

the

December 2017

LEGEND

the magazine of North Gloucestershire Orienteering Club



Orienteering in Rome

The OMM 2017 - Langdale

British Schools Championships

My Run - CompassSport Cup

Parkend Photo-Report

... and much more!



contents

2	Editorial
3	Club News
	Collecting the set?
4	Captain's Log
5	Chairman's Chat
6	Forest Challenge Game
7	2018 Major Fixtures
8	Three Lawsons in Rome
11	Apple Sauce
12	The OMM 2017
16	The British Schools Championships
18	My Run: CompassSport Cup Final
22	World Orienteering Day at Tutshill
24	2017 League Final Results
25	Parkend pictures
26	Recent results
28	Rankings
	Committee and contacts

Welcome to the final edition of Legend for 2017! (Assuming I manage to finish this in time to distribute it before January 1st .)

I recently came across a concept so relevant to orienteering I couldn't believe I'd never heard of it before. In the unlikely setting of a trendy clothes catalogue (one of those ones where all the models look consumptive and an outfit costs about as much as Brexit) there was a feature on something called "Shinrin Yoku". The article described this as a Japanese cultural holistic practice, which translated as "taking in the forest atmosphere", or "forest bathing". Apparently this was devised as an antidote to modern city living and is a "combination of meditation and immersion in the tranquility of nature".

Now, tranquillity is not something I readily associate with forests, or even with nature (see the article on wild boar later in this issue, or consider the dead body found on a SWOC Green course last month), but the whole meditation-in-the-forest idea had definite resonance. There are few things in life more thoroughly meditative and absorbing than the pursuit of a control: when you're going really well and every part of your mind is taken up with the observation of your surroundings; with the assessment of forest and map.

I went online to find the "official" Shinrin Yoku website, which was disappointingly Californian and contained a lot of bad haiku. However, Matt Collins - the author of the article I'd originally read - quoted a Dorset woodsman called John Stewart Collis, writing about 50 years ago. "Seeing nothing but trees," wrote Collis, "and having behind me and at each side nothing but trees I was in a highly favourable position ... in which not only happy hours but inspired and fruitful hours might be spent." Now *that* sounds like orienteering! (Although he doesn't say whether or not any of them were distinctive trees.)

Apologies for the rather lengthy delay in publishing this issue. The more observant reader will notice that the publication fonts and settings differ from those seen in previous editions; this is because Legend has switched from Windows to Mac OS, and accordingly has had to change DTP software. I get a super-duper giant screen to work on, but the downside is having to get around a whole new software package. Hopefully the change isn't too jarring from a reader's point of view.

It only remains for me to wish you all a successful and happy 2018, and I hope you enjoy this issue of Legend!

(For those of a curious disposition, the clothes catalogue was from a company called TOAST, which was founded in Llandeilo in 1997. Website www.toa.st)

cover photo:

Ginny Hudson (W55) enjoying the wonderful conditions at Parkend earlier this month.

We need YOUR news, articles and photos!

Been to any good events lately? Or perhaps you've completed a walking trip, a fell race, or you have a great idea for a training session. Why not write it up for Legend?? It doesn't have to be Pulitzer-winning stuff; just a few paragraphs to share your experiences with your fellow club members. Likewise, if you've got any photos from NGOC events, or from fixtures further afield, send them in! Just email legend@ngoc.org.uk. The next issue will be coming out in March 2018, so please send your articles in by the middle of that month.

HUGE thanks to this issue's contributors: Greg Best, Alan Brown, Richard Cronin, Paul Dodd, The Forestry Commission, Paul Horsfall, Seth Lawson, Vanessa Lawson (this was almost called "The Lawson Issue" because Vanessa has written so much of it!), John Miklausic, Steve Rush (BOK), Patrick Wooddisse and all the event photographers who do such a great job of capturing us in action.

Club Champs winners New courses at 2018 League New Members announced!

The Club Championships series - new this year, and brainchild of captain Richard Cronin - has been hugely successful and has definitely increased the number of purple and green O-shirts in evidence at local events! The senior winners were Richard Purkis and Vanessa Lawson, with the junior honours going to Peter Watson and Rebecca Ward. Congratulations to the winners, and to everyone who supported the Championships.

Tom Mills takes the Chair

After several increasingly desperate attempts to find a successor, Gary Wakerley finally managed to escape from the Chairman's role at the AGM, handing over the [reins? harness?] to Tom Mills. We look forward to Tom's chairmanship, and huge thanks again to Gary who did an absolutely fantastic job.

After extensive deliberation, the 2018 NGOC League events are going to include not one but TWO new courses - Brown and Short Green. Attendance at recent Leagues has been at an all-time high, attracting competitors of all ages and endurance levels - including top local Elites - but at the same time it has been noted that NGOC's courses seem to err on the longer, tougher side of the BOF course guidelines. Short Green has been introduced to provide a less arduous alternative to the (sometimes rather full-on) Green course, whilst Brown will challenge even the most athletic League regulars. Why not try out one of the new offerings at the first League event of 2018 at Blakeney, on 23rd January? The editor is "controlling" (cough) the event and can reveal that runners on the longer courses have some interesting decisions to make! In addition, an increased number of League events will be Level C 'Regional' rather than Level D 'Local', which means BOF ranking points can be earned at them.

The last few months have seen quite an influx of new members - including some returnees and second-club members. The club is now up to a strength of 173! Welcome to ... Keith Buchanan, Bob Larcombe, Claire Garai, Samuel Horsfall, Alex Evans, The Cowen family, Jane Boyd and Ellen, Andrew & Aneira Wolfenden. Hope to see you all out in the forest soon!

AGM FoodFest

The Club AGM on 18th October was the usual Bacchanalian orgy of M&S nibbles, delicious cakes and vast quantities of ~~fine wine~~ instant coffee. After spending approx. 2 hours discussing whether or not to call the new League course "Short Green" or "Light Green", the meeting covered Pat's exciting development plans, the election of Tom as the new Chairman and a whole thrilling range of additional topics, before returning to Short Green vs. Light Green. The editor's suggestion for a "Short Yellow" course was pooh-pooed. Minutes are available on the Club website under the "Reference" tab.

collecting the set??

John Miklausic writes:

"Me, Jess, Ella and Luke have been orienteering for 2 years now (Dylan 8 months and 9 months in Jess's tummy) so me and Ella are mapping the forest O-map style with a string course right up to blue, some maps overlap to get an extended area map.

Only question is: is Lydney urban part of the forest?"

What do you think? The editor thinks it's not technically forest, but that it definitely counts towards a full-coverage map collection!



captain's log

With 2017 nearing its end we've learned of the winners of the Club Championship, League, South of England Urban League etc. etc. Most of these have been Richard Purkis who, despite on and off injuries throughout has had a very good year. Looking back through the results write ups a few other names have consistently appeared at the top – most notably Pete Ward has been on his best form throughout the autumn. Our most active juniors have all done well this season and look set to do even better next year!

The club's highlight is undoubtedly finishing 6th in the CompassSport Cup. This is a two-round process, requiring qualification for the final and 2017 was the first time we got through in the "Cup" (until 2014 we were classed as a "small" club and so in the "Trophy" competition). In finishing 6th we beat some very good clubs nationally, and significantly raised our profile. Thank you to everyone who made the long trip to Devon – we fielded the third largest team of any club, which helped, and as you all wore your club tops and/or new jackets everybody was taken aback at how big and well presented a team we were!

2018 isn't far away, with new Brown and Short Green courses added in the League (still fantastic value – just £5 to run!), a refined Club Championship (first race 14th January at Headless Hill),

CompassSport Cup Heat (Sunday 11th March) and JK Relays on Cannock Chase on Monday, 2nd April, Cotswold Way Relay in June. It would be great to repeat that same team spirit we showed at the CompassSport Cup.

It's great to see many more of you have bought club kit during the year and are wearing it at races; if you want new kit please email or ask (and bring money!) at a race. I would love to see more photos of people running in club colours to make our website and Facebook pages look brighter – please do share any you have taken! I'm in need of more pictures of night orienteering and night

street running to accompany race details – would anybody like to pretend to be orienteering for a photoshoot?

I'll finish with a recurring theme; as many of you already have GPS watches, you can create a free user account on Strava website to share details of runs to your friends, and the website will analyse your performance against others over common "segments". We have our own group [<https://www.strava.com/clubs/81206>] – and this is always linked in the "Social Media" box at the end of our regular emails.

The view Richard's rivals usually get :-)



Whilst procrastinating over whether to offer myself up for Chairman my youngest son commented "you should because you should take your turn". After roughly 33 years as a member of NGOC that seemed fair enough, I hope he remembers to do the same in his dotage. So, without any haste whatsoever, I eventually discussed my 'interest' with Gary which has thus led to my becoming Chairman.

The AGM was a curious, slightly surreal experience, one minute in New Orleans spending days listening to such illustrious performers as Guitar Lightning Lee, Louis Gearshifter Youngblood and the very talented Samantha Fish (highly recommended) and then at the AGM immersed in discussions covering the colours of the rainbow regarding future league courses. This may come as a shock but New Orleans wins hands down.

The first thing I must do is to thank Gary on behalf of all members of NGOC for not just being chairman but for going that extra yard and doing it for a fourth year. His cheerful approach and accommodating attitude has helped move many an obstacle to progress.

So what now? Well, we will carry on as

before. My view is that the role of a chairman is to help the committee come to a decision in the quickest and most inclusive way. We are very lucky to have such a committed and hard working group of people making up the committee who are always prepared to give up their time to ensure we have quality well organised events. This is not to mention the invisible background work that is needed to ensure a well oiled organisation, well administered with a well branded image.

Currently and compared to many clubs NGOC is in rude health.

The club is around 50 years old and for it to survive over the next 50 years we need to keep focus on growing our membership together with the appropriate spread of age range. Suffice to say we are a long way short of filling the lightly populated youth group. What is encouraging however is that the younger runners we do have are doing extremely well. A very big well done to all of them.

If I am to offer one introductory message to the members of NGOC it is to say that if

you have not yet had a chance to help with organising, planning or generally helping at events, please try. It one of the best ways of meeting your fellow club members and getting good 'O' experience.

It is today the 24th of December and although you will not read this until after the event it remains a legitimate day for me to wish you all a very happy Christmas and New Year.

