

The Legend

Number 190



Newsletter of
North Gloucestershire Orienteering Club
January 2020

www.ngoc.org.uk

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Cover: Did you know it is not only human orienteers who make 180 degree errors? Find out inside what happens to Adelie penguins that are also navigationally challenged . . .

Chairman's Chat

Ever felt the need to buck up? At an event at Blaise Castle a couple of months ago I ran off the map slightly. Whilst running up and down what looked like the right path an older woman with two children asked if I was lost. Responding with definite certainty I said I was looking for a hole in the ground nearby. Oh, she said, you must be orienteering, I did it once but don't worry - you will get better with more experience.

Not that I would willingly suggest that as time goes by mental focus diminishes but to rub salt into the wound a few weeks later, attempting to make another post injury comeback, it appeared that I was suffering from a running shoe apparition. Yes there were two shoes, slightly muddy, both the same colour or were they and one longer than the other or was it? Look, look again, pick them up and look again and again. Just could not rationalise that these were two different shoes. Well one had a red stripe the other a yellow stripe, one was size 9 the other size 12, one mine one my son's. The only good news is that one was left the other right. Now if you find yourself in this tricky situation try four pairs of socks on the larger foot, it works.

Now many people in the club know that my view on old age is that it does not marry well into responsibility, incisive comment, speed of action and all those things that seemed so easy many years ago. Where is this leading? Well, we need a new Chairperson to take over from the autumn this year. Historically many previous Chairs have carried on for another year but this will not happen this year. Carrying on as a 75 year old is not good for the club . . . or me. Please throw your hat into the ring, think of Lord Kitchener "Your Club Needs You" (mental image of a pointing finger).

If this, the New Year has an opening for another resolution as the club has a fantastic range of events and self-timed running on offer. Why not try as many as you can. There are day events, night events, street events, map run events, run a map run at your own leisure, string course for children, not to mention the clubs 50th anniversary weekend this month. We have large areas being remapped, some areas being extended and so much more within our event structure: these are exciting times. Be a part, introduce yourself to me at events if you do not know many people, we are on a roll! ... I hope.

Tom

Roming the NecrOpolis

The Rome 2019 weekend presented what could be a once-in-a-lifetime opportunity – orienteering in an ancient necropolis! After two years not orienteering, due to injury, and still building ankle strength with gentler running, I was rather wary of entering, until Toms B and C pointed out that racing in a necropolis would be fun regardless, so off we went! Day 1 was a dusk event in a suburban park – a test in itself when needing to be sure of where you're putting your feet. Provided I survived that, Day 2 was the necropolis and, if I successfully avoided all the holes, Day 3 would be the City Race Euro Tour stage in Rome's historic centre.

Having flown out the day before (supposedly the last day pre-Brexit!), we had until early Friday afternoon to see the sights. We walked the Appian Way and had a tour of some catacombs, which would make an amazing orienteering area – about 12 miles of passages over four levels – a step up from the Maize Maze!

Race 1: Tor Tre Teste, Rome

We arrived at the event to see a steady stream of earlier starters finishing, sporting unlit head torches. It was a mass start format, with all but the first few classes advised to take a torch. It was just starting to get gloomy at my mass start, so I started with my head torch on low. There were only about a dozen on the W35 course. My plan was to jog along near the back and not get carried away, but people didn't rush past me as expected and immediately all my good intentions were lost and I was aiming to stay in the top three!

The first section was easy enough, through the park, then into an urban area. I was just behind Sarah-Jane, a fellow Warwick University orienteer of the mid-noughties. I was pleased we had different ordered loops at the first butterfly, so we wouldn't get an unfair advantage by being so close together. Those first loops were entirely urban and easy enough, the biggest challenge being avoiding ending up the wrong side of a hedge for one control. Having noticed and avoided that, I then forgot to actually punch the control to prove it, until I'd gone a few feet past.

Once back in the park, suddenly it seemed a lot darker and this is where my accuracy took a dive. Where before the open areas and areas of scattered trees had been easily distinguishable, now it felt a lot more vague (and my navigation too, as happens more often than it should after 25 years of orienteering!) Now running across rough grass rather than smooth tarmac under streetlights, I was looking at my map (rather than feet) much less and kept veering off. I was surprised to still be second at the finish, after my deterioration, though I was now two minutes behind.

Race 2: Banditaccia necropolis, Cerveteri

The necropolis race – it'd never be allowed in the UK, being not just an ancient monument but also a Health and Safety

nightmare! There were lots of big round grassy burial mounds, all looking rather similar, cave and tunnel entrances, and large areas of rock full of deep canyon-like channels, sudden pits and what looked like open graves (awaiting those who dared a proper look at their map on the move?!) The details instructed us that the archaeologists had red and white tape around their excavations, but that we should ignore that and just run over it.

Everyone was glued to the coach windows as it pulled up the long drive, marvelling at all the mounds and pits, orienteers teeming around them, some more puzzled than others. My tendon felt remarkably fine after the day before, although the brace had rubbed the skin off my ankle. Despite extensive taping, every step hurt, but there was no way I couldn't wear it in such ankle-breaking terrain!





Out of the start, down the path past some bemused tourists, and for #1 it was straight over the tapes and into a cave, before my first rocky section. The scale was 1:4,000 and even then it was crowded with features. I'd not realised, so overshot already at #3 and almost #4 and #5 too. At #7 I chose a route round to the right of a crag, which ended at the corner of some forest fight.

