Wait. Was that a slight whirring sound I heard? Surely not! Yes it was. Apparently it was all above board, to go electric, and the rationale was that it was good to encourage all types of people to enter.



Then, half way up the mountain, after the first hour and a half there was a crunch down below and I looked down to see my bottom bracket dragging along the ground. Painful. That was that! I suppose all that can go wrong with foot orienteering is a shoe malfunction, losing a dibber or map or both. The problem was I was well up south of the half of the above map portion. I could have walked back along the canal but I can't walk far. I phoned the event centre and was picked up by the organiser after being ordered to man up and glide down to the bottom of the hill. We raced back to get back in time for him to log in the first finishers. Then I had a lecture on how, had I the right tool ( a chain de-linker) I could have unhooked the dérailleur and fitted my bike up as a fixed wheel on a mid gear. Apparently I for Powell did this once or else he scooted round the rest of his course. I've got a lot to learn then!

Meanwhile Andy managed to fold his map in a way which obscured where he should have been going – his route is marked on the excerpt and you may be able to spot his extra mileage. All great fun though. Back at home I realised that it would have been better for me had I gone to the western side of the map then looped round to finish on the eastern side....next time!

Nearly all of these events are on a Sunday so may not clash with NGOC events. The next events NGOC readers might be interested in is in October

02/10/16      ***Black Mountains MBO - Event 6 Wye Valley***

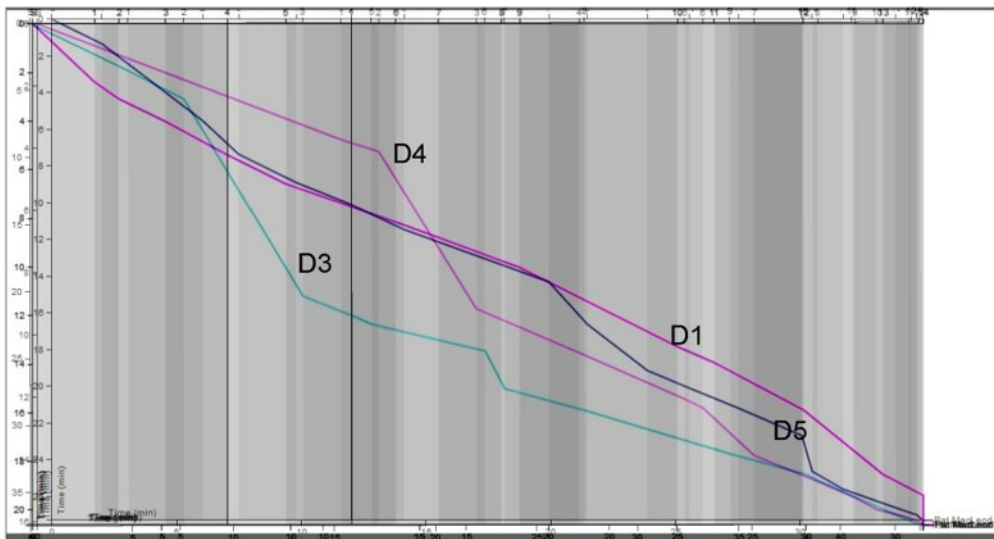
On our doorstep. The map is 1:25 000. You don't have to be an MTB expert but you do need a bike which will go off road. It is fun and we stick to minor roads and bridle tracks. No routegadget but we all compare Strava traces which allows 'fly bys'.

I am planning an event from Soudley village hall on 20<sup>th</sup> November. This event will be in winter mode and only 2 hours. But 2 hours cycling around Staple Edge and Blakeney Forest. Maybe some of you might be tempted to come? Shirley Robinson has won a (small) bottle of champagne and medal in the past! If you can ride a bike then it's worth a go.

### **Croeso 2016 - Pat MacLeod**

I always look forward to the quadrennial Croeso events – great areas, good company, relaxed organisation, and plenty of opportunities to help out here and there. Twelve years ago I found myself ferrying an injured runner off the area and down to First Aid, after helping Paul Taunton with control setting. Then 8 years ago Roger Coe organised in Wentwood, Paul planned again, and I generally helped out here and there. At Aberystwyth I did parking for BOK, and traffic handling for SWOC, and this time round I got the pick of the days to organise....Day 2 at Kenfig, following in BOK's well made footsteps. The only downside was not being able to run on the lovely Northern part of Kenfig. Having visited the area several times to understand the logistics of the arena and starts, I would have loved to run both Kenfig days, but had to make do with just the first. I did suggest at download that day that I be flagged as non-competitive, but they couldn't be bothered, and anyway I wasn't exactly competing for a podium place.

