

The Legend
Number 175
Newsletter of
North Gloucestershire Orienteering Club
February - March 2016



www.ngoc.org.uk

NGOC Committee

Chairman

Gary Wakerley 01594 862690
chairman@ngoc.org.uk

Mapping Officer

Paul Taunton 01594 529455
mapping@ngoc.org.uk

Secretary

Caroline Craig 01242 528326
secretary@ngoc.org.uk

Club Welfare Officer

Gill James 01989 720122
gilljames@dalcross.plus.com

Treasurer

Carol Stewart 01242 514988
treasurer@ngoc.org.uk

Club Development Officer

Pat McLeod 01594528128
pat_macleod@btinternet.com

Club Captain

Greg Best 01242 516053
captain@ngoc.org.uk

Legend Editor

Gill Stott
01291 689471
legend@ngoc.org.uk

Membership Secretary

Simon Denman 01452 863833
membership@ngoc.org.uk

Website

Eddie McLarnon
01242 673079
webmaster@ngoc.org.uk

Equipment Officer

Pat MacLeod 01594 528128
equipment@ngoc.org.uk

Fixtures Secretary

Stephen Robinson 01594
fixtures@ngoc.org.uk

Additional Members

Roger Coe 01594 510444
randvcoe@btinternet.com

John Fallows 01684 290256
john@greyeye.co.uk

Chairman's Chat March 2016

February finds the coaching team putting on another good, well supported event. Gill Stott and Pat MacLeod have done a great job creating and running the coaching program, supported by a strong team of helpers.

This brings me on to my topic for this month, something that is as perennial as getting young blood into the club, the subject of Volunteering. Looking through this year's event organisers, you would be forgiven for thinking it was last years or even the year before events list. Towards the end of last year and beginning of this year we have started to see some new planners put on some good events, but most of the time it seems to be the usual club members .putting on events.

To maintain our fine record, of putting on top quality events, we need to encourage more people to help plan and organise events. I understand the issues of young

families and jobs being a priority but if you wish to see NGOC maintain its good standing, we need to start encouraging more of you to help. Putting on a club event -for the first time may seem daunting but we will support and mentor you and you will have support at every stage, so why not take the plunge and give it a go. If you are unsure about taking on the whole event, get a feel for what's involved by helping - work with Carol on registration, help with parking, or the start, or computing, and see how it all works. You'll find that there is lots of support and experience around, and that the organiser/planner can call upon a wealth of skills to plan and run the event.

Getting involved with events is a sure way to improve your own orienteering skills.

Mapping is a crucial, but unsung hero of Orienteering. Watching Tom and Pat amend Standish map the other day pointed out to me how time consuming it is. I would like to say thanks to all of our mappers, who have taken the time to perform this vital role.

Our headline event for this year is The Harvester Relay. This is on the last weekend of June <http://www.ngocweb.com/harvester2016/> Our plan is to make this a weekend of activities with the usual NGOC emphasis on good orienteering and fun for all. So I look forward to seeing all you new volunteers, to help make it a spectacular success.

P.S We are looking for someone to fill the role of Volunteer Coordinator within the club. this is a role which requires somebody good at contacting and encouraging people to help at events. For more details, please contact Gill James

Darryl

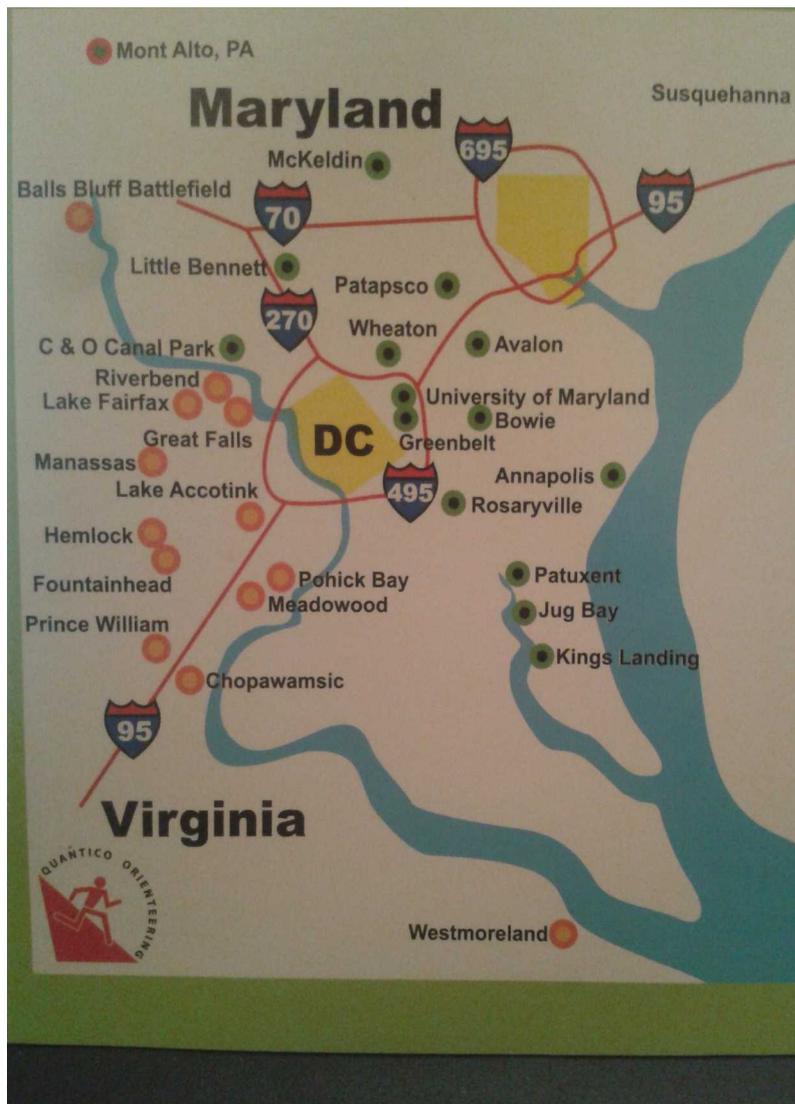
Orienteering in the US (Virginia) by Tom

Last November I was fortunate enough to be able to visit NGOC alumnus Tom Cochrane in the U.S. After a day exploring Pennsylvania, eating shoo-fly pie, and watching Ice Hockey, it was time for some exercise. Luckily for us Quantico Orienteering Club (qocweb.org) runs regular events. These events are spread out over quite a large area, but then everything is bigger in America, and so the average travel time to an event seems to be higher too. The event we went to was South West of Washington in the state of Virginia, at Hemlock Overlook, a picturesque forest next to the Bull run river. This forest is used as an outdoor education centre (or should I say center?).