Unfortunately the fight was both spiky and impenetrable, and the crag marked as uncrossable, so after trying to find an alternative way through (instead of reversing), I squeezed awkwardly under the crag until round the corner, getting spiked in the process. I successfully avoided falling down any of the big cliffs and holes which littered the forest, often inches from where I trod. I and several others misidentified which mounds I passed between on the approach to #16, having not registered there were more than

two on the map (due to the third only being semi-circular?) That meant some bemusement and wiggling round a few corners before locating it. The final few controls were hidden amongst the mounds in the strip we'd seen from the coach. I lost a minute or two by reopening my map 180 degrees out after carefully refolding it, meaning it told me the control was most definitely before a double mound when it really felt like it should be after (and was!)



Walking back from the perfectly positioned spectator area above the run-in, we saw a coach leaving for the station, just as a torrential downpour arrived. We and many others rushed to the little tent where we'd left our bags, knowing the coaches were expected about every 20 minutes. Maybe 45 minutes later, another pulled up. The tent emptied, coach filled, but we'd been beaten to it by people sheltering more visibly under trees instead. My non-waterproof map in my bag didn't thank me for the next 20 minutes under said trees until the next coach came, but at least

we were then among the steaming orienteers to fill it.

For a birthday treat that evening, we ate some of the best pizza in Rome (so says Google). From the smell that hit me as we walked into the restaurant, I knew I'd not be disappointed!

Race 3: Centro Storico, Roma

Heavy rain was forecast for Sunday – not ideal with so many slippery cobbled streets, in shoes that I'd just noticed were worn almost smooth underneath, with a weak ankle. Besides that, I was looking forward to running round an interesting old centre, free from worrying about saving my ankle for another race.



A pizza the map

It was still dry when I started, but didn't look certain to stay that way, so I grudgingly declined the offer to have my non-waterproof map removed from its bag (which on Days 1 and 2 we'd all found to be by far the most annoying map bag we'd ever encountered!).

I could tell it was an Italian city – having chosen to cut a corner across a raised square, because I'd clocked a gap in the fence at the far corner, I found the gap blocked by parked scooters, so had to go over the fence anyway. En route to #5, I emerged into a square and suddenly there was the Pantheon looming above me! The next few legs were in narrower streets, so much so that I got stuck where a van was painfully slowly negotiating a tight turn, its nose only inches from some large flowerpots. I was impatiently hovering alongside his window until the gap opened up slightly, then barged my way through.

I lost most time at #12 though, having not noticed an uncrossable wall dissecting a street, so ending up on the wrong side of it. It should only have lost me < 20 seconds, but actually lost me much more because there was an extra unmapped staircase through said wall. Even though I was certain I'd not gone far enough, I thought I'd better trust the map, so went down it, only to return a few minutes later having verified it to be wrong and wanting to uncross the uncrossable feature even though crossing it at all had lost me time! There followed a few controls in nice narrow streets with quick decisions needed, but for the rest it returned to simpler and more about who could run fastest. The sting in the tail was the big climb up the hill of the Spanish Steps (or up the steps themselves, if one dared), to finish in the Villa Borghese park overlooking the city.

There was a pleasing symmetry to being second behind Sarah-Jane by two minutes in each race, and especially to share the podium with a friend. Vanessa's consistency had earned her bronze in W45, though sadly the Lawsons had to leave for their train before the prize giving.



We treated ourselves to Rome's best ice cream after the race, before taking our weary legs round a museum. Compared to Saturday afternoon's torrential rain, Sunday evening's was on another level! Luckily, we'd not quite left the museum when it started, so camped out while the storm raged outside, lightning striking the museum building, alarms sounding, and a pool of water forming in one of the galleries. As we heard later, poor Ian Phillips spent the whole storm in his plane, waiting to take off.

On Monday morning, we visited the remains of an immense Roman baths, in bright sunshine, before flying back that afternoon.

The 2020 City Race Euro Tour races have now been announced – perhaps you're tempted by Santiago de Compostela (after a long walk?), Bordeaux (after a long drink?), the walled old town of Nicosia, or London if you subscribe to the “Never Go Outside the Country” interpretation of NGOC!

Caroline Craig

NGOC 50 Weekend

2020 is NGOC's 50th Anniversary! On 18 and 19 January there will be a great weekend of orienteering to celebrate:

<http://www.ngoc.org.uk/ngoc50/>

Don't miss it!!!!

The Terry Bradstock Trophy



The Terry Bradstock Trophy is rarely mentioned, except annually at the AGM when the winner is announced, so I guess that many NGOC members are not aware of its existence. Currently, the Trophy is awarded annually to the NGOC member who achieves

the most points, based on a complex and little understood formula, from four prestigious events – the JK, the British Championships, the Caddihoe Chase and the Mike Nelson BOK Trot. More information about the competition, including a list of past winners is available on the “Awards and Trophies” page of the website.

In recent years very few club members have attended enough of the four scoring events to create a meaningful competition, mainly because the JK and British Championships are often so far away that very few members attend. The committee has decided that there should be a change in the rules, in an attempt to increase competition.