Tom



MEMBERSHIP RENEWALS

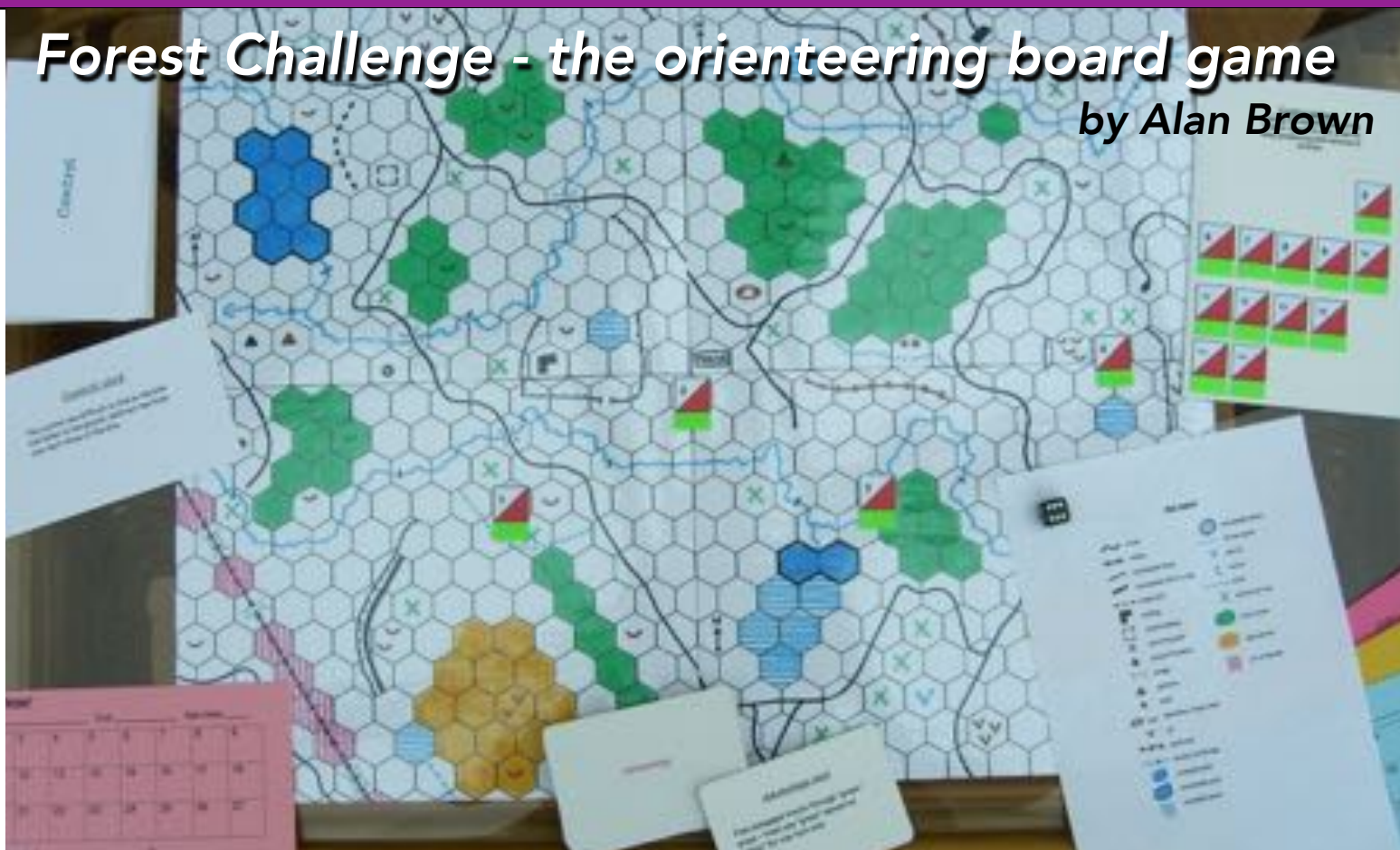
You can now update your NGOC club membership and British Orienteering national affiliation for 2018! Here's how:

- 1) Go to the British Orienteering website
- 2) Log in using your user name and password (they have a password reset option if you've forgotten it)
- 3) Select the "My Settings" option on the left of the screen
- 4) Click on the "Renew" button

Member fees for 2018 are unchanged at £14 for adults and £3.30 for juniors. Don't forget to update your membership before the New Year's Day score!

Forest Challenge - the orienteering board game

by Alan Brown



Question. What do Australia, Belgium, Brazil, Finland, Germany, Iran, Ireland, Israel, Italy, Latvia, New Zealand, Norway, Slovenia, Turkey and the USA have in common?

Answer. They are all countries where NGOC's Forest Challenge has been sold. The game was devised and first put on sale in 2010 and although it has not been actively advertised for a few years I still get the occasional order from people who have been searching the web. If you Google "orienteering board game" the NGOC website comes up near the top.

This year Forest Challenge is being advertised again, in time for Christmas. Advertising consists of emailing all the clubs listed on the British Orienteering website and asking them to put details on their website or newsletter. Having been a newsletter editor I know that editors are always on the lookout for contributions!

Idea for the game

Ever since I bought my first board game in 1963 (Buccaneer – sail to Pirate Island to collect treasure or attack your opponents and take theirs!) I had wanted to invent my own game. When I was about 12 I wrote to Waddingtons several times with some half-baked ideas and always received a refusal, albeit couched in encouraging terms ("we always like to hear from our inventor friends"). My plan then went on the back burner for nearly fifty years until I was retired.

When newsletter editor, I was always looking around for ideas to put in Legend. One thought was for parts of a game to appear in several successive editions – "cut out and keep and assemble an orienteering game". Since this would only reach a limited number of orienteers (and who would carefully cut out and store bits of Legend for a year until they had the whole game?) second thoughts were to produce the whole game in one go and sell it through NGOC, profits going to charity.

Sales

Since appeal would be to a limited (or

select?) clientele, it would have to be homemade. The market seems already saturated with board games and, even if a commercial company accepted Forest Challenge for production, it would no doubt be changed so much that it would not be recognisable as orienteering to true orienteers. So how many pure orienteering games could I expect to sell? I thought maybe 20 or 30, Ann thought half a dozen (if I was lucky). Up to the end of that first year sales reached 150; at the time of writing sales are getting on for 400.

Designing the game

One problem was how could the game remain interesting if the control kites were printed on the board and the same course run every time? A lightbulb moment showed that kite symbols glued to post-it stickers would stay in place during the game but could be repositioned for each new game.

To enable players to move by the throw of a dice the Forest Challenge board is divided into hexagons, each hexagon coloured for a type of terrain such as open forest, thick forest, open ground. There are also the usual features such as fences, depressions, knolls,

distinctive trees.

Players choose their own routes across the board and travel more quickly along tracks and more slowly through dark green. Whenever a player reaches a control he takes a Control (chance) card. Sometimes a player will be sent back the way he came or miss a turn – with a reason such as overconfidence or not concentrating – but, partly for younger or newer orienteers, there are also some with questions such as what does this map symbol mean? A correct answer is rewarded with an Advantage card, which enables the player to move extra spaces.

Play testing

Once a trial game was produced it was tried out at a club night by half a dozen keen gamers. Several games were played and enjoyed and it seemed to work as a board game should: Roger was well ahead at one stage but he drew a few unlucky chance (Control) cards and in the end was well beaten. My working title of “Lost in the Forest” was rejected in favour of “Forest Challenge” as being more positive although the original title is perhaps a better reflection of my own orienteering.

Manufacturing the game

The dining room was turned into the Forest Challenge factory with my laptop and a couple of printers churning out maps, instructions and cards. “Raw

materials” were either bought locally or through Amazon. The map boards were laminated to make them last longer.

Buying the game

Cost of the game is £11-00 (including postage) from Alan Brown, 10 Brizen Lane, Cheltenham, GL53 0NG. Cheques payable to NGOC (or pay by PayPal or bank transfer). Or buy at Registration at an NGOC event for £9. For further information email Alan Brown at alan@brizen.co.uk

2018 major fixtures

January

28th BKO Concorde Chase, Star Posts

February

24th British Night Championships, Methyr Mawr Warren (SWOC)

25th BNC National Event, Pembrey Forest (SBOC)

March

4th Welsh Championships, Newborough (ERYRI)

4th SARUM Saunter, Great Ridge, Salisbury

11th CompassSport Cup Heat, The Slades/Nesscliffe/ wherever we have the best chance of qualifying

17th Midland Championships Middle Distance, Irchester Country Park

18th Midland Championships, Belvoir Castle Estate

30th The JK Sprint - MOD Stafford

31st The JK Day 1 - Brereton Spurs

April

1st The JK Day 2 - Beaudesert/Brereton Hayes

2nd The JK Relays - Beaudesert

May

6th BOK Trot, New Beechenhurst

19th British Championships, Balmoral

20th British Relay Championships, Torphantrick

26th Tamar Triple, TBD (DEVON)

27th Tamar Triple, Braunton Burrows (DEVON)

28th Tamar Triple, Braunton Burrows (DEVON)

June

24th Harvester Relays, Tilgate Forest (SO)

July

29th Lakes 5 Days - Day 1, Silver Howe

30th Lakes 5 Days - Day 2, Angle Tarn Pikes

31st Lakes 5 Days - Day 3, Harrop Tarn

August

2nd Lakes 5 Days - Day 4, Askham Fell

3rd Lakes 5 Days - Day 5, Graythwaite West

25th White Rose, Duncombe Park (EBOR)

26th White Rose, Duncombe Park (EBOR)

September

1st British Sprint Championships, Bath University

2nd British Middle Championships, Stock Hill

15th SLOW City of London Race

22nd Caddihoe Day 1, TBD, SARUM

23rd Caddihoe Day 2, TBD, SARUM

29th Welsh League & VHIs, Pwll Du (SWOC)

October

21st CompassSport Cup Final, West Midlands (WCH)

November

4th SOC November Classic, Hampton Ridge

18th British Schools Championships, North West (SELOC)

24th Southern Night Championships. Verdley Wood (GO)

25th Southern Championships, Devil's Punchbowl (SN)

Three Lawsons Go To Rome

by Vanessa Lawson



All photos: Vanessa Lawson

It was October half term and we usually go to Rome to visit my Mum and the rest of my family. ROME 2017 fell in half term so it was very convenient to go and take part as well, despite Seth's protestations that he hates being away for his birthday (!)

The event took place over three days:

1) A sprint, this year in the Caffarella Park which is a relatively recently restored area of parkland about 800m away from my Uncle's flat (and from the flat I grew up in). You would think I should know it fairly well but when I was small it was considered a rough area and no-body would have allowed their children to go and play there. Things have changed for the better, thankfully. It is now a lovely wild area in the middle of a busy city, full of Roman ruins scattered around the place, bordered on one side by the Via Appia Pignatelli, just round the corner from the Via Appia Antica.

2) A middle distance race in Villa Doria Pamphili. This was the most awkward event to get to and my aunt had to DRIVE us which involved a convoluted



Approaching Day 1 assembly (with the ubiquitous football!)

journey across Rome and the inevitable parking difficulties. The Villa itself is huge and beautiful with a mixture of parkland, rough grass, fountains, lakes, etc. and very popular with tourists and locals.