As it turned out, though, Day 1 was my most consistent, though far from competitive, day, as my consolidated Splitsbrowser chart shows. Having fallen off my bike 3 weeks earlier, and landed heavily on the base of my spine, running was still very uncomfortable by the time Croeso came round, so I wasn't expecting good times, but I was keen to reduce the number of mistakes I invariably make. Sadly things didn't work out that way. Apart from a reasonably straight line on Day 1, I managed to screw up one or two controls every other day, and the evidence is there for all to see in Splitsbrowser, which to my mind is the best tool available to



show you how good an orienteer you are, if you take pure running speed out of the equation. If you haven't used it, you should give it a try – we publish a Splitsbrowser link with our results on the club website. My goal is a straight line in Splitsbrowser, which indicates consistent navigation throughout the course.

On Day 3, in Margam Forest, after 2 legs through horrible woodland I completely blew the longish leg 3, got way off course, and bounced between the tracks bounding the block of forest until I finally homed in on a control which was TD3 at best, given sensible basic compass work. Then on a short leg I got lost in the bracken and circled the control before stumbling upon it. Splitsbrowser is very good at highlighting how severe an impact on your overall performance you incur by a relatively small time penalty on a short leg.

Day 4 took us to Llangynidr, an area where I have never managed to nail a long leg satisfactorily. So my heart sank when I picked up my map to find a 1500m first leg, to a control that looked like the smallest marsh it's possible to map. However, the Southern part of Llangynidr is dominated by fewer, and more distinctive, holes in the ground than the Northern and eastern parts, so I was able to steer a course from large hole to large hole and so to the first control with huge relief and no small sense of achievement. Then it went wrong. No problem to no 2, passing Paul Taunton backtracking to no 1, only to screw up on leg 3, as my GPS plot



shows. I went the wrong side of the first large depression, though at the time I didn't think would matter much, but then lost it through the stone bands, confusing the more Southerly small depression for the one from which I should

have attacked, and had to relocate towards the quarry in order to work out whether I was North or South of the target re-entrant. I arrived at no 3 at the same time as Paul – quite a few minutes lost unnecessarily!

On Day 5 I had a very late open start, as I had to hang around until the very end to collect clocks, printers, results boards and so on. As a result navigation in the steep woodland early on the course was fairly straightforward – tracks galore – but keeping one's feet was extremely difficult, so I was pretty slow through the early part of the course. On about leg 5 I managed to break the frame of my glasses, and had to proceed without them thereafter. I really struggled to read the map on legs 8 and 13, and once again Splitsbrowser shows up the impact. At control 8 I arrived at the main track junction near the control, but couldn't see how to get to it. Eventually I climbed over a fence, only to find on looking at the map with specs later that there was a gate just below me, and the fence is mapped as uncrossable! At 13 I couldn't distinguish one gully from the other, and went to both before finding the control.

So, orienteering wise, a pretty average performance for me. Event wise, though, another great Croeso experience. On our NGOC day we had

help from runners from no fewer than 12 clubs, plus a handful of BAOC runners who were hanging around early in the day and were co-opted by Sheila to go and sort out the string course stile. Apart from the fun and challenge in the race itself, one of the real pleasures in orienteering is knowing as an organiser that when jobs need to be done, people will turn up to do them, and Croeso 2016 was no exception.

## **Recent Results, compiled by Judith Austerberry**

### **The JK, Yorkshire, 25<sup>th</sup> – 28<sup>th</sup> March**

#### ***Day 1, Sprint, Leeds University campus***

The traditional warm-up to the real JK events in the forest was held on the Leeds University campus. This offered good complex sprint terrain, with multi-level areas and interesting route choices. Top results were Richard Purkis (46th M21E), Andy Monro (17th M45), Chris James (15th M75), David Lee (8th M80) and Judith Austerberry (3rd W40).

