The Legend

Number 195



Newsletter of North Gloucestershire Orienteering Club January 2021



NGOC Committee

The Principal Officers	
Chairman	Secretary
Paul Taunton	Kim Liggett
chairman@ngoc.org.uk	secretary@ngoc.org.uk
Treasurer	Vice Chairman
Alan Pucill	Vacant
treasurer@ngoc.org.uk	Vacant
treasurer engoc.org.ax	
The Officers	
Membership Secretary	Equipment & Development
Simon Denman	Pat MacLeod
membership@ngoc.org.uk	equipment@ngoc.org.uk
Mapping Officer	Fixtures & Permissions Officer
Ian Phillips	Greg Best
mapping@ngoc.org.uk	permissions@ngoc.org.uk
Legend Editor	Captain
Alan Brown	Shirley Robinson
legend@ngoc.org.uk	Shirley.robinson18@btinternet.com
Welfare Officer	
Ashleigh Denman	
welfare@ngoc.org.uk	
Two Additional Voting Members	
Results	Technical Support
John Fallows	Steve Lee
john@greyeye.co.uk	steve9lee@gmail.com
Additional Co-opted Committee Mer	
Volunteer Coordinator	Communications & Publicity
Kevin Brooker	Tom Cochrane
ngocvolunteer@gmail.com	communications@ngoc.org.uk

The above shows the committee structure set out in the NGOC constitution.

Cover: Whilst many of us have been stuck at home this year some members managed to visit the Lofoten Islands for a triathlon and, by luck, found an orienteering event as well.

Chairman's Chat

After holding the post of Mapping Officer for 12 years I have finally succeeded in moving on, by "volunteering" to become Chairman. Thanks are due to Tom Mills, our outgoing Chairman, for his efforts on behalf of the club during his three years in the role. A recent success is that he persisted with his approaches to Lydney Park, and was eventually successful in getting them to change their policy which had refused us entry for orienteering. This excellent area, used by NGOC for JK 2002 and again for a National Event in 2010, will now be available to us again, though initially only for local or regional rather than national events. I'd like to thank Tom, on behalf of the club, for his efforts as Chairman. - I hope that you will join me in sending our best wishes to Tom's family, who have recently been affected by the Covid-19 virus.

I'd also like to thank Carol Stewart, who is in the process of handing over the role of Treasurer to Alan Pucill. Carol has been on the NGOC Committee for longer than I can remember and is an ever-present volunteer at events. I have proposed to the Committee that she should be granted honorary life membership to mark her exceptional service to the club.

The year 2020 has been very different for all of us. Since retiring five years ago I have competed in an average of 60 orienteering events a year. In 2020 I only achieved half this, and 20 of these were MapRun or Usynligo virtual events. Such events have been a good incentive to get outside for exercise in the streets and latterly into the forests too. If you haven't tried them please do, I can recommend them. I'd like to highlight the amount of effort that Pat Macleod has put into overseeing MapRun for NGOC (and assisting other clubs in getting to grips with MapRun!)

In general, NGOC MapRun events have been well attended. I was disappointed that the efforts of Tom Dobra (BOK) in setting up the virtual Southern England Orienteering Urban League (SEGOL), and the efforts of five clubs in putting on events (BADO, BOK, NGOC, SO & QO) were not rewarded by a larger number of entries at a time when few events were available. Only a handful of people ran the Gloucester urban event, which was an interesting course and deserved better support. Or did people see the City setting as too risky? I didn't find any crowding on my runs.

What of the future? Our programme of events for 2021 is obviously still in flux and will remain so for the foreseeable future. For the time being, please remember that lots of MapRuns are available throughout our area. I can confirm that the decision has been taken that the British Night Championships (that NGOC was organising on 21 February at Cleeve Hill) has been postponed until, most likely, November.

The club isn't just about events, there is a social aspect too, which we are now missing. Looking through some old photographs I came across a picture taken at a Scottish 6-day event, Lochaber 2001. The Jones family invited all NGOC members to a barbecue at the cottage that they had rented for the week of the event and a good time was had by all. Coincidentally, the Scottish 6-day event planned for the first week in August 2021 is in the same area! Let's hope that by then a similar NGOC social event will be possible. Hope to see you there!