3) An urban in the centre starting just north of the Coliseum and taking in the Campidoglio, Colle Oppio and surrounding streets. This was a short bus ride away from my Mum's flat so very convenient. In fact my aunt went to the school

used as the event centre.

Day 1 – Sprint

This was short, and I wasn't expecting it quite so short. The W45 course was 2.5km and the M/W12 course was 1.8km, both were pretty flat. I didn't have any navigation issues but I was just disappointingly slow! 9th in my age cat

was a bit pants really. Reuben had a good run while Seth missed a control. To be fair to Seth the course was harder than the Yellows he is used to.



Day 1 post race analysis



Day 2 finish sprint

Day 2 – Middle

This was also shorter than I expected, the W45 course was 4.4km while the M/W12 course was 2.6km, both a bit more undulating but Rome isn't that hilly on the grand scheme of things, despite being originally built on seven hills! Reuben and I had reasonable runs (I was 5th overall so moved up to 7th in the class after both days) but when I got to the finish I found Reuben there but no Seth. A search was launched

help from anyone. He took just under an hour but was really pleased to have actually managed the whole thing on his own. AND it was his birthday so he wasn't going to mess things up again!

Day 3 – Urban

The W45 course was 3.9km while the M/W12 course was 2.2km. I had now learned from prior experience and had decided to shadow Seth on this, especially as the course went on the roads with scooters, cars and tourists providing an added challenge to someone 135cm tall. Seth did

time) and we are almost on first name terms with them. They certainly knew about the little boy dressed in purple who was late for his start on day 2 (and then temporarily missing!)

They provided unlimited biscuits and cold sweet tea after each event as refreshment, which was very welcome as the days were around 22 °C (more like 24-25 °C on day 2).

I would totally recommend this as an event. The courses were relatively short but that would allow plenty of time for sightseeing afterwards, and you also get to run round areas of Rome that aren't necessarily on the standard



Walking towards assembly on Day 3



Day 2 all together again!

really well at finding his way round the network of small streets, we had to rescue Reuben half way round who had slipped on some marble steps and bashed his knee quite badly so in the end the three of us ran in together. Reuben was winning this stage until his fall which was a shame.

Overall analysis

Reuben finished 6th overall in the M12 category. I finished 5th on day 3 and 5th overall in my age group overall (having improved day by day which is a positive way of looking at it). Seth will go back and finish the event properly next time.

It is a small event with around 600 runners from 30 different countries and therefore it has a very international yet 'cosy' feel. The organisers have been the same for years (this was our fourth

tourist trail (except for the urban which was definitely on the tourist track, and in fact there was a definite requirement for tourist-dodging skills to get though the Campidoglio and across the Forum).

We met Ed Stott and Cate while we were there, so it was good to see familiar faces. It would have been even better to have a larger group of NGOC runners to support/chat to. Maybe a future club trip?



(especially as my Mum was horrified that there was nobody keeping a close eye on her grandchildren) and Seth was found a while later, upset and tearful but still persevering with his course having gone wrong several times but also relocated himself with no

COLOSSEO

SC. 1:5000 EQ. 2,5 M

ROMA



FEDERAZIONE
ITALIANA
SPORT
ORIENTAMENTO



FISO Lazio

(2)
W 21
Elite
M 35+

ROME 2017 - Roma centro			
W 21 Elite	M 35+	5,4 km	80 m
1	50	▲	○
2	63	▲	○
3	74	▲	○
4	31	▲	○
5	51	▲	○
6	53	▲	○
7	52	▲	○
8	48	▲	○
9	47	▲	○
10	49	▲	○
11	61	▲	○
12	54	▲	○
13	73	▲	○
14	34	▲	○
15	59	▲	○
16	38	▲	○

17	39	▲	○
18	56	▲	○
19	84	▲	○
20	75	▲	○
21	85	▲	○
22	57	▲	○
23	71	▲	○
24	69	▲	○
25	80	▲	○
26	70	▲	○
27	45	▲	○
28	100	▲	○

40 m

IF SPORT-IDENT FAILS...

R R R



CCR

CORSORIENTAMENTO a CIUS ROMA



A.S.D. Orsa Maggiore

www.orsamaggiore.it

Con il patrocinio del Municipio Roma I Centro



Rilevo e Disegno:
Emiliano Corona
Realizzazione: Ottobre 2011
Copyright © 2012-2017 C.C.R.

LEGENDA
terreno aperto (bosco)
vegetazione poco alta
edificio / area privata
albero isolato / radice
sentiero grande / sentiero
recinzione alta / recinzione
muro alto non obliquo
curve di livello / canale
fontanella / vasca / noce
x o v = oggi particolare (bivio)

Top - the map of the W21E course on Day 3, Roma Centro.

Above - extract from the W21E map for Day 1 at Parco della Caffarella.

Left - the day 2 M12 course at Villa Pamphilj, in case anyone is interested in taking younger children in future.

Many of us have had the startling experience of meeting wild boar in the forest - one moment, silent woods; the next, an angry, grunting mass of fur sporting alarmingly huge tusks is galumphing away through the undergrowth.

Wild boar were once common in England, but were hunted to extinction over 300 years ago. In recent years, small populations of feral boar have once again established themselves, as a result of both accidental and deliberate release from boar farms.

The Forest of Dean has the largest boar population in England - and the population is increasing every year. The original boar established themselves in woodlands near Ross-on-Wye after escaping from a local boar farm in the 1990's. In 2004, about 60 farm-reared boar were dumped in an illegal release near Staunton, on the western edge of the Forest. By 2009 it was clear that the two populations had merged and a breeding population was thriving.

As a farmed animal, wild boar are subject to the Dangerous Wild Animals Act (1976). That Act contains provisions for local authorities to licence the keeping of wild boar and specify conditions in the licence to make sure that the animals can't escape.

However, once wild boar have escaped - or been illegally released - their status is no longer quite as clear-cut. A DEFRA 2008 action plan states that 'feral' boar are wild animals, and as such do not belong to anyone. Responsibility for controlling feral wild animals rests with individual land owners, but the Action Plan stops short of demanding that land owners control the boar population.

Because the Forest of Dean's feral boar population originates from farmed boar, it differs from true, wild boar: firstly in that these boar are less afraid of people, and secondly they breed much more readily. The average litter size is between 6 and 10 piglets, nearly twice



that of true wild boar. As there are few natural predators for them, the population has spiralled in recent years: from about 100 boar in 2008 to over 1,500 in 2017. (The population "target" is 400.)

One of the big problems caused by the boar is damage to land. The churned-up evidence of boar activity is common enough in the Forest, but causes huge problems for local gardeners, parks and sports pitches. However, there are even more serious issues. Dogs have been attacked, seriously injured and killed by boar - the advice from the Forestry Commission is to keep dogs on leads if in any doubt. And the number of road traffic accidents involving boar has now overtaken those involving deer.

But should we be afraid of boar? Feral wild boar grow to be very large, strong animals, and can move surprisingly fast for their size. They will also readily move to defend their young if they feel threatened, and should be treated with respect.

Wild boar have relatively poor eyesight, but a keen sense of smell. They are thus more likely to sense or hear movement or people or dogs nearby - and react by moving closer to find out who or what is approaching. This can be interpreted as aggressive behaviour.

Male boar tend to be seen alone, and can grow to a significant size. The older male boar are less likely to run or move away from people, often simply standing and watching as you pass by.

There are several humorous (and not so humorous!) tales of encounters with the boar. Bob Teed recalls being out mapping when a large male boar advanced on him with marked aggression. Bob ended up climbing a tree and waiting for the boar to go away! Steve Harris leapt a fallen tree during one event and almost landed on a large boar slumbering on the far side. Probably hard to tell which party was most startled by this encounter ...

In short: it's best to avoid boar wherever possible, especially if there are piglets around. Give them a wide berth and ensure dogs are under control for their own safety.

This feature is taken from an excellent article on the Forestry Commission's website - read the full article at <https://www.forestry.gov.uk/forestry/INFD-9FYFC5>. Many thanks to Alan Brown for finding this web link and submitting it to Legend.

Photo by Countryfile.

the OMM 2017 - langdale

by Paul Horsfall



It's fair to say that this race hasn't been my most successful venture to date, the last time I raced with Ed in a mountain marathon was in 2013 and I vowed that it wouldn't be happening again in a hurry. That event was OMM

in a hurry. That event was OMM France and couldn't really be any further in nature than this years offering, but first to the lessons of 2016/17 where with a different partner we raced in both the Autumn and

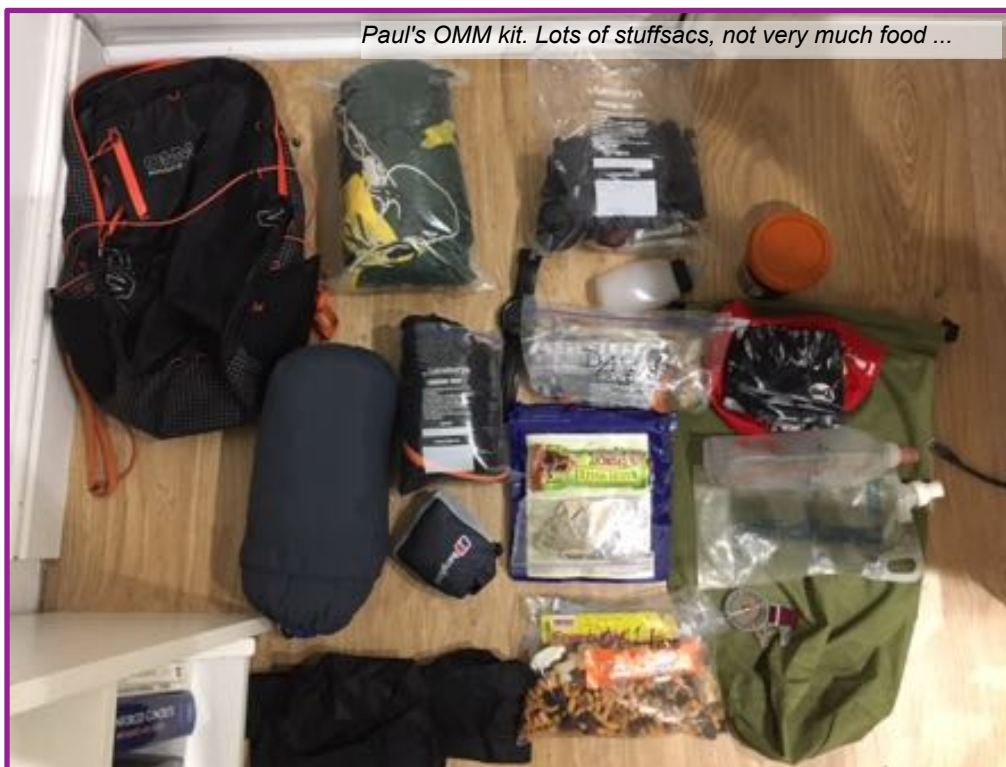
Spring events in the long score category. The score as most readers will be well aware events are a different prospect entirely simply because when you are totally knackered you can always just head down to basecamp and get the tent up. 2016 was a bit of a disaster really because in both events we had serious problems, but with brand new shoes and a partner who I knew would push me I thought it was worth the risk to try again in 2017.