#### ***Days 2 and 3, Wass Forest and Kilnsey***

The JK long events used the contrasting areas of Wass (dense forest; very green-looking map) and Kilnsey Moor (open moorland with lots of contour detail and limestone pavement). The weather was not so contrasting: mostly rainy for Wass; hail, sleet and even some snow on the exposed and windswept Kilnsey. Many of the top M21E's were driven to DNF by the conditions out on the moorland. NGOC's Bob Teed was made of sterner stuff and sought temporary shelter in a depression on the moor – only to find it already packed with like-minded runners when he got there! Top club results were:

M21E: Richard Purkis 42<sup>nd</sup>

M45L: Pete Ward 7<sup>th</sup>

M70L: Neil Cameron 12<sup>th</sup>

M75L: Bob Teed 12<sup>th</sup>

#### ***JK Relays, Storthes Hall***

The club had two teams in the Relays: the Gloucester Old Spots (Paul Taunton, Gill James, Ros Taunton) in the MW210+ class and the Gloucester All Sorts (Allan McCall, Chris James, Judith Austerberry) in



the Mixed Ad Hoc. The Old Spots finished the course although unfortunately MP'd in the mass of controls packed into the small area. The All Sorts managed to stagger round to finish a creditable 34th.

### **British Long Championships, Brown Clee, 20th April**

Congratulations to Jessica Ward - Silver medal in the W10A! NGOC were well-represented across the age groups and classes. Peter and Adam Watson were both 1st in M16B and M20S respectively. Richard Purkis finished 23rd in M21L and Scott Johnson was 14th in M35L. Other results included:

M50L: Greg Best 59th

M55S: Richard Higgs 16th

M70L: Rodney Archard 17th

W14A: Rebecca Ward 18th

W70S: Gill James 3rd

### **British Relay Championships, Brown Clee, 21st April**

NGOC fielded six teams for the British Relays - is this a record??! The Men's Premier trio of Richard Purkis, Richard Cronin and Joe Gidley were the star team, finishing well up the field in 14th place. Other results:

Women's Premier: Caroline Craig, Shirley Robinson, Hillary Nicholls - 9th

Men's Short: Steve Williams, Tom Birthwright, Gary Wakerley - 26th

M50: Alan Pucill, Greg Best, Stephen Robinson - 21st

### **Tamar Triple, Plymouth area, 28th - 30th May**

The first event of the Triple was an urban event around the superb Plymouth Hoe, including the 17th century fortress of the Citadel. Allan McCall was 25th in the Men's Vet class, Paul Taunton 15th Men's Ultra Vet, Judith Austerberry was 5th in Women's Open and Ros Taunton 12th Women's Ultra Vet. The long event at Davidstow on the second day was a total contrast - a little bit of forest but mainly open hillsides. Top performers were Pete Ward (5th on Brown), Andy Creber (5th on Blue), Bob Teed (4th on Short Green), Rebecca Ward (4th on Light Green) and Jessica Ward (4th on Yellow). The final middle distance event, a thrash through the undergrowth in the otherwise beautiful setting of Mount Edgcumbe, was also the SW Middle Distance Championships. Top

performers were Pete Ward (1st M45), Bob Teed (2nd M75) and Rebecca Ward (1st W14).

## **British Sprint Championships, Olympic Park, 11th June and British Middle Championships, Leith Hill, 12th June**

Few club members made the trek over to the big smoke for the Sprint and Middle championships, but those who did had some pretty good finishes! Andy Monro M45 achieved 7th place in the Sprint and 5th in the Middle, and David Lee M80 was 9th in the Middle.

## **The Harvester Relays, Cleeve Hill, 25/26th June**

Many members of the club made a mammoth effort to ensure that the Harvester was a great success. NGOC was also well-represented in the results: the two teams in the A event finished in 7th and 12th place; in the B event, our three teams were 10th, 12th and 15th.

## **Croeso, South Wales,**

Croeso saw five days of orienteering over an excellent variety of terrain: sand dunes at Kenfig for the Long and Middle events on Days 1 and 2, dense forest at Margam North for the Day 3 long event, the exposed and murky open moorland of Llangynidr in the Day 4 long distance and finally steep forested slopes and parkland at Margam Park on Day 5. NGOC organised Day 2 at Kenfig. Richard Cronin planned super courses and Pat MacLeod did a great job of organising it all, assisted by lots of volunteers from the NGOC ranks. The club had the following Top 10 finishes overall:

M55S: Andy Creber, 1st

M75L: Bob Teed, 4th

W10A: Jessica Ward, 5th

W21L: Caroline Craig, 3rd

W40L: Judith Austerberry, 3rd

## **Forthcoming Events:**

As well as the always-excellent NGOC league events coming up, here's a selection of what's on a bit further afield ...