Looking much further ahead, NGOC has been asked to assist the Welsh Orienteering Association by taking on the planning and organisation of the JK 2022 Middle race on Saturday 16 April 2022, in the sand dunes at Merthyr Mawr, near Porthcawl, South Wales. We must thank Richard Cronin. who has already volunteered to plan the event, and Mike Forrest (BOK) who has

agreed to control. If you would like to become the organiser of the event please get in touch with me or Greg.

Best wishes to all of you for 2021. Stay safe!

Paul



The Great Escape (to the Lofoten Islands)

Back in January we raced at a British Army Orienteering Club (BAOC) event in the New Forest at Fritham. I had a good race but on the penultimate leg I managed to trip and land on my lower left leg with my knee bent up behind me. The pain was immediate, the damage long lasting, I'm still waiting for the MRI result and it's now November. Still, we live in strange and difficult times.

In the previous November I'd been looking for a triathlon for 2020 and decided it had to be Swissman. I'd raced Norseman (Norway) and Celtman twice (Scotland - Torridon) and Swissman was the remaining race of the original XTri series (X as in exteme); you can hazard a guess where Swissman is held! Incidentally the Swissman 3.8km swim is in Lake Maggiore at Locarno. The 180km cycle takes you over the Gotthard Pass (200m - 2091m climb, with a long section on the old, cobbled road called the Tremola), the Furka Pass (1538m - 2436m climb) and the Grimsel Pass (1757m -2164m climb). The 42km run is from Brienz to Kleine Scheidegg (1980m elevation gain) situated below and between the Eiger and Lauberhorn peaks. I decided to enter both Swissman and Celtman: entries are by ballot and oversubscribed so I hoped I'd get into one of the two, the preference being Swissman. I also entered The Grizzly ballot, I think I've raced that 15 times now. Anyway, three ballots entered and I didn't get into one of the races, now what were we going to do? Remember this was all long before we'd ever heard of Covid.

Victoria spotted a race in Norway in the Lofoten Islands at a town called Svolvaer, part of The Arctic Triple, and for a long time this part of the world had been somewhere she would love to visit but thought it was way out of reach. Lofoten is an archipelago in the

northern part of Norway, inside the Arctic Circle, and renowned for its beauty. So there we had it, a race for August 2020. I entered the long course, (think Ironman distance), Victoria entered the Olympic+, somewhere between Olympic and half distances.

Fast forward to Covid world and a very sore knee.....

As we all know just about all sport was put on hold, many race entries being carried over to 2021, but The Arctic Triple organisers remained optimistic. Covid incidence in Lofoten was almost zero; apparently in the early days they pretty much put up the barriers and that was that, nobody in, nobody out. So as the race date got closer it was beginning to look as though we might actually race. Secretly I was hoping the race would be put back to 2021 so I had more time for the knee to heal. By June I was swimming and cycling OK but I couldn't run, the knee was simply too painful. I set off a couple of times and literally didn't make the end of the driveway before having to stop. In the end I contacted the organisers and dropped down to the half distance race; I knew I would be OK on the swim and bike and could always walk the 'run' if I needed to.

For those of you thinking 'why am I reading about triathlon in an orienteering newsletter', please be patient!

The trip got closer, flights were cancelled by Norwegian Air, then by BA, re-booked, cancelled again, diverted, extra hotel night booked in Oslo (which is fabulous), all manner of things thrown in our path but we did finally fly out to Norway. Not as we expected because of flight difficulties but we got to Svolvaer two days before my race day. Victoria raced the day after me, which was great because it meant we could support each other during our respective races.

The picture below shows Svolvaer harbour where we would swim, (it wasn't quite as flat as this on race day for either of us!).



My knee was still a worry, the most I'd run and hobbled was four miles but we were actually going to race, which was quite something given the year we'd had. We had been able to open water swim through lockdown at Lake 86 in the Cotswold Water Park. For some reason this was within the lockdown rules and, if you remember, the spring and early summer weather was glorious. We did both wonder just how much colder the Arctic seawater would be than the super-heated Lake 86 and so, on race day, I entered the water wearing every piece of neoprene I possessed. In truth, apart from the waves, it wasn't that bad.

The swim went OK, as did the bike although it was very, very windy. Fortunately the wind was on my back for the last 10 of the 60 miles, which was ideal. The run was two laps, the second diverting to an off-road section over a 400 metre hill. The first lap went really well, I didn't feel the knee at all. On the second lap the climb up the hill was quite tricky with indistinct paths and so steep in places I had to pull myself up using trees.