Why the Elite course you might say? well, at 10hrs gone on day one in the dark I would be very inclined to agree, but, Ed had done this course before several times and promised we could go fairly easy and it wouldn't be too bad, so we signed up and started training once the triathlon season was done.

Kit wise I took it pretty seriously this time, made a few expensive investments and got my pack down to around the 4 kilo mark which is basically the holy grail in this category, any excess weight we knew would be paid for both in time and effort as the course was bound to challenge particularly me as the weaker member.

Training wise, we would have liked more time but having a young family always requires compromise, in this case compromise meant limiting to around 65km a week of which I tried to do at least one run longer than 20km. We did do a decent run in Brecon with 2 weeks to go but to be honest it was nowhere near enough to be competitive in this category, a lesson for next time perhaps.

We left at lunchtime on Friday to travel up to Langdale and race HQ, the traffic was pretty miserable and by the time



Paul's OMM kit. Lots of stuffsacs, not very much food ...

we arrived our spirits were pretty low but this was easily solved by the proprietary pasta meal and beer in the main tent and after a quick look at the 50th anniversary display we went back to the landrover to plan our tactics (which were basically to go off slow and see how it went).

Approaching Day 1 start



Sleep, breakfast and a short jog to the start line and we were ready to go, starting in the Langdale valley bottom surrounded by an imposing glaciated valley with almost vertical sides in pretty much every direction (I knew this was going to be a difficult morning).

We punched the start and ran to our maps not surprisingly to be finding out that we would be climbing straight up the valley side towards checkpoint 1. I deliberately folded most of the route out of sight to hide the horrors which lay ahead (a very sensible idea). After around 25mins of climbing we hit the ridge and descended slightly down into the stream / re-entrant feature relatively painlessly into control 1. A fair start I thought but just need to keep focussed and carry on. On the way up to control 2 we hit the sweet spot between Sergeant Man and High Raise and the fun really started, the clag came in very thick and the wind hit at the same time, another team by confirmed by worst fears with the statement “its

going to be a day for the navigators and not the whippets” he said.

We hit control 2 fairly easily, there were lots of other teams around at this point and for a while towards C3 we were running in a good sized group and making excellent progress albeit in very limited visibility around the side of feature traversing across the bogs of the 3km leg.

Around where we expected to find the control things started to go a bit Pete Tong, it was getting very cold due to the wind and the visibility was truly terrible, probably down to 10-15m in places making locating the control very difficult. We boxed around and made a second pass from the East and still missed it but a very nice fellow female competitor told us that we were around 50m away and to head North East, control found we were back on

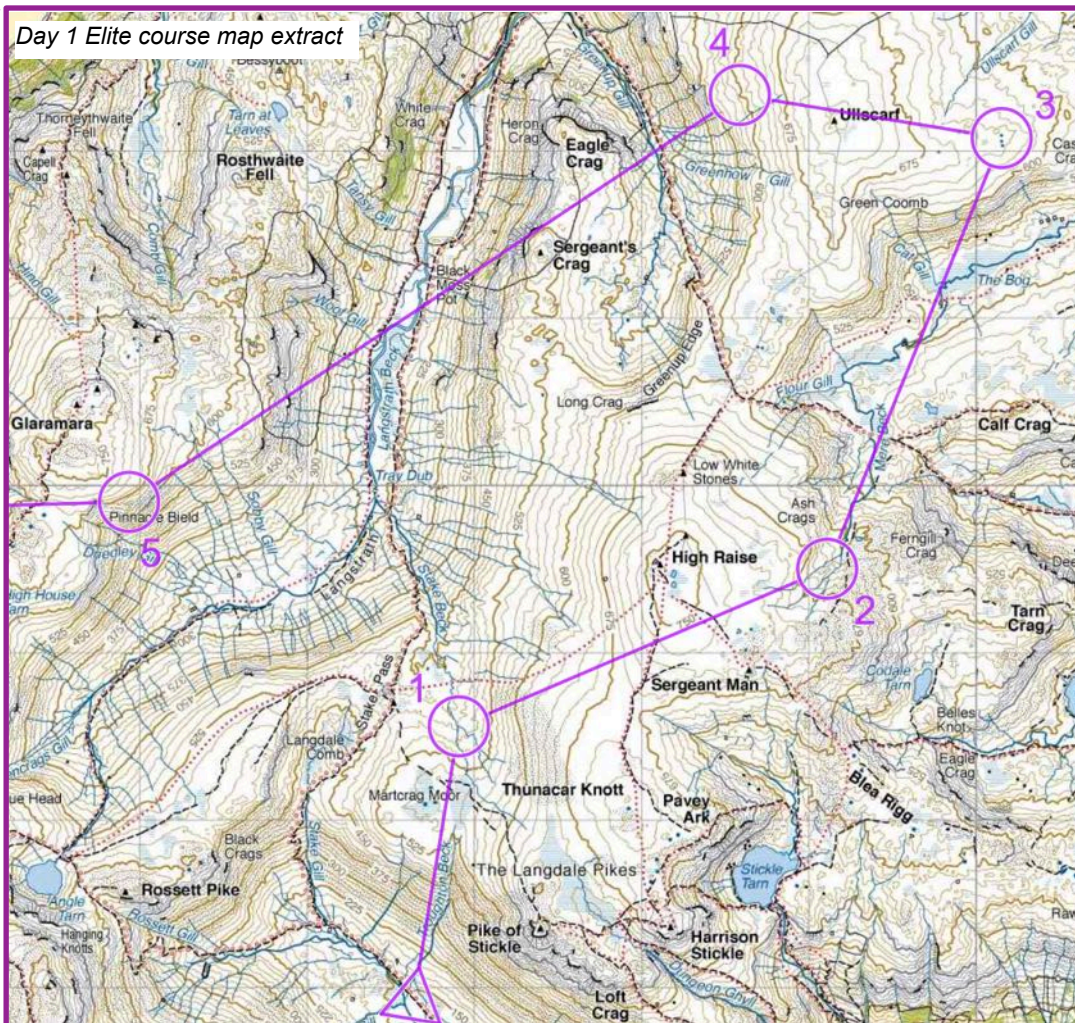
our way towards the easier C4 which we found first time.

Time to lose some height now, an unfortunate feature of the elite course and we dropped from 600m down to 200m and used the faster footpath to bring us around to the bottom of Glaramara where another 25min climb lay ahead.

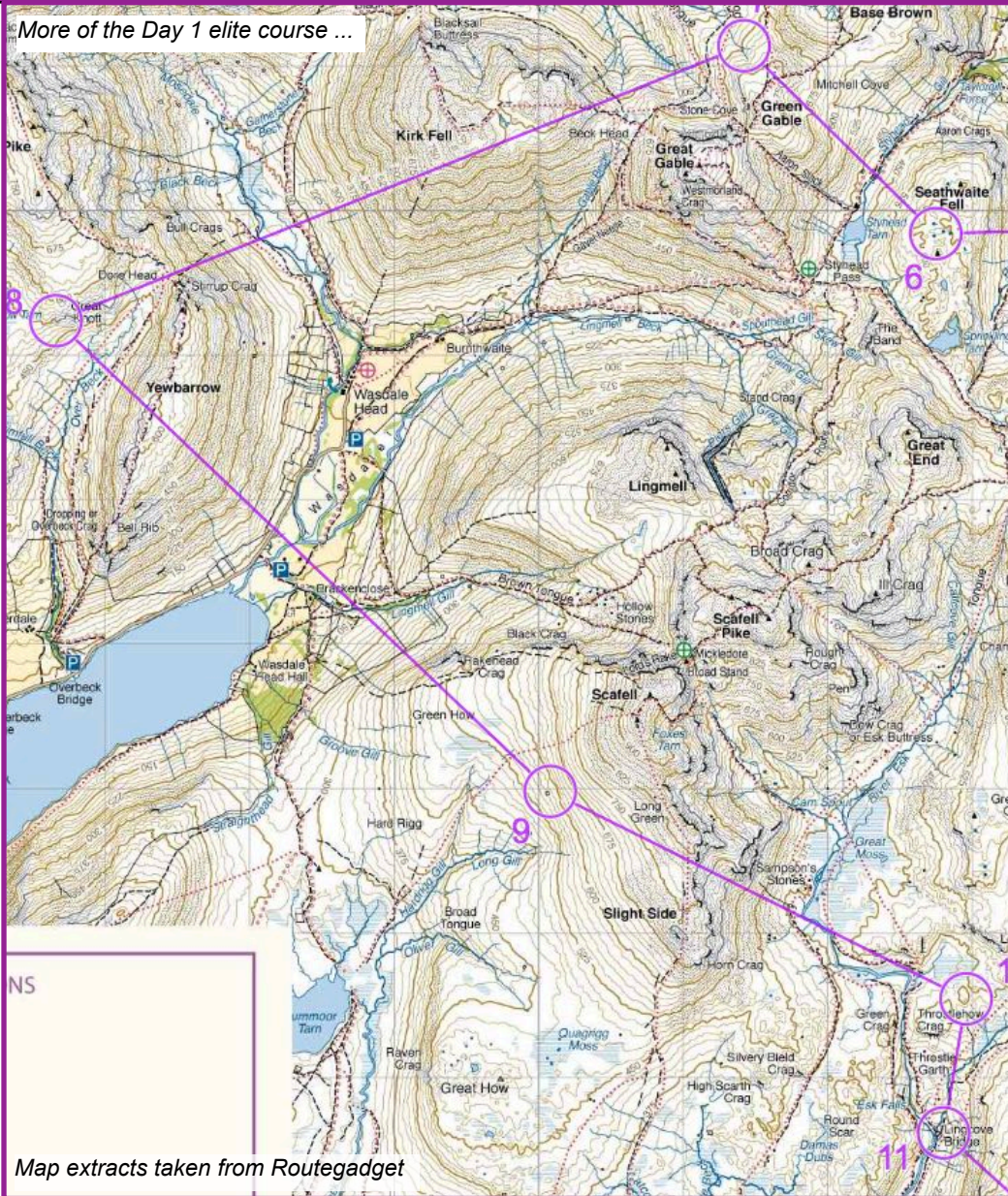
C5 was another tricky one, we ended up too high and circled around in the clag for about 10mins before we got very cold and eventually found it and on towards C6 this time managing to use the height we had gained by heading the longer route by Allen crags and using Sprinkling tarn to “guide us” in. My sense of humour failed me slightly when after another 10mins bumbling around and getting very cold and we finally found the control which was located on an island in the middle of a pond (requiring me to wade through the pond to punch).