As we headed off for Virginia I had images of getting lost in the forested hills and coming across hillbillies playing duelling banjos, but I was assured that we were going to a good part of Virginia. As we pulled up to the car park there was a winery on our left, so if all else failed we would at least be able to get a drink! The weather was mild, not too hot or cold, and dry. The registry was in the hall used by the education centre which made for a very civilised introduction to the club. Lots of helpers were on hand to point me in the direction of the right form to fill in, sign my life away and then head to the registration desk. Luckily I was wearing my NGOC top, and one of the ladies behind the desk had been helping at the WOC in Scotland, so I managed to get the "club member" price for being in an affiliated club, which at \$5 was a bit of a bargain. No doubt the English accent helped too. So now I

am registered in QOC as a member of "NGOC-UK".

Due to various injuries I was only intending to walk, so I opted for the Green course - 5.4km and 220m climb, 10 controls - not too far off what a Green might be here. A word of warning though that their colours don't follow the same order as ours - a brown for example is easier than a green, and a red is harder. I had been warned in advance that there aren't as many paths - which is unfortunate as that tends to be my main navigation feature in the UK. A good opportunity to practice using other features. Starts were very relaxed, just punch when you want to, so off I went. The route to the first point had a very interesting symbol I'd not seen on a map before - a small cross - my first grave on a route! Between points 1 and 2 was the only real undergrowth on the course - in fact I remarked to them afterwards how their green on the map was not quite like our green! And so began my general indecision as

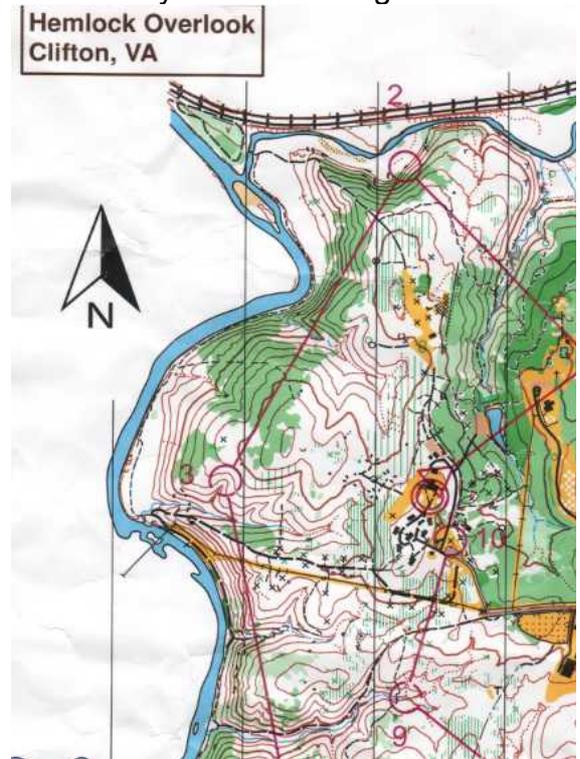


to whether to go up and over hills, or go the longer flatter way around the river, which plagued me for three legs, and I think I got it wrong every time, going up and over to 2 and 4, but around to 3. I didn't make too many mistakes on the rest of the course, and it was quite fun navigating mainly by contours rather than paths. Autumn in the US is Fall - which was reflected in the bare trees and copious leaves underfoot, which meant seeing the contours was quite easy. It would have been very runnable if you were that way inclined.

The green forest around points 6 and 7 wasn't that bad, and the contours led me nicely to point 8, where I found a lady helping another learn how to orienteer. The friendliness on display was heartening, both on course and at the start / end. Overall I found that finding the points themselves wasn't too tricky, route choice was more key than fine navigation.

Upon finishing I returned to the hall where I downloaded, helped myself to some water and some very nice biscuits and waited for Tom to finish his run, which he did soon after. After that nice walk in the woods, I finished 9th in a time of 84:56. Tom had run the Red course (7.5km, 240m, 13c) in a time of 80:50 - which he won! We can look forward to him rejoining NGOC when he returns to the UK.

I'd like to thank QOC for a well run, friendly event with an interesting course, and Tom for taking me to the event)



Bertie trips up at Aldermaston – and Roger has a scare

Alan Brown

Well, that's the last time I get Jeeves to write an event report: I ask him not to mention my navigating error on the way to the event and what does he do? He mentions my navigating error on the way to the event. To say it was for reasons of "completeness" is pure mashed potato in my opinion - or is it apple sauce? At least Jeeves was just as wrong over that Lord Bray fellow as I was.

"Good afternoon, sir. Are you dining at home this evening? If so, what would you like me to serve?" "Ah, Jeeves, I'm glad to see you. Eat? Humble pie for me, please. I trust you have all the ingredients?" "Sir?" "Look here, Jeeves, we were both wrong about Lord Bray. He is a Lord.

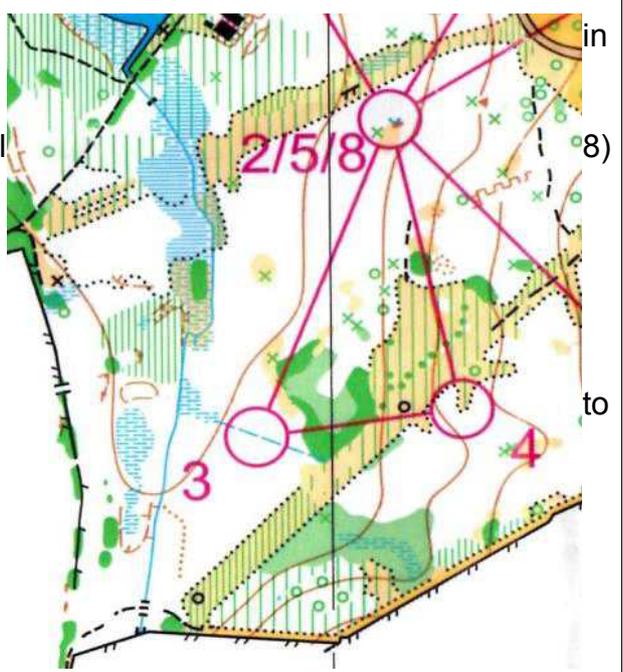
One of his friends, David Andrews, gave me a photocopy of the page from Who's Who; there's even a picture of him in his Chepstow mansion. Well, I went straight up to him and apologised. I must say that he was jolly nice about it, gracious even." I handed the