The route down was also very steep in places, so steep that the organisers had positioned ropes so you could lower yourself down. I was about 150m from reaching a cinder track near the bottom of the hill when I put my good leg in a hole so I sank down onto my bad leg, the knee bending underneath me, almost the same as has happened at Fritham. The pain was excruciating and I thought I was done for.

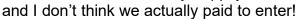
As orienteers we know that if you hurt yourself there is a responsibility to get yourself back to the finish if you can; you're pretty much on your own. If you've done something 'really' serious, anyone and everyone will come to your assistance, we know that too. After a few minutes hanging on to a tree I hobbled down to the track and then on to the finish three miles further on.

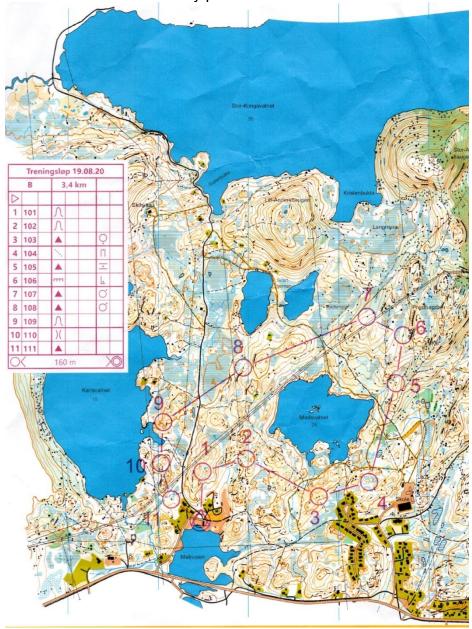
Victoria had a wonderful race the following day, her fears about the water temperature evaporated (sorry), I think she said it was her most enjoyable triathlon.

We'd booked a hotel for the nights before the race until the night after Victoria's race, we then checked out and picked up a campervan for seven nights. We toured around and had hoped to get up to Nordkapp but the distances are huge and the roads slow. In the end we gave up and headed for Tromso and then cross country using many ferries back towards Lofoten. We'd seen a campsite near Svolvaer when we'd been there for the triathlon so decided to head there so we could shower and cook a hot meal in comfort. We arrived at about 6pm and in August it is still very light, remember this is the land of the midnight sun.

As we drove into the campsite Victoria spotted what looked very much like an orienteering kite? Sure enough, the campsite was hosting an orienteering club race! My knee had settled down a bit by this time and the temptation to enter was too great, only walking but hey, orienteering in the Arctic, it'd be rude not to! We had no kit at all, no O shoes, clothing, compass, whistle, nothing at all. We approached the organisers and explained who we

were, why we were in Lofoten and that we were, first and foremost, orienteers. They happily lent us everything we needed





I guess I've been orienteering for nearly 30 years and the Scandinavian orienteers have always been legendary. Why then was it such a surprise when we set off just how difficult it was? The terrain was bad enough but the technical difficulty was every bit as hard as anything I've encountered in the UK, and this was an evening club event with a gazillion kids managing perfectly well. We didn't actually finish the course, mainly because we were walking slowly because of my knee and as we'd started late it didn't seem fair to keep the organisers waiting for us. Nevertheless, we had a go and thoroughly enjoyed ourselves, what a treat it was.

We stayed at the campsite for a couple of nights and one day decided to walk cross-country back to Svolvaer, about 6 miles each way. It was a lovely walk and as we returned to the campsite we were presented with the most magnificent view of the 400m hill we'd both climbed during the triathlon. I don't think the following picture really captures it but here goes.



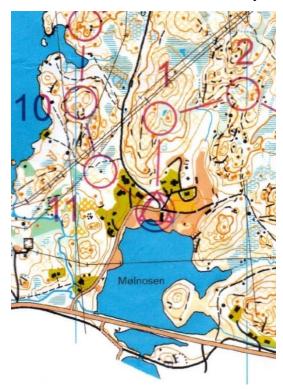
The water was so still the reflection was near perfect, this one moment would have made the entire trip worthwhile on its own. During the triathlon the climb up was on the left-hand slope as you look at the picture. It doesn't look like much but the picture was taken from some distance, honest.