- 3rd & 4th September: BOK Blast, Yate and Wells. A great opportunity to hone those rarely-tested sprint skills at this Level B event not too far from home.

- 18th September: the first Galoppen in the SWOA series, organised by WIM at Godshill Wood in the New Forest.
- 25th September: the Quantock Forest League kicks off on the 25th September with an event at Triscombe, near Taunton. This is a nice little league and visits some interesting areas.
- 1st & 2nd October: The Caddihoe Chase is being organised by Wessex Orienteers at Agglestone Heath near Poole. Always a fun weekend away.
- 1st & 2nd October: For those who fancy running a bit further for a change, the Rogue Runs Mini Mountain Marathon is on at Dan-yr-Ogof. Organised by Andy Creber, this is a great introduction to mountain marathoning and has courses suitable for both runners and walkers.
- 9th October: SARUM Galoppen at Collingbourne Woods in Wiltshire.
- 19th October: SWOC Winter Street Event series starts with a run around Abergavenny.
- 22nd & 23rd October: Our neighbours HOC are organising a weekend of entertainment at Malvern. Saturday is an urban event around Malvern itself and Sunday's event is on Castlemorton Common.
- 29th October: The Western Night League starts with an event at Warmley, near Bristol. Time to charge up your headtorch and get ready for the night O season!
- 5th November: SWOC are hosting a local event at Gwaelod-y-Garth, north of Cardiff. Last time this offered excellent orienteering in a small but superb area of forest.
- 6th November: The November Classic at Fritham/Islands Thorn near Southampton. This is a major event and uses quality areas so it's worth an excursion to go to!

## Current League Standings

After 6 events

### BLUE

1	Nick Dennis	BOK	M55	4808 points	6 Events
2	Caroline Craig	NGOC	W21	4752	5
3	Christine Farr	SWOC	W40	4385	6
4	Greg Best	NGOC	M50	4250	6
5	Rachel Dennis	BOK	W45	4097	6

### GREEN

1	Dave Hartley	NGOC	M60	5519 points	6 Events
2	Kevin Brooker	BAOC	M45	5308	6
3	Steven Harris	NGOC	M35	5144	5
4	Simon Denman	NGOC	M50	4869	4
5	Tom Birthwright	NGOC	M35	4610	5

### ORANGE

1	Ashleigh Denman	NGOC	W45	5769 points	6 Events
2	Sam Harris	NGOC	W35	5120	5
3	Carol Farrington	HOC	W55	3345	4
4	Jess Miklausic	NGOC	W21	3220	4
5	Paul Shutler	IND	M55	2997	4

### YELLOW

1	Reuben Lawson	NGOC	M10	4292 points	4 Events
2	Rose Taylor	HOC	W10	3295	4
3	Jessica Ward	NGOC	W10	3031	4
4	Seth Lawson	NGOC	M8	3029	4
5	Ella May Rush	BOK	W10	2051	2

## BOF Rankings

1 (42 +9)	Richard Purkis	1993	7958
2 (103 +13)	Peter Ward	1970	7747
3 (137 +15)	Andrew Monro	1969	7683
4 (259 +38)	Joe Gidley	1988	7470
5 (377 +34)	Andy Creber	1958	7325
6 (418 +61)	Caroline Craig	1984	7270
7 (436 -7)	Richard Cronin	1989	7244
8 (453 +60)	Judith Austerberry	1974	7224
9 (527 +64)	Scott Johnson	1978	7150
10 (603 +74)	Christophe Pige	1971	7076
11 (732 -110)	Andrew Stott	1959	6976
12 (809 +95)	Lawrence Jones	1996	6917
13 (1159 +127)	Ian Prowse	1952	6647
14 (1178 -28)	Greg Best	1962	6631
15 (1237 -19)	Pat MacLeod	1947	6583
16 (1284 -133)	Allan McCall	1967	6554
17 (1409 +148)	Alan Pucill	1959	6455
18 (1533 +170)	Anders Johansson	1973	6358
19 (1565 +171)	ANDY BRAY	1956	6331
20 (1604 +169)	Suzanne Harding	1964	6302