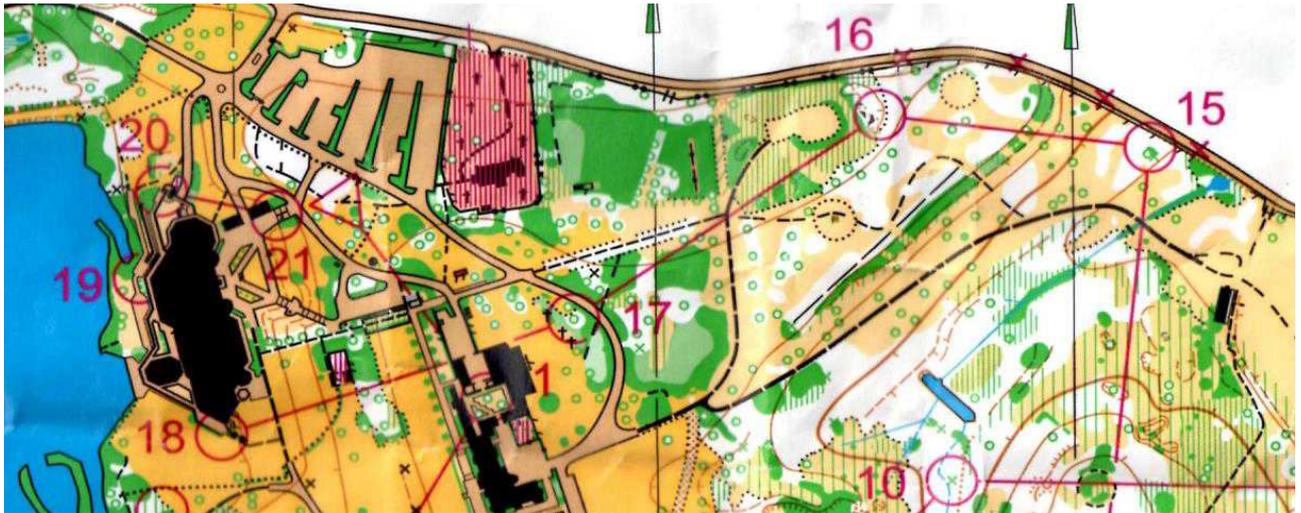


slip of paper to Jeeves who studied it carefully and raised his left eyebrow an eighth of an inch, indicating that he was deeply moved. "I contend, sir, that this is a forgery. The layout of the page is totally different from the Who's Who on our bookshelf. Also a study of the background to the photograph suggests that the location is not a private residence but a village hall, leisure centre or similar establishment." "But, Jeeves, he is a life peer, it says so on that paper. Not an old-established family like the Woosters, who fought at Agincourt, so one would not expect portraits of ancestors painted by Gainsborough hanging on the walls and so on and so forth. But it says here he was awarded a peerage for his 25 years as Secretary to some charity. And the bit about his recreations and hobbies rings true as well: 'running, orienteering and smoking Havana cigars'." "I very much doubt, sir, that there is such a charity as the 'Aid Association for Distressed Costermongers'. I suggest that you have been the victim of a practical pleasantry." "Well, be that as it may, Jeeves, the orienteering was excellent. "When we arrived we were directed to a proper car park with individual spaces and we could see what looked like a Victorian pile next door to an ugly concrete lump. But it all had a rather deserted and forlorn air." "If I am permitted to interrupt, sir, the modern edifice would be Portland House, which won a Concrete Society award in 1986. The older building dates from 1848 and is built in what is known as the Neoclassical style. They both formed part of an hotel and conference centre until 2012 when the business was declared insolvent. Although the main building is Victorian there has been a house there for many hundreds of years; indeed it was in 1100 that Robert FitzAchar was granted the Aldermaston Estate by King Henry I and . . ." "Jeeves," I said severely, "I am trying to talk orienteering. Unless you are going to tell me that this Richard Fitzwotsit fellow used to orienteer there . . ." "I apologise, sir, I do find the history quite fascinating. I expect that you entered the Brown course, sir?" "There's no need to say it in that soupy voice, Jeeves, of course I ran the Brown. I know you think I should tackle the easiest course but we Woosters are made of sterner stuff. I don't want to hear any more about which course you think I should enter." "Very good, sir."

"Well, the Start was conveniently right next to the car park. Unfortunately the map was a confusing 1:5000 scale. Bertram was a bit too keen and rushed off, thinking that with 41 controls close together in a small area all would be easy. But with the sun shining straight into my eyes I soon found myself heading straight at a brick wall. After a quick adjustment direction I did indeed find number 1 quite easily.

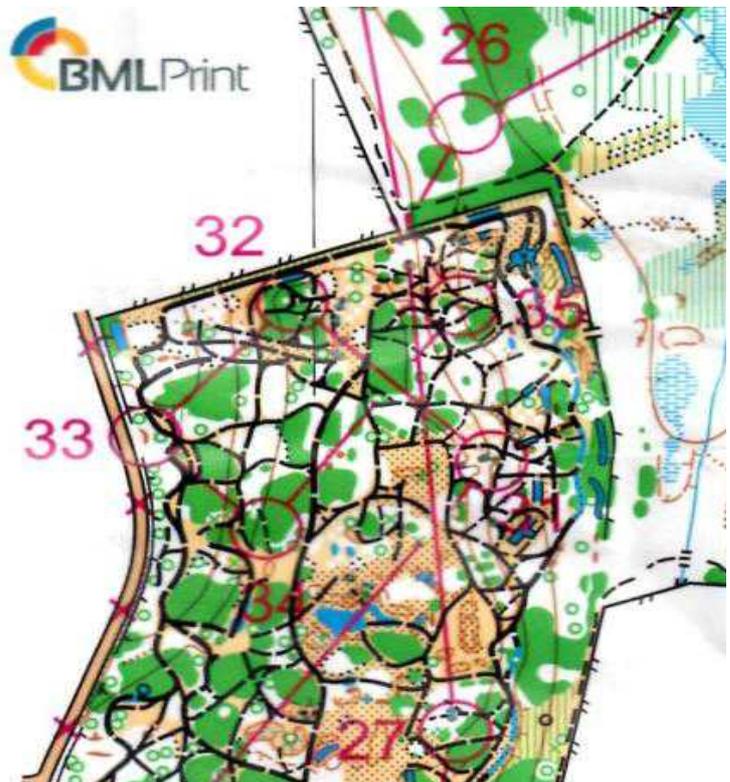
"Control 2 (which was also Control 5 and Control 6 was straightforward - across some lawns and downhill into some woods. 3 was a bit of a disaster, only retrieved by some good luck. Still not used to the map scale I rushed off on a compass bearing and suddenly realised I had no idea where I was. The map and the actual ground seemed to bear no similarity so I decided retrace my steps and, in the process, stumbled across 3, which I must have run straight past. That map scale!





“Progress after this was much steadier, across more lawns, through woods, scattered trees and so on. From 18 to 19 was next to that award-winning concrete lump. I ran along a path right next to the building and found myself looking over a balcony onto the control; luckily there were steps nearby to reach it. However, had I looked at the control description – which showed a thicket – it would have been obvious that to take the lower route

would have been better. “About halfway through the course we had to turn over the map before we could carry on. From 26 to 27 was alongside a barbed wire fence. As you know, Jeeves, I’m wary of barbed wire fences, so I kept a sharp lookout but the cunning swine had concealed an extra length six inches off the ground and this was what sent me sprawling onto a greasy, muddy track. It was so greasy that I spun round 90 degrees to my initial point of contact. At this stage I rather lost interest in the orienteering and lay back looking at the clear blue sky and contemplating the infinite. “But not for long as the track was part of a 4x4 driver training area and learner drivers on greasy tracks with prostrate orienteers do not seem a good combination. So I carried on . . . Well, that’s enough about the orienteering. Do you believe in ghosts, Jeeves? Or should I say, do you like ghost stories?” “I do find a good ghost story very diverting, sir, although I do not actually believe that ghosts exist.” “Well, last Saturday night – a very wild, wet and dark night you may recall, Mr Roger Coe was dozing over a book in front of his fire, after a heavy meal and numerous glasses of the strong stuff, when a sharp rapping at the front door sounded over the wailing of the wind in the trees. You must know, Jeeves, that Mr Coe lives in a lonely and secluded cabin in a lonely and secluded part of the Forest and the loud noise brought him rapidly to full wakefulness. “Reluctantly, and full of trepidation – as he was well aware that tonight was Walpurgis Night, he made his