For C7 we dropped down again and took the main footpath which bisects

Day 1 Elite course map extract



More of the Day 1 elite course ...



Map extracts taken from Routegadget

Great and Green Gable, this was a bit of a mistake and we lost too much height the other side but again found this one relatively easily, and headed down into Wasdale to the south of Kirk Fell via the saddle. At this point my knee was seriously giving me problems and the lack of 6hr runs in the system started to tell. We made another steep ascent up

stirrup crag and on to Low Tarn again making a pretty significant error which probably cost us around 20mins overshooting the control and then having to hike back up to the tarn to get our bearings (and eventually finding C8).

Another monster climb to the East of West Water up towards Scafell was where it really went really wrong, I was admittedly in a fairly bad state by now, and swaying all over the place (due to a combination of cold and being under-fuelled) by the time we got to the right elevation for C9, & we overshot again in the low visibility & fading light I knew this one was going to be painful. We decided as a team that we were done for the day given that the light was going to be limited and we still had to negotiate the tricky leg and scree between Scafell and Horn crag. From this point on it really was about survival, the dark came pretty quickly and our lightweight torches were of limited use as we scrambled around to get off the mountain. We did find C10 more by luck thank good judgment so we punched for good measure and skirted to the East of C11 and 12 following the footpath down to the overnight camp and welcome food / rest bite.

In fairness when we saw the results for the Elite course for the day, the finishing teams list was very limited, I think only 5 appeared on the results at that point from the 40 (final result confirmed around 10 finishers) or so that started which gave us some morale but I knew that my knee was suffering and the fact that we were effectively DQed for day 2 made it a tricky camp mentally.

The Sunday morning brought glorious if not a little chilly



Glorious weather on Day 2 - Langdale at its best

weather, visibility of around 50 miles + and we thought about what could have been. We decided to go and start the course but within an hour I knew my knee wasn't happy so decided to jog back over Wrynose pass back to the finish and head home.

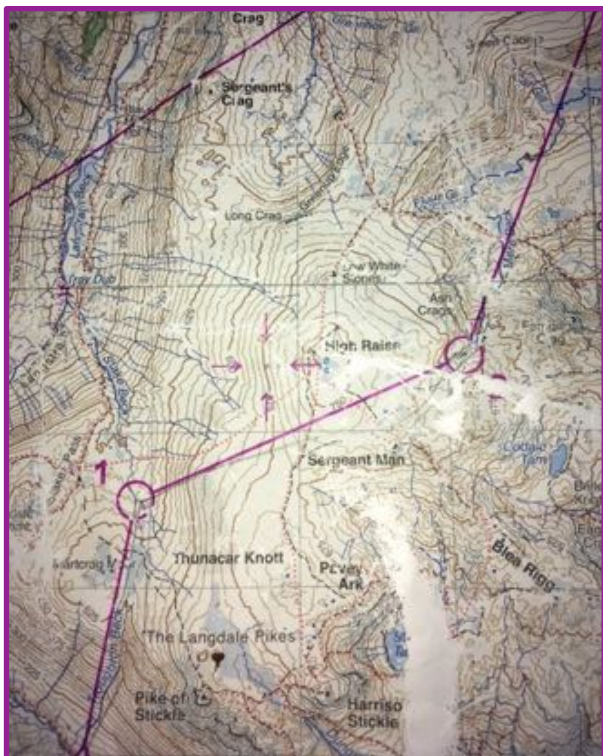
In summary a fantastic experience, no doubt past my limit personally this year, but, it has galvanised my determination to continue with the race. I've decided to start again almost probably next year with a B course and work back up to the Elite when my fitness and performance is up to a level which I'm happy with. *I'm looking for a new partner of a similar level now to work with over the next 3-5 years with the ultimate aim / goal to podium at this event in the Elite eventually, so if anyone is interested in a long-term project, let me know (entries for 2018 in the South West next year open soon)!!*

Patrick Wooddisse competed in the A class with partner John Warnock. He also had quite a tale to tell ...

We had an interesting day. We were going along fairly steadily but no major dramas and have done mountain marathons in far worse weather. We made a couple of minor navigation errors but nothing horrendous. Most people were struggling to some extent. The maps had enough detail to find the controls but it was difficult to correct yourself if you had gone off-line in low visibility, with lots of small crags/knolls/re-entrants not shown. The maps also lost their print as the rain got heavier. This was a major problem for me (I had to take John's map because mine was unusable) and I assume others suffered with this as well.

We were aware that the day was becoming difficult. We had overtaken plenty of teams so it was obvious that there would be a high drop-out rate. We got more serious at this point. *I have always been grateful not to be one of those headtorches-on-the-hillside whilst everyone else is tucked up in their warm tent.* This could be my turn to experience that delight. We now had to be very efficient and not slow down. It felt as though we were in for a real epic and we were quite exhilarated by it.

Then, coming off Wetherlam, just below the summit in driving wind and rain, John slipped head first into some jagged rocks. He was dizzy and covered in blood. The bridge of his nose was hanging loose and he had two cuts on his forehead. He was very calm and rational (probably because he couldn't see what a mess his face was) but we were both concerned about concussion and hypothermia so we got off the hill as fast as we could. Fortunately he could still run. We found a marshal at the next checkpoint (ironically this leg was our second fastest split) and got him to radio the event centre and then, when his control closed shortly afterwards, drive us to the event medics before we went to A&E. John emerged with his face covered in bandages and stitches. We got back to Stroud later that night. John is OK but will have some scarring. *He's telling colleagues at work that the last thing he can remember is telling his other half that he didn't think they needed a new kitchen.*



Above - the OMM is notorious for dodgy map quality, and Paul Horsfall's map shows that this year's offerings were no exception!

Right - NGOC member Sue Ashton marshalling at the Day 1 start - well wrapped-up against the inclement conditions!

Thanks to Paul Dodd for kind permission to use his event photos.





Beechenhurst Lodge, 19th November by Vanessa Lawson (and Seth Lawson)

When we first found out last year that these championships were on our doorstep we decided we would enter and try to get the boys' schools on board.

This was a rather major project as it was necessary to get children from non-orienteering families interested in the sport so that we may be able to take some teams. There was a qualification requirement of having done 3 previous events, and therefore a few months were needed to make sure the children had fulfilled the criterion. The local Avon Schools events were used for training and experience as well as NGOC events.

Both schools were very supportive and in the end we had Seth with two year 6 boys entered as Tutshill School, and Reuben with two other year 7 boys and a girl entered as Wydean.

The event itself was huge, with over 400 children taking part from years 5 to 13. There were separate courses for each year group and also separate courses for boys and girls, labelled B5, G5, B6, G6, etc up to B13 and G13. Primary schools ran White, years 7-8 ran Yellow, 9-10 Orange (basically a full colour lower than they do in open competitions).

For most of our local children this was the first time they were going to be running without going through the map with an adult beforehand, and the 6-minute call up grid was also a totally new experience. The helpers on the start were great at spotting problems such as fiddly control description holders in the hands of a 9 year old.

I (and no doubt the other parents) was mighty relieved to find that every child we took managed to find their way round and successfully complete their course! Phew!

In the end we had three top 10 finishers, with Seth winning a bronze medal in the year 5 boys course (there was no year 4 course so all little ones had to go in a year 5) and Reuben 9th in the year 7 boys. The year 7 boys team were 5th and this bodes well for the future if we can keep them interested. I need to find two more year 7 girls now!

Seth's comments on the weekend : "I liked it and I am happy I got 3rd place. Waiting for the results was really stressful because I was in 3rd place and there were other children still to finish and I was worried that I would lose third place. I was completely shocked that I did so well because it was a year 5 competition and I am year 4"

The Ward girls were also flying the flag for Trellech and Monmouth schools and both had a top 10 finish with Jessica 6th and Rebecca 5th on their courses.





Above left - Seth Lawson flying to the finish, taking third place in Year 5 boys

Below left - Reuben Lawson out on the course

Top - Reuben finishes 9th in Year 7 boys

Right - An anxious wait at the finish (above) for Jessica Ward, who finished 6th (below right)

Centre - the B5 course map

Bottom - Seth Lawson on the Year 5 podium

photo: Steve Rush



photo: Steve Rush

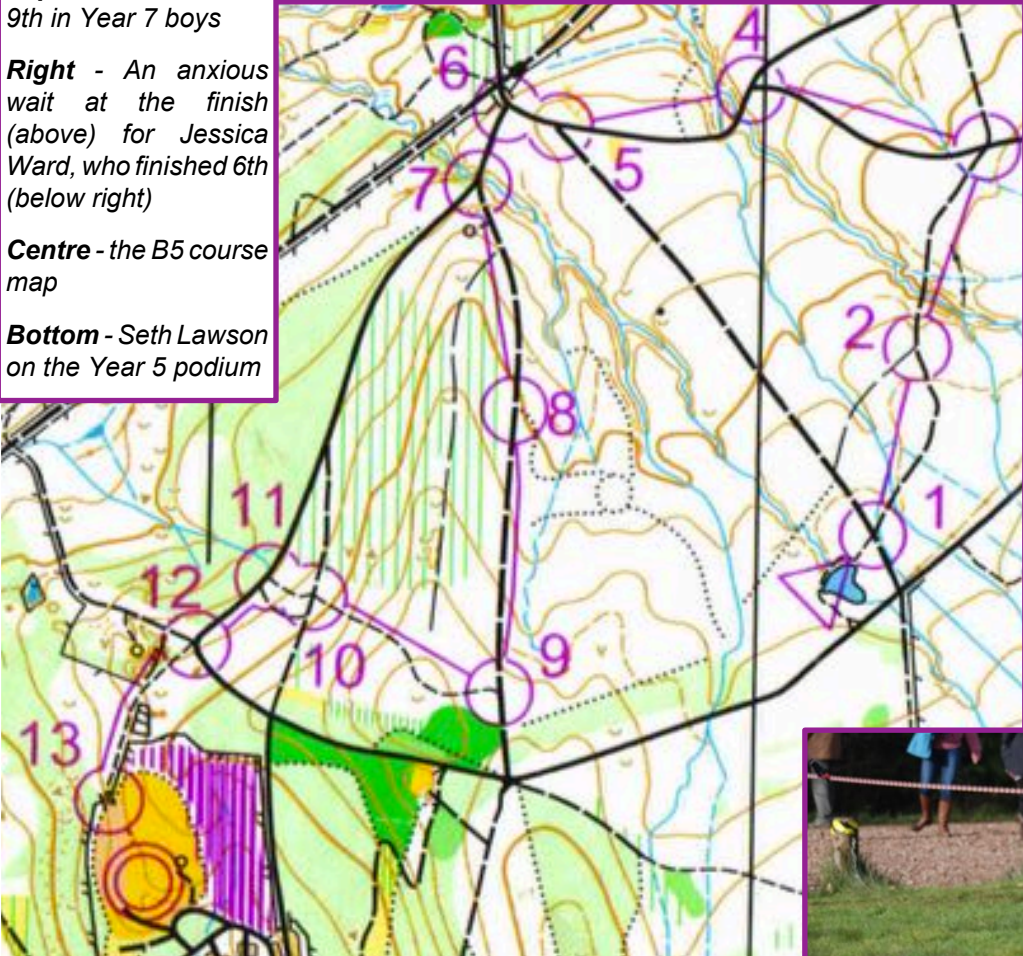


photo: Steve Rush



photo: Ray Barnes

my run - the CompassSport Cup final

by "handsome" ^(cough) Greg Best



all photos: Steve Rush

"Greg, please do a write-up of your Compass Sport Cup run", Judith demanded at the AGM. I am not very good at saying no, so I was easy prey for her, even though my first thought was that I usually struggle to recall clearly where my meanderings take me, so how am I possibly going to write about it in detail. She also told me that she didn't want a dull account of "nailed the first, nailed the second and the 3rd...., etc.) Well at least there was no chance of that happening, I thought.