The view to the left of the hill wasn't too shabby either:



So there we are, we were so lucky to hit a window of time when we were able to race, lucky to find ourselves camping with an orienteering race on-site, and especially lucky to be able to take in the magnificent scenery of Lofoten.

Is Lofoten a place I would recommend to people? It is without doubt beautiful and the people are wonderful but I would stay in Lofoten and not head north east towards Nordkapp. Once you leave Lofoten it is still beautiful but the scenery doesn't change for mile, after mile, after mile and it is a long distance to anywhere. I dare say when you get nearer the northern coast things improve but we both had the same feeling as we did when I raced Norseman a few years back, a fjord is beautiful, a waterfall is also beautiful but after you've seen three of them in



Map detail showing Start & Finish

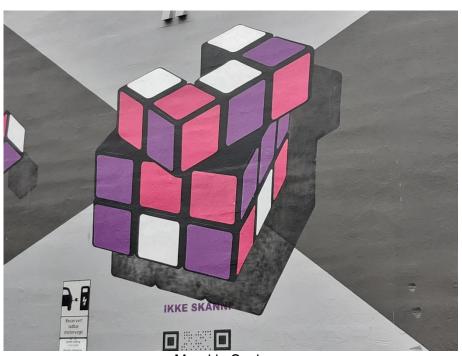
the same afternoon it all just gets a bit 'samey'. Henry Cole on one of his 'World's Greatest Motorcycle Rides' said the same thing. Lofoten is different, it's more like the Scottish Highlands or the Lakes, the scenery is constantly changing. So yes, Lofoten is well worth a visit - just make sure you save up a bit before you go.

We hope to see you all in a forest soon.

Chris & Victoria
Harrison



View out to sea near Svolvaer



Mural in Svolvaer



Approaching Lofoten



On the ground . . .



Lovely fish drying



Maze-O – a suggestion for Chairman's Challenge 2021???????? (from a screensaver)

Member's profile



Name: Alan Pucill (our new Treasurer)

Introduce yourself: I live between Hereford and Ross. I retired in 2018 from working at Hereford Sixth Form College, first as a teacher of Maths and Computer Science and subsequently as head of College Information Systems. I'm also father of Joe Gidley, occasional member of NGOC. (He's moving to Bristol in 2021 so I hope the club will see more of him.)

When did you first start orienteering? How did you learn about the sport? When I first moved to Herefordshire in 1993 I lodged for a while with a colleague, Mike Harrison, who was a

member of Wye Orienteers, and he got me interested in the sport. I have never really been a runner (which I think anyone looking at my results might deduce!) but have always loved maps and navigation. One of my best ever walks was crossing northern Dartmoor in snow and thick fog, using a compass to get from one stone circle or standing stone to the next!

Favourite area? I have a great affection for the Forest of Dean but also enjoy getting out onto the Welsh hills. There's a certain fascination in discovering narrow alleyways in urban areas too.

EMIT or SI? SI

Baseplate or thumb compass? Baseplate, but only because I haven't tried a thumb compass yet. Whatever I use needs to have a magnifier these days.

Proudest or most enjoyable moment? Hard to single out any particular run. I love being "in the zone" when I'm out on a course and as long as I get back without making too many mistakes, I'm very happy.

Worst moment? Which one? 40 minutes on one control at Kenfig was a low point, especially as much of that 40 minutes was spent pushing my way through thorns. Another was running alongside the river in Virtuous Lady Woods in Devon (on the CSC), turning a corner to see that the bridge I was heading for crossed the river 24m above it! And I'm not even going to tell you the very worst one!

Ambitions (for yourself or the sport)? My personal target is to finish in the top 50% of competitors on my course and I achieve it a lot less often than I would like!

I hope we can overcome the difficulties with Forestry England and can get more events in the forest as it is such an excellent area for orienteering. I really appreciate the efforts made by the club and Pat especially to attract newcomers to the sport and to embrace new innovations such as Trail Runs and Maprun. While there's undoubtedly a pleasure in doing well I do firmly believe that the focus should be on taking part and having fun.

Any other interesting facts you would like to share? I am pleased to be a member of such a friendly club and hope to be able to give something back to the club in my new role as Treasurer.



CAPTION COMPETITION

Send your entries to: legend@ngoc.org.uk

Has it been such a long time since you entered an "ordinary" or "normal" orienteering event that you have almost forgotten what the good old days were like? Here's a reminder from Trevor Griffiths . . .