So I carried on . . . Well, that’s enough about the orienteering. Do you believe in ghosts, Jeeves? Or should I say, do you like ghost stories?” “I do find a good ghost story very diverting, sir, although I do not actually believe that ghosts exist.” “Well, last Saturday night – a very wild, wet and dark night you may recall, Mr Roger Coe was dozing over a book in front of his fire, after a heavy meal and numerous glasses of the strong stuff, when a sharp rapping at the front door sounded over the wailing of the wind in the trees. You must know, Jeeves, that Mr Coe lives in a lonely and secluded cabin in a lonely and secluded part of the Forest and the loud noise brought him rapidly to full wakefulness. “Reluctantly, and full of trepidation – as he was well aware that tonight was Walpurgis Night, he made his

way to the door and opened it a fraction. There, in the porch, stood a tall, spare figure of a man dressed all in black. Although Roger could only just about make out a gaunt face he was mightily relieved to see from his collar that he was a member of the clergy. "This gentleman was looking for another lonely, isolated cottage and, provided only with vague instructions, which included looking for a postbox at a road junction, he had lost his way and was benighted. Roger did not know the cottage that the man was looking for but soon found it out from a map. It was a couple of miles away and the simplest way to deliver the gentleman to his destination was for Roger to lead the way in his own car. Pausing only to gather a crucifix and a bulb of garlic from the kitchen, in case the figure turned out to be a fiend in human shape, Roger passed into the night. Driving slowly so that Reverend Green, for that was his name, could follow easily, Roger pondered on his strange situation and his new-found friend. He tried to recollect the man's appearance but could only conjure up his very red lips and his teeth, which appeared sharp, pointed and as white as ivory. Then he recalled another fact that sent a shiver down his spine. At the time he had not realised the significance as he had been preoccupied with finding Green's destination on the map. Because of the cold Roger had invited the Reverend inside and he now he remembered glancing into the mirror above the mantelpiece – the Reverend Green was standing only a little way behind Roger yet there was no sign of Green reflected in the glass. "Are you following my drift, Jeeves? I hope you are paying close attention?" "You are lucidity itself, sir, for anyone familiar with the works of the late Mr Bram Stoker." "Eventually they reached Green's destination, the cottage of a Colonel Mustard, at the end of a narrow, muddy lane. To enable Green's car to turn into the drive Roger had to carry on past the gate – where the lane turned into a footpath. And it was here that his car stuck in the mud and could not be freed. "I think I mentioned previously that it was Walpurgis Night and Roger was desperate to gain the comfort and refuge of his home before the clock struck midnight – the time, as we both know, when all the evil things in the world have full sway. "Luckily for Roger, Green was grateful enough for the help he had received to drive Roger back to his own front door before returning to Colonel Mustard. Getting out of Green's car Roger ran to his own front door and only just managed to get inside and turn the key and slide the bolts across before he heard the clock on the mantelpiece strike twelve times. At the striking of the clock Roger fainted away completely. He awoke to find that it was broad daylight, that he was rather stiff and sore and that he smelled strongly of the garlic bulb that he was still clutching in his hand. For a moment he could not work out where he was or how he got there but his senses slowly returned and he struggled into the kitchen to make a cup of coffee and work out how to retrieve his car. Do you know what I think, Jeeves?" "No, sir, but I would say that I do not believe in vampires any more than ghosts." "What I think, Jeeves, is that Roger's story is the most feeble excuse I have ever heard for missing the BOK Trot.

CAPTAIN'S LOG:

Greg Best

Compass Sport Cup . This year, it is extremely local to us, being held at Cannop Ponds in the Forest on Sunday 13th March. NGOC members have been entered – good luck to all. I am hoping that we will manage to beat last year's massive team of 66 !! For those that don't already know, the Compass Sport Cup is the national inter-club championship where all of the UK's clubs compete against each other. There are qualifying matches held in different parts of the country, and the winners go through to a national final later in the year.

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

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

Greg Best, Club Captain (You can contact me at captain@ngoc.org.uk or 01242 516053)

League Scoring by John Fallows

What do points make? Prizes, or so we hope. Trouble is, there's no right or wrong way to work out the points to be awarded at each event.

A few years back, when there were only six league events in the season, the winner of each course was given 1000 points and then each runner was given points pro rata, based on their time relative to the winner's time.

But, if super-fast Bertie Wooster came to a league event, even Jeeves could work out that the regular league runners would get fewer points than normal. So, changes were made so that 1000 points equated to the average time of the top three runners, and the Bertie Wooster effect was less.

This season, we've made changes to further reduce the Bertie Wooster effect - the base time (1000 points) is calculated as the average of the top 25% on a course. You might see in the standings (http://www.ngocweb.com/results/results_16/L1standings.pdf) that the winners will be getting more points, maybe 1200 or more, but those further down the results list will also be getting more points, so it is now fairer for all.

There is also good news for event advisors. The organiser/planner designs the courses, checks the control sites, prepares the maps and control descriptions, and puts out the controls. The advisors are the willing souls who work to ensure that the event is fair to all



and acts as a second pair of eyes for the organiser. This is a great way of helping up-and-coming organisers to progress - it means that they're not doing it all on their own. So, PLUG, please offer to be an advisor and help grow the number of volunteers in the club.

Now that the league has changed to 12 events, with your best 8 scores to count, an organiser & advisor would only have two 'spare' events. So, to make sure that both the organisers and advisors don't miss out on valuable points, they are now compensated with points for the event(s) they help at. They'll receive the same number of points as their best score from events 1-6 and it'll be done twice if they are organiser for one event and advisor at another. Can't be bad!

RESULTS by Judith Austerberry

NWO Galoppen, West Woods, 24th January

20 NGOC'ers braved the brambles at West Woods with some excellent results. Pete Ward was 5th on Brown; Christophe Pige, Greg Best, Alan Brown and Steve Williams also endured the long trek through the undergrowth on this course. Suzanne Harding W50 came a close second on the Short Green, just 1:04 down on the leader and Jessica Ward finished 7th on the Yellow course.

On the same day, several club members opted for the rather longer - and mercifully bramble-free - navigational challenge offered by the Mercia Hill Trial on the Malverns. Andy Creber narrowly missed out on victory on the Short course; his time of 87:27 was barely a minute behind the course winner. On the Long course, Matthew Lawson finished well up the field in 9th, with the teams of Patrick Woodisse/Julia Kelly and Allan McCall/Judith Austerberry finishing in 17th and 29th place respectively.