The day arrived rudely with a pitch-dark, 6am alarm. The 3 hour coach journey passed quickly enough, and the NGOC squad looked splendid in the new matching jackets. Paul T had helpfully provided everybody with prints of the old map of the area (Virtuous Lady) for us to look at and discuss on the trip down. The area didn't look particularly technical, although there was a tightly-packed maze of paths and thickets which looked like could easily confuse.

I walk/jogged to the start with Tim Brett.

The weather was fair and good for running, but the body was achy and tired from the previous day's hockey match at Wotton-under-Edge. I find it increasingly difficult in my mid fifties to recover quickly, and I had 6.7km and 265m of climb ahead of me. We arrived with 2 minutes to spare – perfect timing!

#1 – ran along the nice straight path, gently descending from the start for 500m, before cutting cross-country through the open area, ticking off distinctive thickets. Descended into the woods to the path junction and contoured round to the control. Bingo – good start!

#2 - Ran above the strangely mapped mine entrance, then carefully across the steep slope, staying deliberately high as it's always easier to spot platforms from above. Nailed it!

#3 - As the slope was very steep, decided not to attempt to contour round, but instead went straight down the hill to the easy running of the path by the river at. Straight forward from here.

#4 – Just ran straight, ticking off

features along the way. Easy!

#5 – Ran along the flat to the river bend, then climbed steeply and very slowly up, being sure to aim off on the ruined wall. Easily found the control from there.

#6 - Contoured around above the control, then down a treacherously steep and slippery section to the flag. There was a warning from another orienteer "take care, it's dangerous!"

#7 - Back up the same treacherous incline. I then chose to follow the paths that hugged the top of the hill, and then down the path to the metallised cycle track. Surprised to find that I had to climb over 2 fences to get onto it. No idea why the cycle track was given a special symbol when it was really only a metallised road like any other. Took a careful bearing from the path junction down to the control. Nailed it!

#8 – Ran down and along the earth wall and found the control from there. According to Splitsbrowser (I like to use this after my runs for identifying major hiccups), this was the first control

where I lost some time- 35 seconds, probably down to excessive dithering.

#9 – Followed the obvious path along, then under the impressive viaduct. From here, I took a bearing into the control. Nailed it!

#10 - Minimal mistakes until now, but this is where we begin the section with that afore-mentioned confusing myriad of paths and thickets! It was clear to me that there would be plenty of opportunity to go wrong and it would be tricky to re-locate, so care would be required. Anyway, at least the paths seemed quite distinct on the ground. I picked a path-route and followed it carefully. As I wasn't 100% certain that I was in the right place, I looked for and found the pit and knoll just north of the

control, before attacking the control. 24secs lost for this.

#11 – Passed Alan Starling and Gary strolling along, chatting happily together, seemingly oblivious to the fact that there was a competition going on! Despite going carefully, I missed the control. Just as I started to panic, I got lucky and saw the flag from some distance away, so only 50secs lost.

#12- The control was in an area with very low visibility, so missed it 1st time, but found it one second pass. 45secs lost.

#13-14 – No problems with these. Just needed to carefully follow the paths.

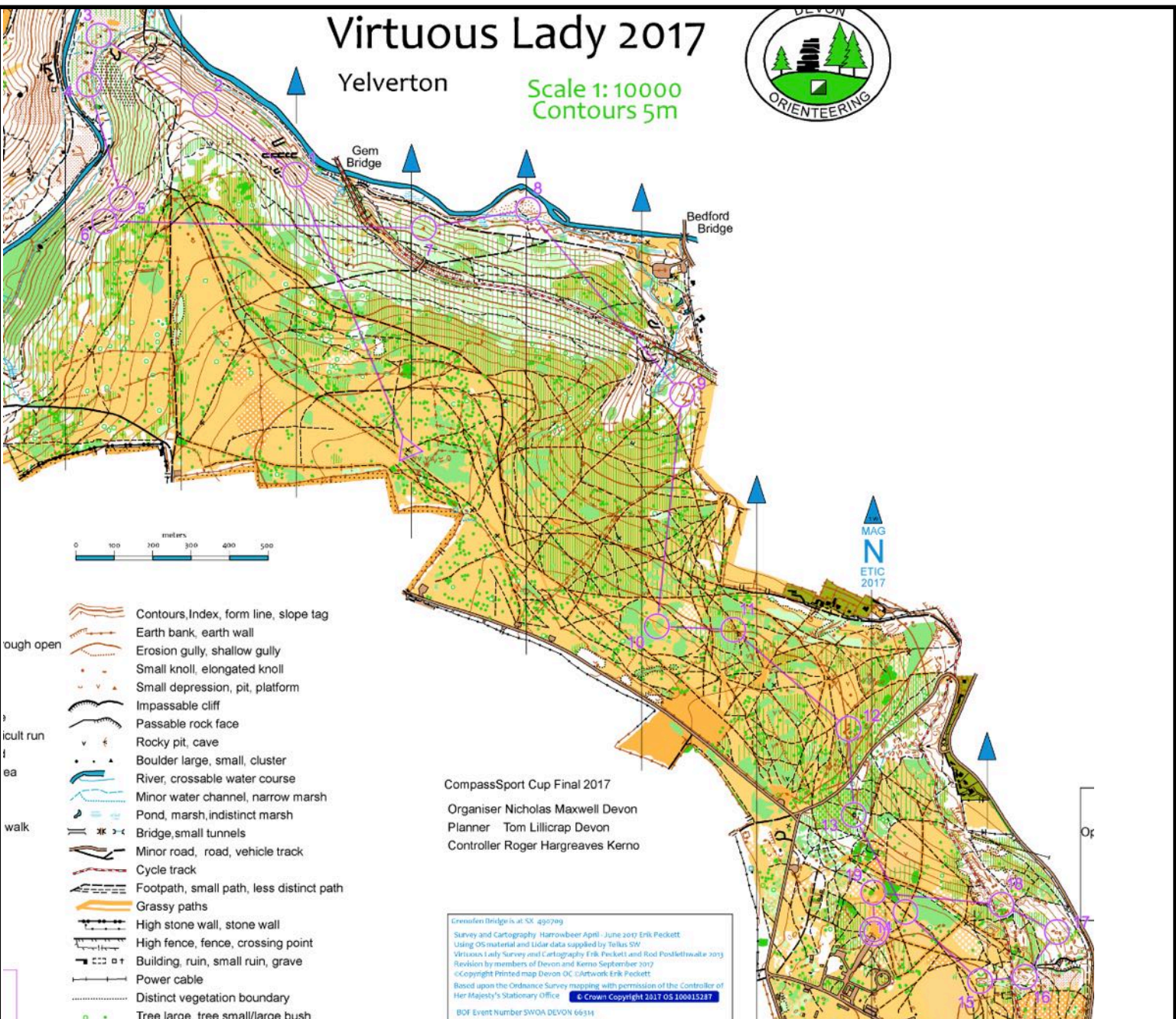
#15-18 – Just when I thought I could

relax as the end was close, we enter an area with lots of features and contour detail in amongst the vegetation, so need to keep concentrating to get it right. To be honest, this section is a bit of a blur to me now, but I lost 51secs on #15 and another 17secs on #16.

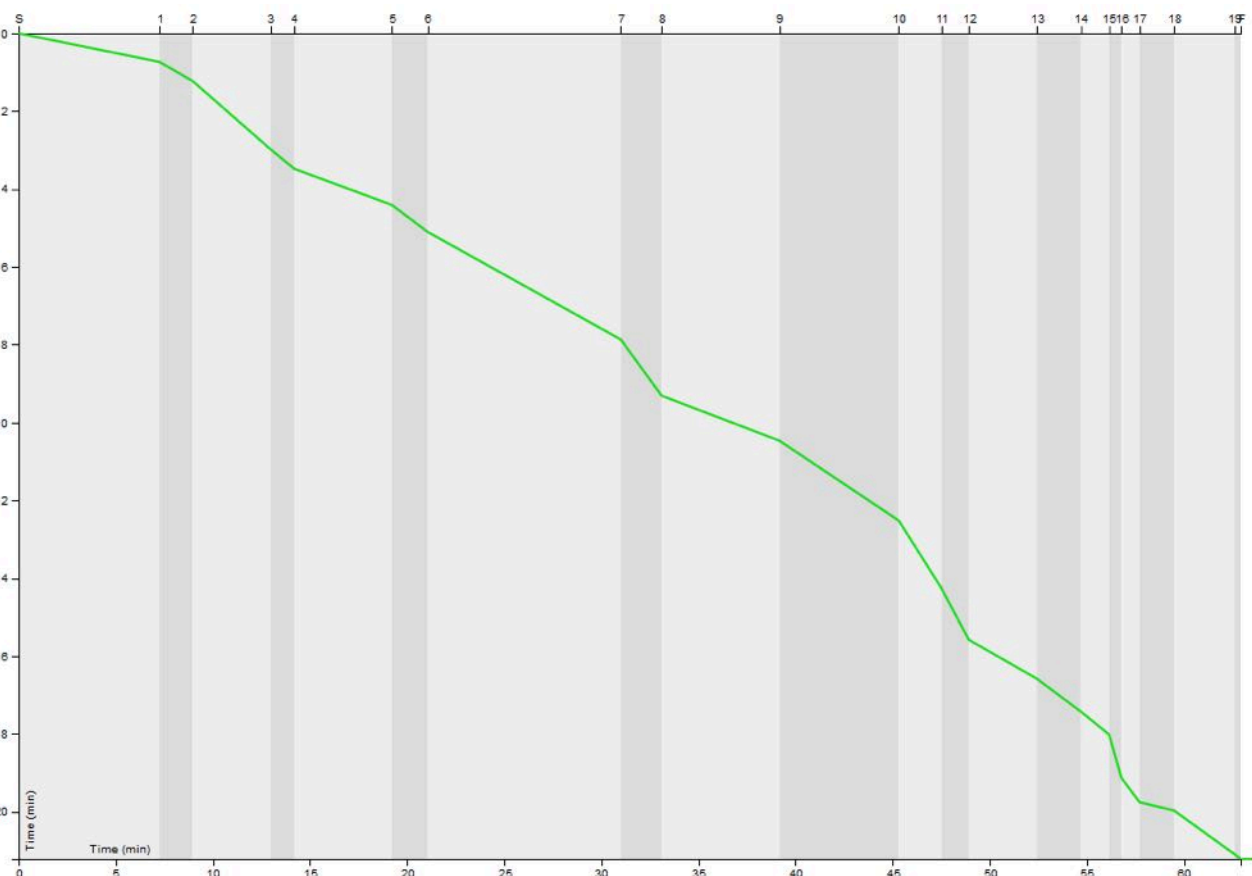
19-F – Plain sailing. I was helped to press on by Maggie Jones, armed with her with her camera, shouting out, "hello handsome, keep on going". She should get her eyes tested!!