The true challenge of orienteering is navigation at speed in unknown terrain, rather than just another run somewhere very familiar. The original objective of the Terry Bradstock Trophy was to help promote NGOC members going further afield, to new areas, rather than sticking to their usual “Never Go Out of County” behaviour. We think this remains a worthy objective, so no NGOC events are to be included in the competition.

The BOK Trot and Caddihoe Chase are held in the South West Orienteering Association (SWOA) region and so should be reasonably accessible to NGOC members, and will continue always to be included in the competition. In future scoring will be based upon the best three results of five races. However, to reduce the distance competitors need to travel to achieve sufficient counting scores, the JK and British Championships will not necessarily be included. Where possible, events at National level will be selected to count in the competition. These will be chosen by the committee each year, based on their accessibility to NGOC members and to achieve a spread of locations.

The NGOC committee has agreed that the five events scoring for the Terry Bradstock Trophy during the 2020 season will be:

- 1 March, SWOC/WOA, National, Welsh Orienteering Championships, Merthyr Common, Trefil
- 21 March, SEOA, Major, British Championships (UKOL), Golden Valley & Cognor Wood, Haslemere
- 5 April, BOK/SWOA, Regional, Mike Nelson BOK Trot, Blackdown
- 24 May, KERNO/SWOA, National, Tamar Triple Day 2 Long Race (UKOL), Davidstow Moor, Bodmin
- 3 October, WIM/SWOA, National, Caddihoe Chase (UKOL), Godshill, New Forest

Paul Taunton

Don't miss it!!!!

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<http://www.ngoc.org.uk/ngoc50/>

NGOC 50 Weekend

Hunting for posts in Norway



While in Norway over the summer I spotted lots of wooden posts around, each with a QR code and a number on it. The codes can be scanned in to an app called Stolpejakten ('Post Hunt'). Each year, orienteering clubs around Norway set up these posts as permanent courses that run over the summer. Maps of the courses, and corresponding posts, are all available on the app.

By collecting posts, you can score points and climb up various leaderboards: the colour relates to how hard the post is to collect, and thus how many points you'll score. Green and blue posts are mainly on pavements, with red and black posts deeper into the woods.

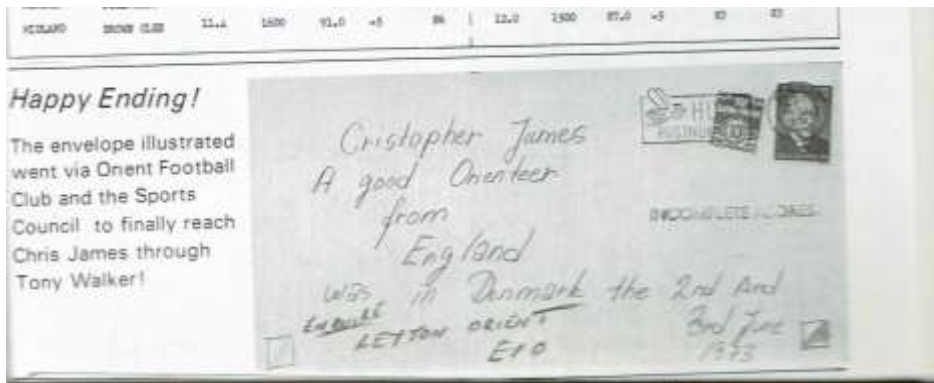
Last year's event has now finished, but if you're in Norway during the warmer months, look out for the posts!

Tom Cochrane

Memories from the past!

Gill and I were included in the list of volunteers for the NGOC event on Sunday 17 November. Gill helped Carol on Registration whilst I was an “Ask me” out in the car park. I felt that an addition to the bib should have been – “I haven’t a clue!!”

Actually, after over 50 years’ involvement in orienteering I guess that this was a bit of an overstatement. However, I was actually sought after by a couple of BOK members bearing gifts. Apparently, Mark Blackstone (BOK) was having a decluttering session that included disposing of old copies of “The Orienteer”. By the way long before CompassSport was on the scene our national magazine was earlier called “The Orienteer”.



“The Orienteer” April 1974

In the April 1974 edition there is photo of an envelope that I had received from a Danish Orienteer. From memory I think that it might have been Fleming Norgaard. Have a look at the name and in particular the address. Was this fame at last? Considering that in the 1970s we were still having to work hard at establishing “Orienteering” and making our sport known to the public. It was

fantastic that the letter got delivered at all. Full marks to the British Post Office for succeeding with the delivery. This brings back memories of a competition in Denmark on 2 and 3 June 1973 as indicated on the address.

Comparing postal service from 2019 to 1974

Sadly, we have been suffering an appalling postal service between GB and Denmark in the past 12 months. Gill's son Robert and his Danish family live there. We have been trying to update our powers of attorney with Robert as one of the attorneys. This has entailed sending detailed instructions to him and receiving his signed copies of agreement to and from Denmark. Even having these tracked they can take up to 9 WEEKS in transit. By the way scanned copies are NOT accepted. We have almost resorted to flying over and back to achieve this. Most of the problem seems to be with Denmark though one tracked document from Ross-on-Wye took several weeks to leave the local post office!! (That is another story).