Concorde Chase, Barossa (Sandhurst), 31st January

Six club members travelled south-east to enjoy the well-defined contours of Barossa at the Concorde Chase. The irritating closely-planted scrub of "scattered trees" which previously marred the area has now been mown down to fast, runnable heathland making for some very fast min/km times at this event. Andy Monro came a very close second on Short Brown, with Allan McCall finishing in 55th on this hotly contested course. Judith Austerberry and Alan Richards were 16th and 85th respectively on Blue. Christopher Harrison placed highly on Green in 4th place and Victoria Harvey was 24th on Short Green.

BOK Trot, Brierley, 7th February

The vicious little hills of Brierley resulted in not a few retirements at the BOK Trot. The considerable height gain, especially on the longer courses, was not to be trifled with and the standard of the competition was high with competitors travelling from far afield to make the most of a pre-BUCS Forest of Dean training opportunity. Pete Ward finished an excellent 2nd on Brown, with Joe Gidley (4th) and Andy Stott (8th) also posting good times on this course. Richard Purkis was 2nd on Short Brown, followed by Andy Monro (5th), Judith Austerberry (11th) and Sam Taunton (19th). Rodney Archard was 15th on Green, with Bob Teed powering up the hills to 8th place on Short Green. The young Ward sisters were both

highly placed: Rebecca finished 3rd on Light Green and Jessica was 2nd on Yellow.

Wessex Galoppen, Bisterne Close, 14th February

Four club members decided to spend a romantic Valentine's Day wading through knee-deep stinking drainage ditches in the sunny New Forest. Courses used the northern part of the area, which - hard as it may be to believe - is even less inspiring than the southern section. Judith Austerberry was 7th on the Brown course, followed by Allan McCall in 14th. Alan Richards (without his usual canine assistant) finished 11th on Blue, and John Coleman was 27th on Short Green.

Other club members (probably wisely) opted for a slightly shorter journey to the HOC event at Langdon. Richard Purkis and Caroline Craig both placed well on the Brown course: Richard finished in 2nd place and Caroline was the highest-placed lady in 12th.

WIM Winter Warmer, Millersford, 21st February

Alan Richards and John Coleman must enjoy the exotic delights of the South of England because just a week after the Wessex Galoppen they were back down there for the Winter Warmer, joined by David Lee. Alan finished 54th on Blue, with David (18th) and John (27th) competing on Short Green.

On the same day, Judith Austerberry ventured even further south for the Interland Cup at Klein Schietvald, Belgium. Interland is an annual five-cornered competition between England, Northern France, the Netherlands, Belgium (Flemish) and Belgium (French). The home side of Flemish Belgians fielded a very strong team and England had to settle for second place. Judith finished 4th in the W40 class, 2:03 down on the Belgian class leader.



British Night Championships, Cademan & Thringstone, 27th February – Judith is champ!

Eleven NGOC'ers braved the complex terrain of Cademan & Thringstone to compete in the BNC. The very challenging courses - not eased by a rather crowded 1:10,000 map - were a battle for all concerned. There were some very long and frustrating runs as well as a good number of retirements, sadly including Richard Purkis, Greg Best and Steve Williams (although they were probably glad to make it out of the forest in one piece). Results for the rest of our representatives were:

M35: Scott Johnson 6th

M40: Anders Johansson 13th
M45: Allan McCall 15th
M55: Richard Higgs 20th
M65: Paul Taunton 13th
W35: Caroline Craig 3rd (nc)
W40: Judith Austerberry 1st
W65: Ros Taunton 5th

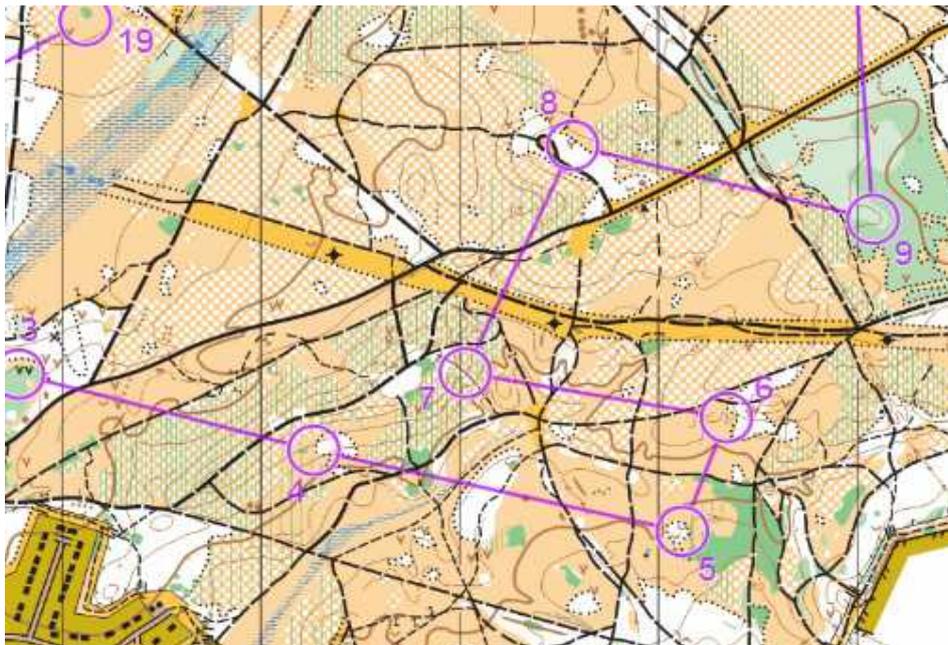
Midland Championships, Sherwood Forest, 28th February

Many of those who had travelled up for the British Nights stayed on to enjoy a lovely day out on Sunday amongst the ancient oaks of Sherwood Forest. The sun shone on whitest-white terrain, which offered fabulous runnability. Most notable run of the day was Richard Purkis, who finished the marathon 17.5km M21E course in 8th place. Other results were:

M35: Scott Johnson 6th
M40: Anders Johansson 10th
M45: Allan McCall 24th
M65: Paul Taunton 39th
W40: Judith Austerberry 2nd
W65: Ros Taunton 14th

Concorde Chase by Allan McCall

This year's Concorde Chase was held on 31st January at Barossa, an excellent area of fast runnable woodland and open heath next to the Royal Military Academy Sandhurst. As assembly was located inside RMAS, photographic ID had to be presented by all runners and race numbers worn - presumably so that they could be sure that anyone lurking in a rhododendron thicket was a lost orienteer rather than a lost terrorist.



The terrain offered excellent visibility through most of the area and has very well-defined and readable contours, which made it technically less demanding than many of our local Forest of Dean areas and resulted in some fast times being posted on all courses. The Short Brown course was 8.3km with 215m of height gain and 26 controls. Like most courses, the first few legs could be run mainly on paths: a necessity to get us away from the start location and through an out-of bounds marsh to get onto the terrain proper. The open heathland was very runnable and made straight-lining the most efficient option on many legs. Things were going well on my run until control 6, when the open terrain lulled me into a false sense of security and I ended up on the wrong side of a small copse. Sadly a calf strain put paid to any ideas I might have had about running the error out, and I only just avoided having to retire. Still, I enjoyed the run and the rather moist, chilly conditions didn't seem to dampen anyone's enthusiasm with an excellent turnout and many happy orienteers at the end of the day.