That's it – didn't have to make up too much of it and hopefully haven't upset Judith too much, since only some of the controls were "nailed".

According to Splitsbrowser, I made a



total of just 4 minutes of mistakes, so that is a successful run in my books, and my GPS trace did not show any of those wild circles and zig-zags often seen around control sites. Of course, I was slow and plodding as usual, so still need to try and up the training to get faster, I suppose! I was content that the only NGOCers to finish above me on my course were those ever-young and ever-fast ones, Andy Stott and Ian Jones.



You can clearly see the mistakes on my splitsbrowser graph. These are at the controls where the line suddenly makes a much steeper plunge.

Soon after I finished, the commentator announced several times that the mighty NGOC were currently in third place. He struggled to disguise the shock in his voice.

Sadly, this high-point was fairly short-lived, but we still finished a creditable 6th. A good result, a good run and a good day out.





all photos: Steve Rush



world orienteering day - tutshill

by Vanessa Lawson



Photo: Streetview. Spot the start, finish and 11!

I wrote this a while ago and then forgot to pass it to the editor. There were several interesting articles in the last but one edition of Legend about how to attract newcomers to orienteering. I am very aware that the club could do with a few more youngsters, and that youngsters seem to (mainly) come to the sport by following their parents. Therefore if parents don't orienteer, how are children going to get involved? World Orienteering Day provided the perfect opportunity to market the sport to our local primary school, in Tutshill, at the southern end of the Forest of Dean.

The day was planned with activities designed to introduce children to orienteering as a physical and mental activity. It was explained as 'running with your brain switched on' and therefore that it isn't necessarily the fastest runners that do best but those that can run and think at the same time.

In my usual

enthusiasm the initial plan of 'let's have a couple of hours aimed at the juniors in the afternoon' became 'let's take over the school timetable for a day with a full day of orienteering for the juniors and several activities for the infants as well'. The Head teacher and the rest of the staff were pretty happy with that plan so we went for it.

Gill Stott and I mapped the school grounds (which was my first experience of mapping anything - Gill was very thorough at finding suitable symbols to map different kinds of playground equipment that I didn't even know existed) and two sprint courses were planned as well as a string course. One sprint course was shorter (therefore easier) and the other a bit longer. Years 2 to 6 did the sprint courses with the younger children only doing the shorter course and the older classes doing both.

I was aware of the very real possibility of bad weather so indoor exercises in the school hall were planned for all the junior classes. Having been on a couple of Mark Saunders' Welsh Junior Squad outings I had seen him do indoor exercises with able youngsters so four or five indoor activities were planned. These started with

1. a discussion about compasses and an awareness of 'North' including an active warm up exercise,
2. attempting to draw their own maps of everyday objects,
3. a matching symbols relay game where the children in teams had to sprint across the hall to match the symbol to the description, and finally
4. a map jigsaws relay with cut up maps of various levels of difficulty which they sprinted and collected in turn and then

Class	String course	Naughty numbers	Hall exercises	Sprint courses
Reception	1:45-2:15	-	-	-
Year 1	1:15-1:45	9:45-10:15	-	-
Year 2	10:15-10:30	10:45-11:15		11:15-12:00
Year 3	10:45-11:15	9:15-9:45	1:30-2:15	9:45-10:30
Year 4	9:45-10:15	11:15-11:45	2:15-3:00	1:15-1:45
Year 5	9:15-9:45	1:00-1:30	10:45-11:45	1:45-2:15
Year 6	11:15-11:45	1:30-2:00	9:15-10:30	2:15-3:00

had to assemble.

Indoors I also wanted to do a 'copy the course on a blank map' relay exercise but realistically this would have been too hard and, in any case, we didn't have time for it.

A timetable was drawn up (below left) so that every year from Reception to year 6 had activities planned at various slots in the day, with all the four classes in the juniors having a full day of both outdoor and indoor orienteering.

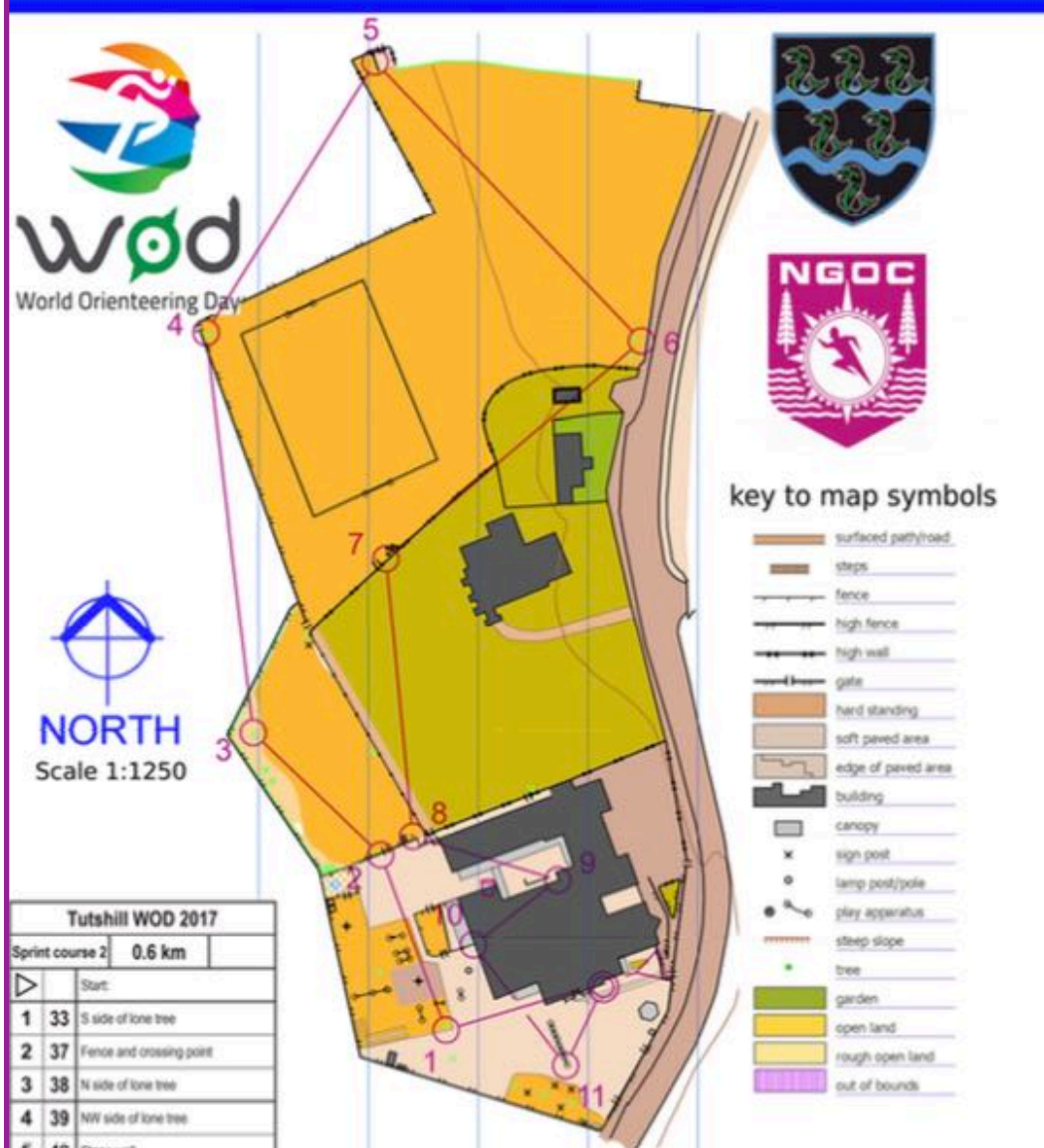
In the end the day was warm and sunny and it was fabulous to see 200 kids running around the school enjoying orienteering throughout the day! Even the Head was seen in her trainers attempting a sprint course with year 6.

From my personal perspective, it was a pretty tough day – it's been several years since I was a Mathematics teacher and I'd forgotten how hard it is to manage a class – and in a school hall rather than a classroom (always a lot harder), with one of the youngest classes being quite a challenge. With hindsight the exercises for them could have been differentiated but that's just a learning point for next time.

I have to thank so many people: Gill for all the work behind the scenes and being there all day on the day itself, Paul Murrin, Jeremy Cowen, Neil and Clare Grant from SWOC who all helped for part of the day. Pat McLeod who printed the maps and supplied the equipment used and Mark Saunders/ Alice Bedwell who reviewed my plan for the day and suggested activities/resources.

As a follow-up, a parent who came to help on the day is now delivering orienteering activities to the school she teaches at in the Cotswolds, with Gill's expert help at school mapping. Also

TUTSHILL C of E PRIMARY SCHOOL



three Tutshill children (as well as the Lawson boys) who especially enjoyed the day took part in the Avon Schools Orienteering relays at Ashton Court at the end of June. They had limited experience and it was a challenge but they certainly rose to the occasion and had a good day.

The British Schools Orienteering Championships are going to be at New Beechenhurst on 19 November 2017 and Tutshill have four children entered with three running for Wydean school.