Champions 1974: back, l to r: Phil Watson (M21B), Chris James (M35), Alistair Wood (M21A), Grant Carstairs (M19), Robert Swede (M21C), Bert Bradshaw (M43), Carol McNeill

(W19A). Front, l to r: Mike Reynolds (M21B), Judith Wingham (W43), Elizabeth Hale (W35), Lorna Collett (W50), Nicola Bardaley (W19B). Einer Ligema (M50) is missing.

“The Orienteer” August 1974

How many of the 1974 British Champions shown in the photograph do you know? I believe that Carol McNeill was actually W21A – you may know her. In those days the ‘A’ races were the championship courses. I am pleased to say that awarding trophies and declaring ‘B’ course winners as champions no longer happens. This encouraged some less able competitors to drop to ‘B’ courses to get a trophy or win a race. I am all for having Short courses for those not motivated or physically capable of going the full length of the ‘A’ race but clearly they do not become The Champions.

It also reminds me of competing in M35 when I reached 35 years of age. The age class system had only just been introduced to give older competitors a fair chance in competitions with their age group rather than just being in the open class. Today we do not give this a second thought but in 1974 I was told off for competing in my new age group when I could still do well in the open race. It was those who had been “winning” M35 against no real opposition. Human nature is fascinating is it not? Today it is much harder for any top BO official to also be a champion at any championship. As we know the Elite do have to really work very hard at staying at the top. In 1974 I could be Vice Chairman of the Federation and be a champion. In those days work pressures were mild compared with today. How life has changed and our sport has come of age.

So, there is perhaps more to that “Ask me” or car parking helper than you might have realised? After all who was that old buffer inviting enquiries?

Chris James M80

COMPETITION – JANUARY 2020



Who is this? Clue: a member of one of NGOC's top orienteering families. He (a bit of a giveaway there) appeared in the Cotswold Savoyards production of "Calamity Jane" in November as Francis Fryer. The story involves a mix-up, when the owner of the "Golden Garter" in Deadwood City, Dakota, arranges a song and dance act to perform on stage at the saloon. When the performer arrives, instead of being a glamorous woman (Frances) as expected, they turn out to be a man (Francis). To avoid disappointing a saloon full of eager cowboys Francis is dressed as a woman and made to go on stage to perform as Frances, with hilarious results!

NGOC First Aid Training

Eight members of NGOC attended a full days first aid training held at Highnam Community Centre on Saturday 16 November 2019.

The course instructor was Martin Sweeney from Borderlands First Aid.

The day began outside the centre with some training in pairs, taking it in turns to be the casualty and the first aider and instructed by Martin.

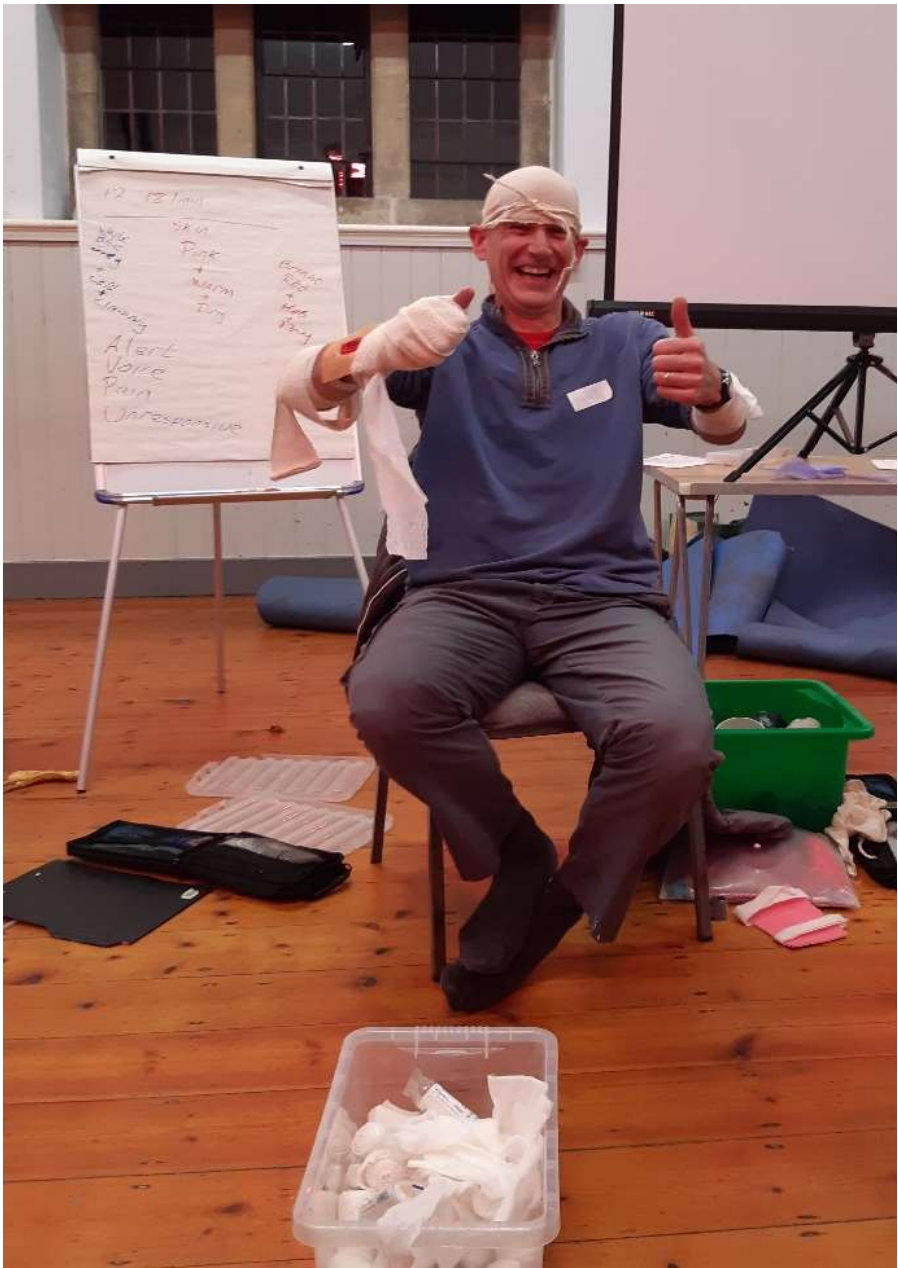
We then moved to a nearby small wooded area and in teams of casualties and first aiders, Martin gave the casualties a scenario to play out with the first aiders coming in to assess the situation and provide care and first aid to the casualty.