Allan at Barossa - Caption competition opportunity?
Something like "Virulent pathogen scare at Barossa"

Training and Skills Section Gill Stott

Our training events are growing in popularity. At January's event we had 40 or so turn up and at February's event 54 people arrived! This is great news for the coaching team. Our efforts to plan activities and course that try to suit everybody is paying off and the fact that

we have orienteers from BOK, SWOC and HOC attending now too suggests we are managing to get some things right. There's always room for improvement though and I am grateful for the feedback people have given me.

After all, it is YOUR training event and we want to put on sessions that will help all of you improve your skills and success in future events.

We've realised that some of the experienced orienteers enjoy a longer course so with that in mind we have run a short brown/brown course which has proved popular, especially using a map with all the paths hidden – the nearest we'll get to 'proper' TD5 terrain.

I noticed several very experienced orienteers arrive, peruse the menu of activities, then work through some of them, repeating activities where they thought they needed to. A pleasure to watch – my dream is that more of the club try and do this!!!

Also gratifying was the number of young families who turned up, despite the chilling wind. The nifty/naughty numbers were most popular and I spotted some adults using this activity for quick directional change practice. What a good idea..

I am very grateful to Mark Saunders and Alice Bedwell for arriving to help before they went on to compete in the British Night Champs.

I'm also very grateful to the coaching team. Pat and I plan the original activities – Pat being a good sounding board and 'controller' on the type of activities planned. We have managed to become more time effective in planning, tagging controls and putting out controls but not without the help of a very supportive and willing team:-

Tom – helps tag, put out controls, advises, coaches

Carol – what would we do without Carol! Carol arrived early this time and helped put up three tents, arrange all her registration kit then check in all the orienteers as they arrived.

This time we have collected a list of newcomers to keep them informed of future events.

Shirley – a very capable pair of hands who is a very approachable front line orienteer to help people

Sheila – who manned (womanned) the Naughty/Nifty numbers and was great with the children.

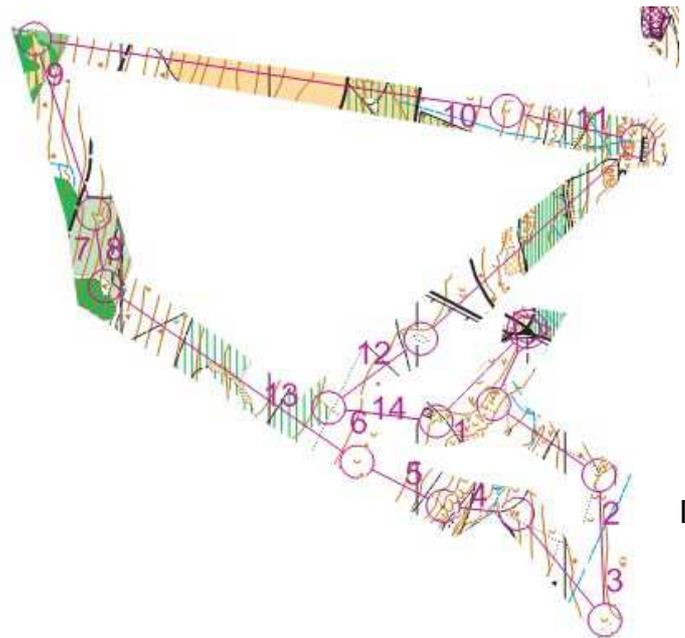
Roger – tent erector magnifico and great at suggesting activities to a range of different orienteers.

Richard – collected in many controls at the end, along with aforementioned, is a great asset to the team, especially with the young adult section.

Our next training event is in April, at Parkend. If there is a particular skill you would like to practice, then please let me know and I'll do my best to plan an activity which helps you do this.

coaches@ngoc.org.uk. It's YOUR training event and we are trying to help you train yourself! On the other hand, if you would like some assistance, then that's what we are there for too!

If you missed the last event, here's a snippet of map from the corridor activity. hadn't considered the possibility that this type of activity is quite helpful to night orienteering too.



If you have a particular skill you would like to see covered in our future training events, then please let us know on . Thanks! If you want to become a champion in double quick time – then read Judith's interview and find out how she did it. Judith has attended nearly all of the NGOC training events – (though she has done lots of other things as well).

One idea we would like to adopt, is the creation of a log book for youngsters to keep a record of what level they are achieving and what skills they have covered. Hopefully we can tie this in with the colour coded award scheme. Even our new string courses show map symbols they would find on a real orienteering map – start them off young!

Next training event is on the Sunday 24th April at Parkend, subject to confirmation. Please check our website nearer the time for details.

The NGOC Archive: Caroline Craig NGOC's debut in the Compass Sport Cup, 14th October 1984

With the Compass Sport Cup first round fast approaching, it seems fitting to look back to NGOC's first appearance in the CSC competition. As a bonus, I can finally answer the question I wonder every year – why we call it “the first round” when there's only one day of regional heats then the final.

The very first Compass Sport Cup took place in the 1982-3 season. The original format had four rounds then a final, with only two clubs per match in the first round. One can imagine the draw for first round matches getting just the same hype as the FA cup draw does today. [Well, we can imagine, can't we?] Early matches were drawn on a regional basis to minimise travelling, so it is no great surprise that on our debut appearance in 1984-5 we were drawn to face HOC in the first round. This was only the third Compass Sport Cup, so we were there in (almost) the beginning. Our match was held at Brindley Heath north of Wolverhampton on 14th October 1984, where we comfortably beat HOC, by 63 points to 42. Compared to our score of 2375 in the first round last year, this may sound like a low score, but things were a little different in the early years. In 1984, each club entered 5 teams, each for a different course – Team A on Brown, B on Blue, C on Red, D on Green and E on Orange. The best 3 performers in each team scored points (6 points for 1st, 5 for 2nd, down to 1 for 6th, out of runners from the two competing clubs). [In rounds with 3 teams, 1st place earns 9 points, etc.] Each team could only be chosen from certain age groups but there was considerable overlap, with most age classes able to enter either of two teams. Every class eligible for Team C (Red) was also eligible for at least one other team, probably because Red is (and presumably was in the 1980s) a little different – a TD3 course of similar length to Green.

As reported in the Legend in December 1984:

“The best performance was undoubtedly that of our juniors, Laurence Townley (M13), Toby Waterson (M13) and Jake Watersone (M11) who came 1st, 2nd and 4th respectively on Orange, and 1st, 2nd and 3rd for NGOC in the Cup competition on that course...”

But it didn't go completely according to plan on our first appearance:

“... Unfortunately there are some snags; due to confusion in Compass Sport's setting out of the rules and the way the Brindley event was organized it meant that Team C had to run the D course on the day, and the D team had to run the C course! Not the best way to organise things, especially as in the South-West we are not too familiar with the colour-coded set up.