If anyone would like to deliver something similar to another primary school I would be happy to give you my detailed plan for the day, to save time and effort. I think as a 'package' it

worked, and it definitely raised awareness of orienteering as a sport to several children and their families. It could be extended to suit older children, and I have ideas for amending it and using the revised plan at Wydean Secondary School next year.

The next WOD is 23 May 2018. I have ambitions of organising activities at Wydean in conjunction with possibly the Geography department. All help will be appreciated.

<http://worldorienteeringday.com/>

2017 league final results



League Latest!

all photos: the editor

It's been a truly record-breaking year for the NGOC League! Turnout at events has been phenomenal and the club has been well-represented across all courses and levels.

607 runners completed a staggering 1,510 runs. The highest turnout was at Danby (178 runners) with Headless, Knockalls and Parkend also very well-attended.

Course planning and organisation has also been superb, with excellent support for all activities. The string course, organised by Caroline Craig, Sheila Miklausic and helpers, has been a particular highlight. The Christmas string course at Parkend featured the famous inflatable crocodile, as well as fairy lights and an amazing amount of tinsel.

After tough and hilly events at Sheepscombe and Headless Hill in September, league regulars were no doubt hoping for a slightly less mountainous course at Danby on 14th October. No such luck! Planner Joe Parkinson showed no mercy - almost 400m of climb on the 5.4km Blue course, and a pretty gruelling 280m on Green (4.2km). NGOC members took four out of the five top spots on Blue: Pete Ward (M45) won in 45:14, with Paul Murrin

(M40), Andy Creber (M55) and Tom Cochrane (M21) in third, fourth and fifth respectively. Christine Farr (W40, SWOC) was the fastest lady in 14th place.

On the Green course, Ifor Powell (M45, BOK) was having an "easy" run out to win in 42:45, although Alison Simmons (W60, BOK) was hot on his heels in second. The top NGOC runners were Kevin Brooker, Simon Denman, Vanessa Lawson and John Miklausic, taking 4th - 7th places. Jack Hobby (M16) won on the Orange course, with Jess Miklausic (W35) in second. Seth Lawson (M9) was the swiftest around the Yellow course.

The penultimate league race of the year was at Knockalls on 11th November. Richard Purkis (M21) blasted around Blue in just 42:38, and Pete Ward had to settle for second place with a time of 43:46. Christine Farr again was the highest-placed lady in 12th place, ahead of Vanessa Lawson in 23rd. On the Green course, youth narrowly beat experience: Peter Watson (M16) won in 42:33, with David May (M70, SLOW) taking second place in 44:22. Mark Roderick (M45) took top spot on Orange ahead of Jack Hobby, and Emily Lewis won the Yellow course.

The conclusion of the 2017 League, at Parkend on 9th December, was jeopardised by snow and ice - but thankfully the full-on winter conditions held off for 24 hours to allow the event to be run in glorious crisp winter sunshine. Once again, Pete Ward and Richard Purkis battled it out on Blue. Pete took the honours this time in 50:04, with Richard in 2nd place in 52:45. Vanessa Lawson had an excellent end to the season and was fastest lady in 15th place. Simon Williamson (M55, IND) was the top runner on Green, with Kevin Brooker in second and Ginny Hudson (W55) in third. Jessica Ward (W12) won the Orange course and Eleri Cowen (W11) zipped around Yellow to win by almost five minutes.

Our final League winners were: Richard Purkis and Christine Farr on Blue; Kevin Brooker and Ginny Hudson on Green; Jack Hobby and Ashleigh Denman on Orange; Seth Lawson and Katie Agombar (W9) on Yellow. Peter Watson and Rebecca Ward were the top juniors on Green, and Jessica Ward took the junior ladies' prize on Orange. *Congratulations to all prizewinners and everyone who ran.*



recent results

SEPTEMBER

Rebecca Ward was selected to represent the South West at the **Junior Inter-Regional Championships, held at Winterfold on 23rd September**. She finished 13th in the very competitive W14 class, completing the 4.3km/125m course in 55:11. Congratulations to her on both her selection and her result!

Richard Purkis took the road-runners by surprise on 24th September to win the **Forest of Dean Autumn Half Marathon** in an incredible time of 77:57. Given that the course includes climbing to the top of Staple Edge hill, this really is astonishingly fast. Well done, Richard - it was great to see an NGOC vest leading the field!

The **British Sprint Championships** were held on 30th September at **Campbell Park, Milton Keynes**. In the top Men's Open A final, Richard Purkis finished in the top 10 with a time of 18:32. Meanwhile, Tom Cochrane was =11th in the Open B final. Andy Monro finished 4th in the M45A final. Ian Jones was 7th in a very closely-fought M50B. Neil Cameron was 8th in M70A. Chris James 3rd M75B. Margaret Jones =3rd W50B.

OCTOBER

British Middle Distance Championships, Wendover

Richard Purkis on his way to half-marathon victory (photo: GloucestershireLive)



Andy Monro (M45) winning the British Middle Championships



photo: Rob Lines

Woods, 1st October: CONGRATULATIONS ANDY MONRO - M45 CHAMPION! Andy was 35 seconds clear of 2nd place. Pete Ward also had a cracking run to finish 7th in the same class. Richard Purkis and Tom Cochrane took 19th and 34th in the top M21 class, whilst Tom Birthwright finished an excellent 11th in M35. Peter Watson was 28th in a tough M16 class, and Ian Jones was 13th M50. The Ward family also scored well in the ladies' events: Jessica Ward was 12th W12, and sister Rebecca Ward 15th in the W14 class. Michelle Ward finished 30th W45 and Margaret Jones was 13th W50.

SBOC Whiteford Burrows, 29th October (Welsh League Event). Richard Cronin (M21) and Tom Cochrane tackled the 8.7km/230m Brown course on this deceptively physical terrain. Richard finished 6th in 76:37 and Tom was 8th in 83:02. Alan Richards (M70) and Bob Teed (M75) took 14th and 18th places on Green.

NOVEMBER

SOC November Classic & Southern Championships, Highland Water, 5th November. Yet again the November Classic seemed to be able to schedule the weather - glorious sunshine all round! Top performers were: Richard Purkis, 10th M21E (Richard Cronin 19th in the same class); Tom Cochrane 5th M21L; Andy Monro and Pete Ward 3rd and 5th



Richard Purkis and Tom Cochrane at the British Middles (photos - Wendy Carlyle)

Richard Cronin and Bob Teed (below) at SBOC's Whiteford Burrows event. Photos by Steve Rush



respectively on M45L; Rebecca Ward 8th on W14A and Suzanne Harding 1st on W50S.

DEVON Galoppen, Haytor, 12th November. Pete Ward had an excellent run to finish 2nd on Brown. Daughter Rebecca (W14) was 9th on Green - particularly impressive as she

was one of the youngest runners on the course - whilst Michelle Ward (W45) was 15th on the same course.

On the same weekend, Andy Monro decamped to sunny **Bilbao for the City Race Euro Tour series.** The climate evidently suited him: he finished 6th in the Long Distance city race (Mens Vets class) - out of 137 finishers - and 3rd in the M45 class in the Night Sprint. In the



Middle distance he was 14th.

SWOC Castell Coch (Welsh League event), 26th November. An excellent new map by Ben Mitchell proved to be quite a draw. Apart from the small matter of a decomposing body on the Green course, the event was a great day out for NGOC members: Pete Ward had another cracking run to take 2nd place on Brown; Rebecca Ward finished

4th on Green and sister Jessica won Orange by a clear margin. Alan Richards (M70) was 29th on Blue and Bob Teed 4th on Short Green.

BOK ASO & Galoppen, Brierley, 3rd December. The usual vertiginous Brierley climb was not helped by muddy conditions, but Pete Ward still

managed to nip round Brown in just over the hour for 3rd place. Top NGOC runners on Blue were Andrew Hartley (M21) and Andy Stott (M55) in 7th and 9th places. Peter Watson and Pat MacLeod were 5th and 6th on Green, with Rebecca Ward a creditable 8th. Lin Callard (M80) was 8th on S. Green. Jessica Ward was our best-placed runner on Orange, finishing 2nd, whilst Scarlett Johnson (W10) was 6th and Gaye Callard (W80) 10th.

Kim Liggett at Brierley (Steve Rush)



Ginny Hudson, Pat MacLeod and Alan Richards at the November Classic (photos by Steve Rush)



rankings

NGOC's national ranking Top 10 on 26th December 2017 were ...

1	Richard Purkis	1993	M	8044
2	Peter Ward	1970	M	7933
3	Tom Cochrane	1986	M	7735
4	Andy Monro	1969	M	7716
5	Andy Creber	1958	M	7472
6	Richard Cronin	1989	M	7459
7	Lawrence Jones	1996	M	7444
8	Caroline Craig	1984	F	7377
9	Andy Stott	1959	M	7349
10	Ian Jones	1966	M	7348

Richard Purkis and Pete Ward have hogged the top two spots in our club Roll of Honour since May, but Tom Cochrane's dedicated event attendance and steady improvements have now seen him edge newly-crowned Middle champion Andy Monro into 4th spot. Andy Creber has hung on to 5th place, although the eagled-eyed will note that his year of birth points to a very significant birthday this year ... will he still be ripping through the undergrowth at 60??? Despite hardly doing any racing in recent months (due to injury earlier in the year) Caroline Craig has moved up into 8th place. At the time of writing, NGOC has 2 runners in the national Top 100 - an excellent achievement!

committee & contacts

Chairman:	Tom Mills chairman@ngoc.org.uk
Secretary:	Caroline Craig secretary@ngoc.org.uk (01242) 528326
Treasurer:	Carol Stewart treasurer@ngoc.org.uk (01242) 514988
Captain:	Richard Cronin captain@ngoc.org.uk
Membership Secretary:	Simon Denman membership@ngoc.org.uk
Mapping Officer:	Paul Taunton mapping@ngoc.org.uk (01594) 529455
Equipment & Development:	Pat MacLeod equipment@ngoc.org.uk (01594) 528128
Fixtures Secretary:	Stephen Robinson fixtures@ngoc.org.uk (01594) 841743
Welfare Officer:	Ashleigh Denman welfare@ngoc.org.uk
Legend Editor:	Judith Austerberry legend@ngoc.org.uk
Permissions Officer:	Greg Best permissions@ngoc.org.uk (01242) 516053
Committee Member:	Richard Purkis rickyp194@btinternet.com
Committee Member:	John Fallows john@greyeye.co.uk (07971) 782729

All contents are copyright NGOC and Judith Austerberry unless explicitly stated otherwise. You may not use, copy or in any way reproduce the contents of Legend without the express permission of the editor. Anyone attempting to do so will suffer dire consequences and the editor will pursue them until their dying day. This issue of Legend was brought to you by turkey sandwiches, Quality Street, Asda's budget version of Red Bull and the letter Q (10 points).