The afternoon was held in the hall and again in teams we trained in CPR with resuscitation manikins including 'Choking Charlie' in the heimlich abdominal thrust manoeuvre which, when done correctly, a small object flew out of his mouth.



Choking Charlie

The training then finished with bandaging of wounds and a volunteer casualty was duly bandaged.



All attending successfully passed an ITC Level 3 Award in Outdoor First Aid Emergency Action qualification valid for 3 years.

Feedback from some of those attending.

“I really enjoyed the day's training. I thought Martin was very good and building our confidence in what we were doing and I especially liked going outside in the dark to carry out scenarios.”

“The day was very well organised and the order in which Martin presented the training was both logical and well-timed. Having the scenarios that we all played out, really helped to cement the **D** (danger) **R** (response) **A** (assess) **B** (breathing) **C** (circulation) messages in our minds.”

“We will now put our learning into practice to support the club at events.”

Kim Liggett

**Don't miss the NGOC 50th
Anniversary weekend on 18
and 19 January:**

<http://www.ngoc.org.uk/ngoc50/>



The UK Orienteering League 2019

The BOK Trot, held on 1st December, was the last event of 23 included in this year's UKOL series.

For those of you not aware of the League, it consists of around 20 designated events, throughout the year, spread across the country and including a range of competition formats and terrain types. The primary objective of the competition is to encourage greater participation at a national level and thus increase the quality of competition. There is no need for individuals to “enter” the competition – every result on the Elite, Long and A classes for M/W16 and above at the designated events is automatically scored in both the Club League and the Individual League. So if you ran at any UKOL event during 2019 you will have an Individual League score, as well as possibly contributing to our Club League score.

This year quite a few of the races were either reasonably local (Springtime in Shropshire, the Southern Night Championships at Caerwent, and the BOK Trot) or other events that good numbers of NGOC members usually attend (the Scottish Six Days and the November Classic). The final League results, now available on the

British Orienteering website, show that a greater number of NGOC members participated than last year. In all, 45 NGOC members scored in at least one UKOL race.

The winning club in 2019 was SYO with a score of 7130 points out of a possible 7500. Our neighbours BOK were pushed into second place.

This year NGOC was 25th, the same as last year, but with an improved score of 3878 points, compared to 3617 last year. The fifteen members contributing to the team score were: Rebecca Ward, Peter Ward, Michelle Ward, Jessica Ward, Robert Teed, Rosalind Taunton, Paul Taunton, Andrew Stott, John Miklausic, Pat MacLeod, Vanessa Lawson, Margaret Jones, Ian Jones, Ginny Hudson and Thomas Cochrane.



Rebecca deserves a special mention as she went to 15 of the races and scored 542 out of a maximum 600, putting her in 2nd place on W16, and 37th place out of all 2571 orienteers scoring in the Individual League!

For the first time, NGOC had sufficient competitors to give us a second scoring team, placed 84th of the 120 teams listed. Those contributing to the “B” team score were: Doug Wilson, Rose Taylor, Rob Taylor, Judith Taylor, Ellen Starling, Joe Parkinson, Andrew Monro, Tom Mills, David Lee, Lawrence Jones, Caroline Craig, Tom Birthwright, Freya Billingham, Greg Best and Neil Albert.

We don't have much chance of challenging SYO and BOK at the top of the club table, but perhaps a good target for 2020 would be to try to overtake the “B” team from BOK who finished in 19th place, not too far ahead of us? Hope to see you at the Tamar Triple, Croeso 2020 and the Caddihoe Chase, all of which are UKOL events next year!