So for posterity I wish to publicly congratulate Jeff Green and Laura Ruddy who both had great runs, and to apologise for putting them on the wrong course and hence disqualifying them. For the record, Jeff actually beat EVERYONE on the C course (and would have scored 6 pts.) and Laura would have scored 4 pts. On the D course – my humble apologies to them both.”

Some things haven't changed:

“Thanks for everyone who came along on the day – we had a good club chinwag, as well as booting HOC into touch... Yes, I know orienteering is primarily a sport for the individualist, but the occasional bit of team/club spirit can be very enjoyable and rewarding... The more the merrier remember: **YOU DON'T HAVE TO BE AN ELITE TO COMPETE!**”

The second round match was arranged for 9th December, against HH (Happy Herts), at Hawley and Hornley Commons. References to this event are mysteriously missing from subsequent editions of Legend and the pessimistic among us may conclude that we lost. Does anyone remember? Suffice to say, we didn't make it all the way to the final that year.

Caroline Craig

For the archive:

APPEAL: Do you have a copy of the photograph of club members taken at the 10th Anniversary celebration, or know anybody who might? We only have a very badly blurred copy and anything which is an improvement on this would be a fantastic addition to the archive. Contact Caroline Craig (secretary@ngoc.org.uk) or David Lee if you might be able to help.

Pedal Power - Mountain Bike Orienteering by Gill Stott

With a grotty old knee which grumbles too much, I've been forced to find other ways to orienteer and get out into the open. Thus my Mountain Bike has become my best friend. After a couple of MTBO events around the Black Mountains, and me commenting to the organiser that there wasn't much on over winter..I found myself planning a 2 hour MTBO score around my back door, St Briavels Common. My task was to plan 20 control sites which made use of our rich track and lane network, tempting bikers to parts they might not have gone to with higher scores.

The armchair planning was easy as I know the area like the back of my hand but checking the site out for a suitable control fixer – usually a finger post – wasn't always straight forward. Control flags aren't used. As the areas are much bigger than for a confined Foot O map, some control sites are more vulnerable to being tampered with so we use subtly placed red and white tape wrapped round the post/pole/tree, then the basic SI unit gripped on securely, unit facing away from tracks and roads. So you can imagine, spotting them as a competitor isn't always that easy.

The control descriptions are different too:

8	Track Junction	West - on Fingerpost
9	Track Junction	North - on Yew tree
10	Track/Path Junction	East - on Stile
11	Track Junction	South - on Hawthorn Tree
12	Track Junction	East - on Fingerpost
13	Track/Path Junction	North - on Fingerpost
14	Track bend	West - on Tree on west hedge

Easy to find the control circle centre but can you find the SI unit?!

At the events we'd been to last year Sian James, who is the lead organiser of events in the Black Mountains and Forest area, was happy enough to have 30 people enter for each competition. At Pedal a Bike Away in January 50 turned up – including some NGOC members and by the time my event arrived, in February, entries had risen to over 60 and I was worried that locals would bite my head off over parking.

The events start and finish in a hall. This is good because competitors get together before and after and, over a cup of tea and some hot food, mull over the map and the routes they should have taken..if only... At the St Briavels Event a couple from BOK commented on how friendly and communal the whole event was, not always possible with linear forest track parking.

How did NGOC do? Well

Tim Stott 5th

Vanessa Lawson 13th, 2nd lady

Pat MacLeod was 23rd

Matt Stott & Frankie 28th

Steve Robinson 32nd

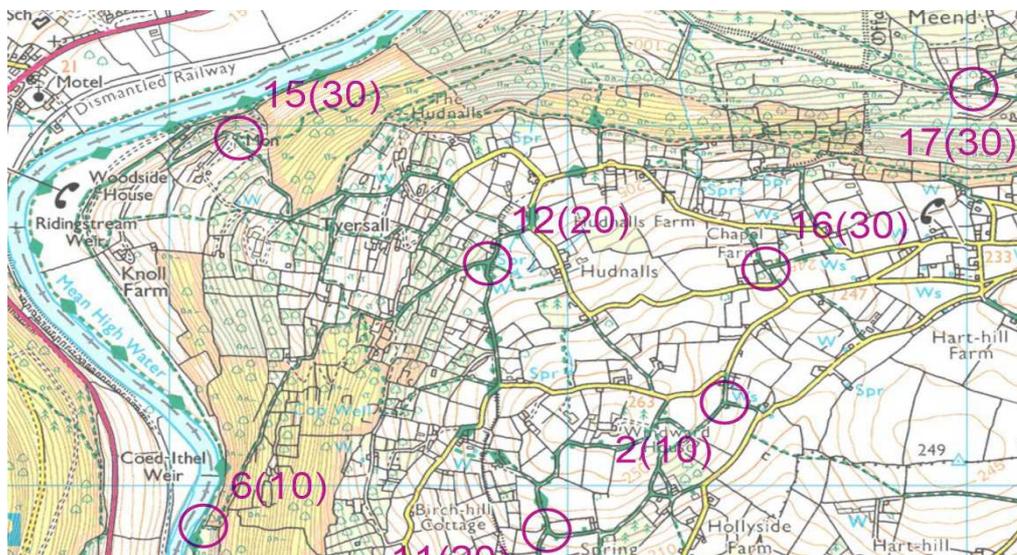
Shirley Robinson 37th

Emily Van der Heijden 39th

Sue Ashton 42nd

I was unsure how fairly my scoring of controls was. 400 was the top score and we thought it might be pretty difficult to whizz round the whole hilly lot in 2 hours. I managed 300m of climb on my bike just checking three control sites! At the last event too many people got all 20 so we needed a stiffer competition for the series (3).

In the event only one person – Ifor Powell who some of you will know as a fast orienteer got them all. He sped off, hair flowing behind with serious intent and had a cunning route which reduced climb. Marcus Pinker (2nd) looked somewhat crest fallen when he realised. He'd missed one 10 point control along the muddy river believing all would be difficult to get back in time. 3rd was an MTB elite rider from Lydney, Iwona Szmyd. She glided round effortlessly.



I was worried about reactions to the event from locals. There has been strong objection to a Sustrans cycle route in the past and several are known bike haters. On the day we had just two incidents, poor Paul Gebbit from BOK was bitten by a dog and some visitors to the Polish Chapel (CP 15) argued that there wasn't a right of way, but there was and we had carefully taped it. After they'd all gone and we'd swept the mud off the village hall floor Andy, Ian Kennit from SWOC and myself collected in the controls – dispatching son Matt off to the horrible muddy one along the Wye - thanks son!

Where next? Well I've been investigating the Doward, just over from Biblins Bridge. It also has a wealth of paths, so intricate that I was a bit dazed checking them out..

If you are interested in having a go – and there was a wide variety of biking abilities there – then keep an eye out for nearby events

<http://www.bmbo.org.uk/>

BOF Rankings – filtering NGOC, ranked by number of points. Top 20.

Your name not there? Well have a go at getting in the top 20 by competing in any event which has an 'r' for ranking attached.it..