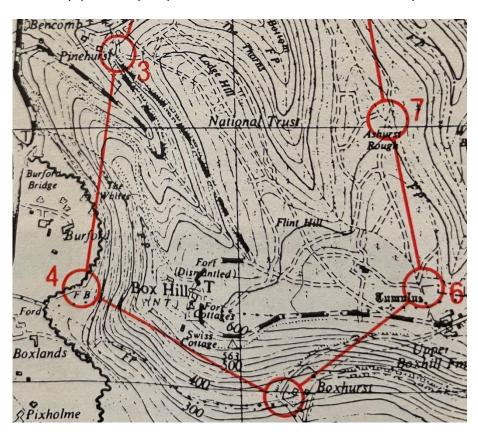


. . . and to demonstrate what a caring lot orienteers are, a fellow runner offered Trevor a wet wipe. (Photo: Richard Cronin)

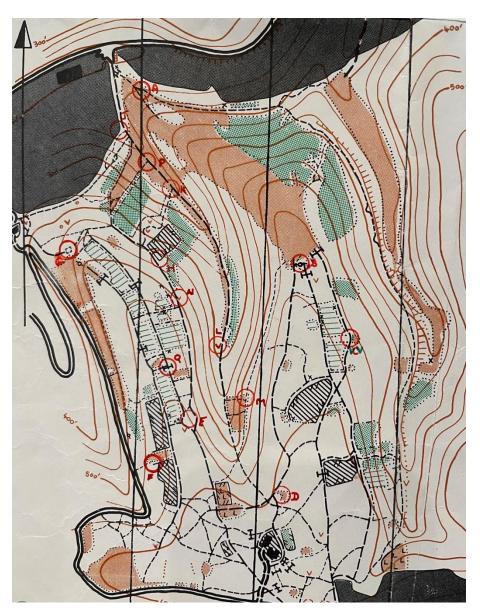


by Chris Johnson

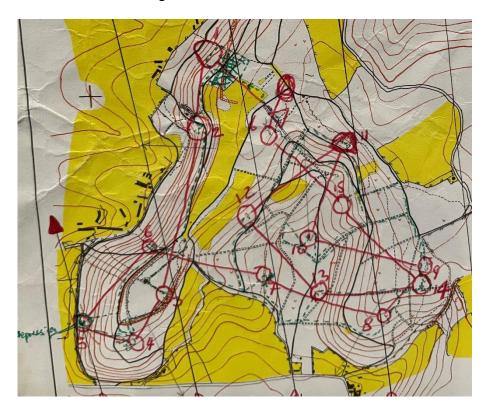
Orienteers are fascinated by maps and some want to create them. I was taught to interpret OS maps when I took geography 'O' level at school and started 'cunning running' in the sixth form. The earliest British O-races during the 1960s used black & white Xerox's (=photocopies) of the two-and-a half-inch OS map



series. Photocopying reduced the then black, brown and blue OS maps to black-and-white and the blue of water copied badly, so streams had to be overdrawn with a black wiggly line (look above and below Control 4 in the sample) – a first minor attempt to customise maps for the sport. However, these initial maps had



many drawbacks – foremost amongst them was the fact that many country areas had not been updated by the OS for several decades, while only the major contours had ever actually been surveyed; the intermediate 25ft contours were interpolated by eye and often wrong. Finding controls therefore involved both map reading and a considerable element of luck. If you can find a copy, John Disley's classic 1967 textbook Orienteering is a great read if you want to see just how far the sport has developed. Early orienteers were hardy athletes, with John's example of a novices' course being 8km with about 400m of climb!



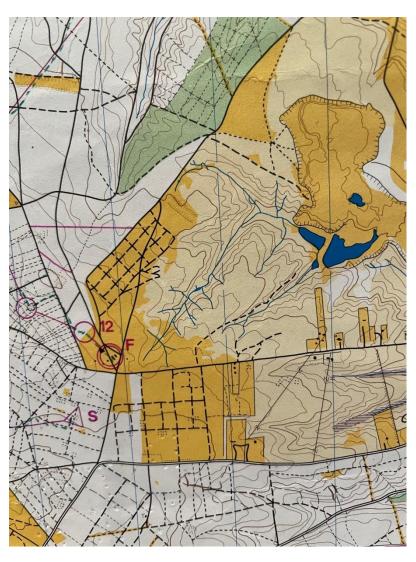
It soon became clear that something more precise was needed for fair competition and by the early 1970s orienteers were surveying and mapping areas themselves. My earliest map was drawn in 1972 – frighteningly now nearly fifty years ago. Coincidentally it was of the same area as that included in the