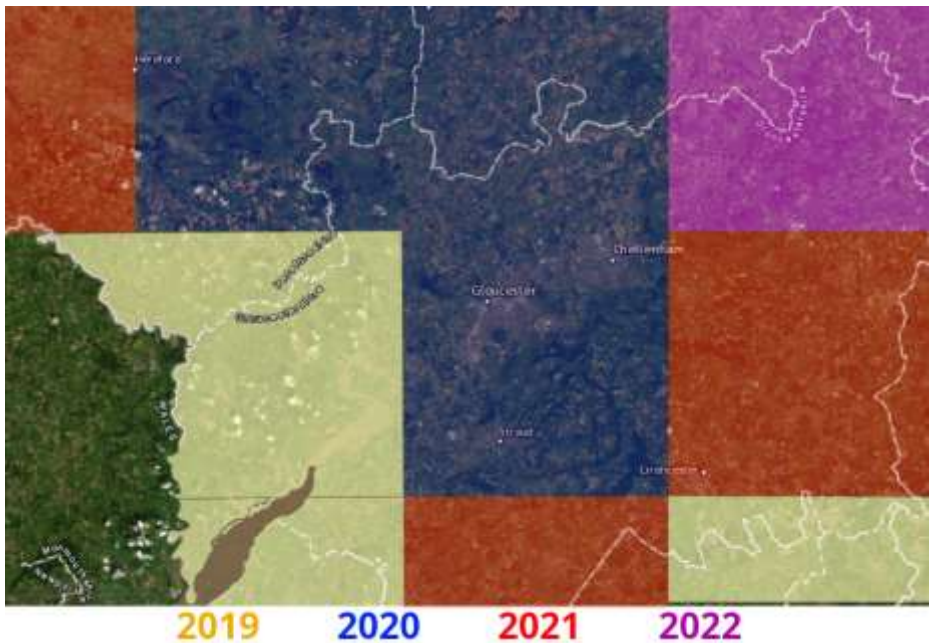
Paul Taunton

An auto-generated map of the Forest of Dean

A few years ago I noticed that Finnish orienteers had created a map of the whole of Finland, using freely available LiDAR data and auto-generation tools. You can take a look at their map by visiting www.mapant.fi

This made me wonder: would a similar thing would be possible for (part of) the UK? The answer at the time was: yes, but only random parts, with a lot of gaps. The LiDAR data coverage was patchy, and focused on flood-prone areas: not unexpectedly, given that it was produced by the Environment Agency. Despite the patchiness, some of the data can be found in NGOC maps from the last few years: Greg Best has combined it with data from a LiDAR survey organised by the Cranham Local History Society, to create new and updated maps in the Cotswolds (Cleeve Hill, Cranham, Leckhampton Hill, Painswick...).

But in 2017 the Environment Agency announced that they would be extending coverage to the whole of England over the following few years. Each winter a different set of 25km x 25km blocks would be surveyed; after some processing, the data would be made available the following year. Gloucestershire's schedule (with expected release dates) is below:

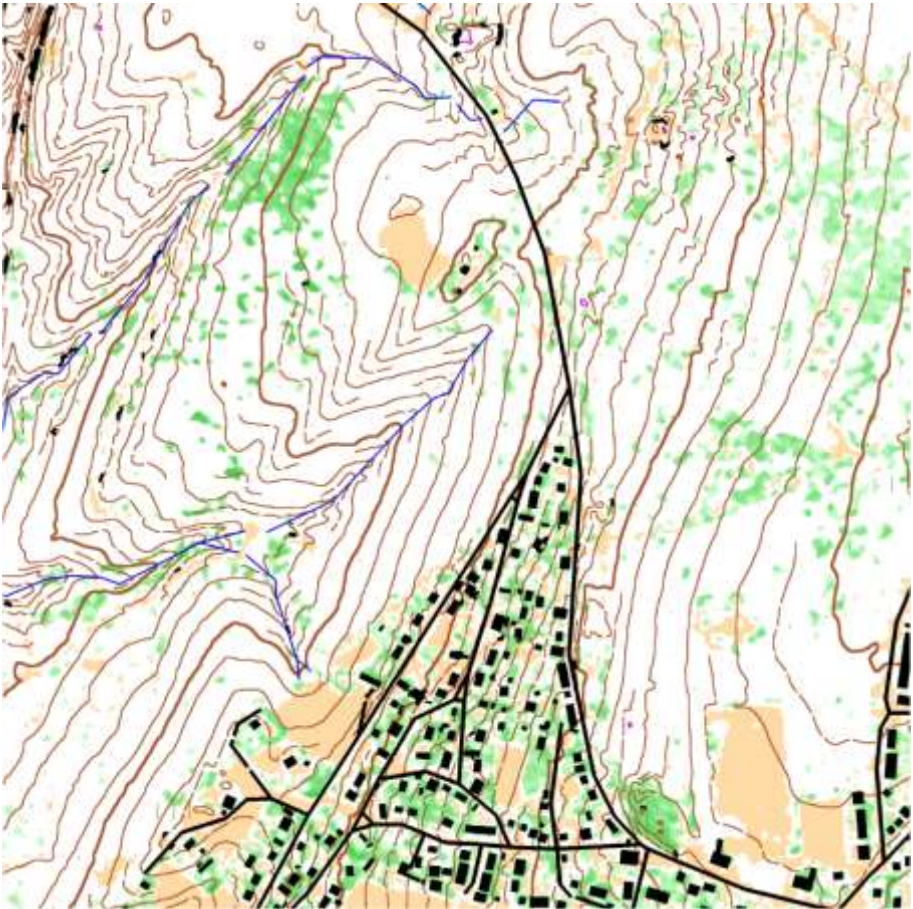


In Spring 2019, data covering the Forest of Dean was released: it extends over the Welsh border a little further than shown, but the bulk of Welsh data is created separately by Natural Resources Wales. Most of NGOC's Cotswold areas should be covered this Spring: almost all are in the square with Cheltenham, Gloucester and Stroud, except a sliver on the East of Cleeve Hill which is in the 2022 region.