If you want to see the whole list, it's here <https://www.britishorienteering.org.uk/rankings>

You can Filter the Rankings List by selecting from the Club, Age and Gender dropdown menus and clicking "Filter". Events that are part of the Ranking Scheme will be denoted by an "R" in the Fixtures List.

1 (65 -2)	Richard Purkis	NGOC	1993	M
2 (112 +1)	Andrew Monro	NGOC	1969	M
3 (166 +3)	Peter Ward	NGOC	1970	M
4 (298 +2)	Joe Gidley	NGOC	1988	M
5 (339)	Richard Cronin	NGOC	1989	M
6 (364)	Andy Creber	NGOC	1958	M
7 (546 +1)	Andy Stott	NGOC	1959	M
8 (632 +1)	Judith Austerberry	NGOC	1974	F
9 (670)	Caroline Craig	NGOC	1984	F
10 (741 +1)	Scott Johnson	NGOC	1978	M
11 (759 +3)	Christophe Pige	NGOC	1971	M
12 (1090 +1)	Greg Best	NGOC	1962	M
13 (1116 -1)	Joe Parkinson	NGOC	1962	M
14 (1175 -1)	Allan McCall	NGOC	1967	M
15 (1264 +3)	Anders Johansson	NGOC	1973	M
16 (1350 +8)	Pat MacLeod	NGOC	1947	M
17 (1466 +3)	Neil Cameron	NGOC	1946	M
18 (1668 +4)	Simon Denman	NGOC	1965	M
19 (1729 +6)	John Fallows	NGOC	1958	M
20 (1774 +9)	Paul Taunton	NGOC	1950	M

FORTHCOMING EVENTS

For latest details check the NGOC website at www.ngoc.org.uk

O'Brien's all encompassing orienteering fixtures map of the UK – just type in your postcode <http://oobrien.com/map/?p=GL15TE&d=on&c=All>

Sat 5 Mar 2016	34 km	Level C	SWOC	Wales Middle Championships and 2016 Welsh League Event	Pwll Ddu	Google / Bing
Sun 6 Mar 2016	52 km	Level B	SWOC	Welsh Championships	Sugar Loaf	Google / Bing
Sun 13 Mar 2016	20 km	Level B	BOK	CompassSport Cup Heat	Cannop Ponds	Google / Bing
Sat 19 Mar 2016		Level D	NGOC	NGOC League 2	Standish	
Sun 20 Mar 2016		Level C	SARUM	Sarum Saunter	Grovely East	
Fri 25 Mar 2016	223 km	Level A		Jan Kjellstrom Orienteering Festival - Sprint (WRE & UKOL)	Leeds University	Google / Bing
Sat 26 Mar 2016	273 km	Level A		Jan Kjellstrom Orienteering Festival Individual 1 (UKOL)	Wass Forest	Google / Bing
Sun 27 Mar 2016	250 km	Level A		Jan Kjellstrom Orienteering Festival Individual 2 (WRE & UKOL)	Kilnsey	Google / Bing
Mon 28 Mar 2016	197 km	Level A		Jan Kjellstrom Orienteering Festival Relays	Storthes Hall	Google / Bing
Sat 2 Apr 2016	48 km	Level D	BOK	BOK Saturday Winter Series	Durdham Downs	Google / Bing
Sun 10 Apr 2016		Level C	NGOC	Galoppen	Danby Lodge	
Sat 23 Apr 2016		Level D	NGOC	NGOC League 3	Highmeadow Woods	
Sat 30 Apr 2016		Level A		British Long Distance Orienteering Championships (UKOL)	Brown Clee Hill	
Sun 24 Jul 2016		Level B		Croeso 2016 Day 1 (UKOL)	Kenfig Burrows	
Mon 25 Jul 2016		Level B		Croeso 2016 Day 2 (UKOL)	Kenfig Burrows	
Tue 26 Jul 2016		Level B		Croeso 2016 Day 3	Margam Forest North	
Thu 28 Jul 2016		Level B		Croeso 2016 Day 4	Pen Rhiw Wen	
Fri 29 Jul 2016		Level B		Croeso 2016 Day 5 (the final day)	Craig Fawr, Margam Park	

Current Club League Standings– 2015 FINAL

BLUE

- 1 Andrew Monro NGOC M45 8
- 2 Joe Gidley NGOC M21
- 3 Mark Burley BOK M21
- 4 Scott Johnson NGOC M35
- 5 Caroline Craig NGOC W21
- 6 Chris McCartney OD M45
- 7 Richard Cronin NGOC M21
- 8 Nick Dennis BOK M55
- 9 Adam Hampshire BOK M40
- 10 Andy Stott NGOC M55

ORANGE

- 1 Peter Watson NGOC M14
- 2 Ashleigh Denman NGOC W45
- 3 Carol Farrington HOC W55
- 5 Rebecca Ward NGOC W12
- 6 Cadence Ware NGOC W16
- 7 Gaye Callard NGOC W75
- 8 Susan Perry NGOC W50
- 9 Jessica Miklausic NGOC
- 10 Chris James NGOC M75

GREEN

- 1 Rachel Dennis BOK W45
- 2 Mike Farrington HOC M60
- 4 Steven Harris NGOC M35
- 5 Paul Hammond HOC M50
- 6 Philip Bostock NGOC M50
- 8 Lin Callard NGOC M80
- 9 Brian Laycock HOC M65
- 10 Robert Teed NGOC M75

YELLOW

- 1 Ella May Rush BOK W10
- 2 Reuben Lawson NGOC M9
- 3 Seth Lawson NGOC M7
- 4 Jessica Ward NGOC W10
- 5 Rose Taylor HOC W9
- 6 Thomas Harris NGOC M3
- 7 Max+Tim Besien IND M8
- 8 Tim+Max Besien IND M8
- 9 Rowan Murrin IND M5
- 10 Ziggy Reeves WYEVENM12

AND FINALLY

Thank you all again for your diverse and interesting articles. Due to a new job appointment which starts next week, I am unable to continue to collate all the many interesting articles that you send me.

The committee have been considering the possibility of newer, more up to date methods of keeping you informed without over burdening your inboxes:-

Use a newsletter formatted style to send out regular - Weekly? Fortnightly? Monthly? mailings to all club members and also the new orienteers who have begun to come to training events and indicate they would like to come again.

There is definitely a place for Legend , but it could do with being smarter. A 3-4 times a year publication. Is there anybody out there who might be willing to do this for us please?

Or it has been suggested that we move to a fully on line version of Legend where we can allow multiple contributors to post articles, photos, experiences with a moderator to control it all. What do you think of this idea?

If you have any thoughts about all of this we'd love to hear from you – try to keep them

positive and helpful though! please contact Caroline Craig (secretary @ngoc .org .uk?) so we can do what people the majority of people would prefer and find somebody to replace myself.

Next planned edition of legend due May 2016....or later if we can't find anybody to take over

**Next NGOC COMMITTEE MEETING
Monday 18th April 2015 at 7:30pm at Oxstalls Campus**



***Our newest and youngest club members, the Miklausic family
Cover: Pam Chesson and Debbie Lange at the February training event***