Now that I had the data, what to do with it? It's created by laser-scanning the ground from above, and the raw data is just the set of points where the laser was reflected back. Some points will be reflections from the tops of trees; others will have made it to ground level. Fortunately there are a number of applications that will process this 'point cloud', and use it to estimate the terrain height and the type of vegetation. The OCAD mapping application, for example, can create multiple outputs: contour lines, slope-shaded images, images of vegetation density, etc.

Following the Finnish example, I used a tool known as Karttapullautin (from Finland, as you might have guessed!). Its unique feature is that it outputs a ready-made orienteering map: it's quite a generalised map without much of the finer detail – not many point features – but it suited the purpose of an easily-produced overview map. It also has a batch mode which processes data in 1km x 1km chunks, and stitches the results together. I used this mode (with around 400 squares) and set it running on my laptop for a few hours to process.

There are some features that don't appear on the generated map, but that it'd be nice to add if possible: water (rivers, streams and ponds); paths and roads; and buildings. The Ordnance Survey has a set of freely available features called Open Zoomstack, which consists of vectors representing water, roads and buildings across the UK. We can add these layers on top of the map we've generated:



A reasonable result, although there are two main things that need fixing:

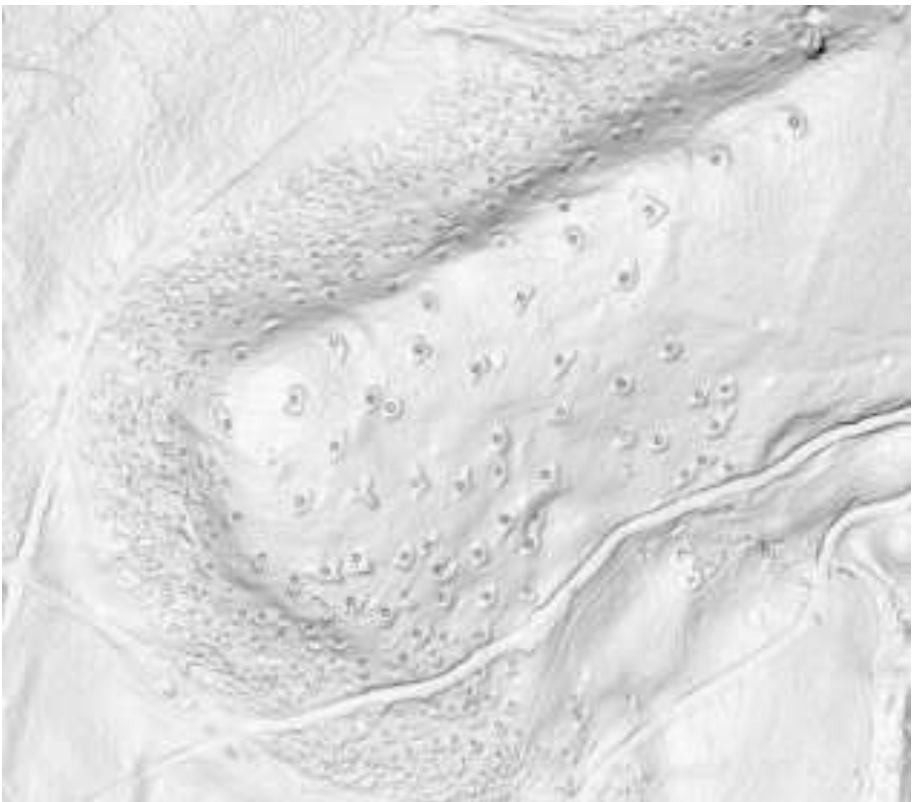
Firstly, the lack of paths. OS Open Zoomstack only covers roads and some tracks; even some of the major tracks in the forest are missing! The best source I can think of is OpenStreetMap, although it relies on contributors having accurately updated the area you want to map (or DIY!)

Secondly, the vegetation levels need adjusting: there's more green vegetation in reality than appears on the map! This can be adjusted in Karttapullautin, when you're generating the map.

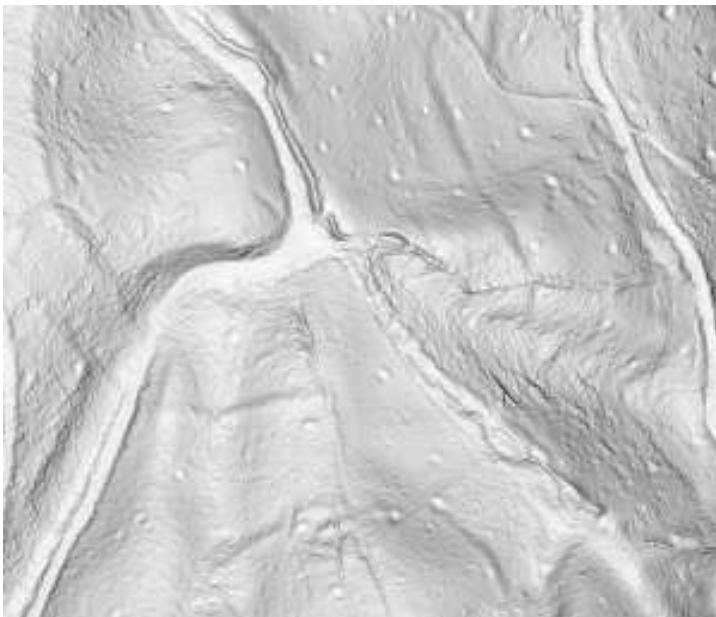
At some point after the Cotswold data becomes available in the spring, I'll give it another go, with those improvements in mind. You can see the full Forest map at:

https://storage.googleapis.com/forest_of_dean_map/forestOfDeanMap.html

There's also an option to add a slope shaded image, which gives a better view of some of the details. For example:



Pits at Parkend Walk



Platforms at Headless Hill



Ditches at Mallard's Pike

Tom Cochrane

Bronze Age monument discovered in the Forest of Dean

LiDAR is not only useful for orienteering maps, as in Tom Cochrane's preceding article, but it has recently enabled archaeologist Jon Hoyle to discover a previously unknown Bronze Age monument hidden in woodland in the Forest of Dean. Dating back to about 2,000 BC the ritual monument, known as a ring cairn, consists of a circular bank with several small limestone standing stones on top. Jon Hoyle said nobody knows precisely what ring cairns were used for but it was the only site of its kind known about in Gloucestershire, and was a "very significant" discovery. The monument is at a "secret location" near the village of Tidenham.

Could this feature be somewhere on the old NGOC area called ***Black Morgan's Wood***?

For the full story visit the BBC website:

<https://www.bbc.co.uk/news/uk-england-gloucestershire-50208092>

Letter to the Editor

Dear Ed,

I greatly enjoyed reading Paul Taunton's article on the FoD Central Railway (*Legend of April 2019*). I have at different times walked the route through Mallards as far as Speech House Lake and the spur into New Fancy but have not explored further North, although I was aware of the preliminary works for the alignment beyond being visible on the O map.

As well as the excellent mapping available through the National Library of Scotland (I live in dread of the day when they decide to charge to view their collection online), are you aware of the Know Your Place website www.kypwest.org.uk/ ? This also allows you to see side by side views (with a slider function) from a variety of map sources including the N. L.S. collection, current mapping and old local tithe maps etc with various data overlays and links to further relevant information. If you choose the HER (Historic Environment Records) overlay you get to see the course of and information about all the old railway and earlier tramway routes in the Forest and a lot of other interesting archaeological/historical stuff as well.

The site can be a bit slow and clunky at times (at least with my browser) but is well worth persevering with.

Roger Coe

Penguins make 180 degree errors

It is not just human orienteers who make 180 degree errors, according to the BBC's *Winter's Weirdest Events* with Chris Packham.

A scientist on a hike in the Dry Valleys in Antarctica, which are 70 miles from the sea and where there is no life apart from a few bacteria, was astonished to see the occasional dead Adelie penguin. Each time he did a hike of eight to twelve hours he saw about one penguin carcass.

How did it get there? Penguins stay in flocks and simply move between their colony, where they rear their young, and the sea, where they catch fish to feed themselves and their young. The programme showed a group of penguins, which divided into two parts; one part set off to the sea and the rest went to the colony. All apart from one individual who set off in a completely different direction – towards the Dry Valleys and certain death.

Scientists worked out that it was to do with how animals navigate. Bears use their very sensitive noses to help steer themselves, turtles use magnetic fields and some birds use the stars. But penguins are different again. A dozen Adelie penguins were captured and flown to the featureless plain of the South Pole and released: when the sun shone they all travelled northeast towards their colony but when the sun was obscured the penguins went all over the place.

Scientists concluded that the birds had an inbuilt compass that relied on the sun but that a small number had a malfunction in their brains which produced a mirror image which made them think that left was right and right was left.

To see the programme, available until about 22 January:
<https://www.bbc.co.uk/programmes/b09ksjrx> (the penguin item starts at 21 minutes 10 seconds).

Brashings

Health: North-South divide is none too healthy

According to the "i" newspaper on 26 November 2019 eight of the ten healthiest districts are in the South of England, with the Forest of Dean claiming the top spot, according to a study. Data collected for 308 local authorities looked at diet, smoking and exercise. Each district was given an overall score out of 100. The Forest scored 74.5, followed by Chichester at 74.1 and Brentwood at 71.8. At the other end of the scale Rotherham, Sunderland and Walsall scored 40.5, 42.1 and 42.9 respectively.

Can all those healthy orienteers running round the woods claim some credit for this result? (*Thanks to Greg Best for spotting this item; Greg thinks the result may be due to eating wild boar.*)

British Orienteering incentive scheme Awards

Congratulations to the following members who have been awarded incentive scheme certificates for their performances at orienteering events.

Jessica Ward	Racing Challenge: Silver Award *****
John Coleman	Racing Challenge: Bronze Award *****
Tom Agombar	Racing Challenge: Silver Award ** Racing Challenge: Bronze Award **

Paul Hobby	Racing Challenge: Bronze Award ***** Navigation Challenge *****
Reuben Lawson	Racing Challenge: Gold Award *****
Jessica Ward	Racing Challenge: Gold Award *****
Margaret Jones	Racing Challenge: Silver Award **** Racing Challenge: Bronze Award **** Navigation Challenge ****

Have your say!

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

Articles for Legend

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

Disclaimer

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