Disley text. By the standards of the time, it was pretty advanced as it was printed in three colours using offset-litho techniques. With this system you had to draw each colour separately on a different layer of tracing film. Blocks of colour were produced by cutting out 'Letratone' transfers with a sharp knife and sticking them to the appropriate layer. All being well, when the various layers were re-combined during printing you would end up with a decent map, but poorly aligned colours and dodgy boundaries to the blocks of tint were common. However, these primitive maps allowed the path network to be updated, point features included, areas of dense vegetation shown, and the map could be realigned to magnetic north – then about 7 degrees west of grid north.

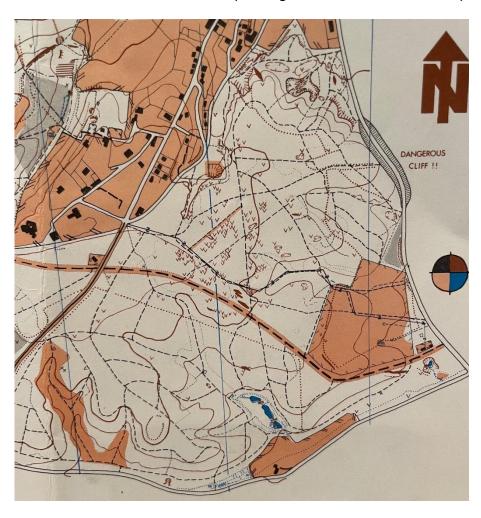
Orienteering on these homemade maps during the 1970s could be both frustrating and entertaining. One notorious regional championship map included a control hidden by a large ink blob, while disappearing contours were a recurrent feature. Veteran orienteers will remember that a visit to 'Map Corrections' was a mandatory part of the preparation for the event and that at some events the number of corrections appeared to match the number of features on the map. These corrections would then sometimes be used as control sites – not surprisingly with variable results. My third race as an M19 in 1972 was a 'Badge' (=Regional) event in Wendover Woods. The map scale was 1:20,000, contour interval 7.62m (=25ft), grid lines sloped diagonally across the paper with no northing arrows, and you had to draw in lots of map corrections, with a control positioned on one of them. 8.4km with 450m climb all fitted onto half an A5 map!

However, things rapidly improved. JK72 on Cannock Chase used a very nice five-colour, professionally drawn map with photogrammetry used to plot the contours accurately. Photogrammetry is a technique where aerial photographs are paired on a drawing machine to produce a 3D image that a skilled operator can draw around to delineate the contours. It was the best available system for mapping landform until the recent

development of lidar. Compared with later maps of the same area, the 1972 version at 1:20,000 with 5m contours lacks detail apart from paths, streams and contours but looks much more like a contemporary map, being clear and easy to use. It was also one of the first events in the UK where the courses were preprinted onto the maps, rather than needing to be copied by hand from a set of 'master maps'.



The last map I produced in this era was drawn in 1974, my final year at University. It was a map of Woburn Sands in Bedfordshire which the Oxford University club produced for the Inter-Varsity Championships. Compared to the earlier maps, you can see many more point features and more detailed landform including slopes and earth banks. The contour interval was 10m, largely because we were using the OS 1:25,000 map as the basis for the survey and its intermediate contours lacked definition. Thicker vegetation was indicated by a grey screen as this reduced the number of colours and thus the printing costs of the finished map.



The more detail that you put on a map, the more time it takes to both survey the area and draw the map. Seven club members were involved in surveying the area, four of whom are still regular orienteers. Curiously, this area subsequently lay fallow for over forty years and has only recently been updated.

The map extracts I have included indicate just how variable maps were in the early days of orienteering. From the mid-1970s onwards there were steady improvements in the quality of both surveying and mapping, but map production became extremely time-consuming. A busy job and a growing family meant that for thirty years I left mapping to others. However, I still hankered after drawing maps and when retirement began to loom, I decided that it would be a good occupation to fill my expanded spare time. But that is another story . . .

(<u>Maps Present</u> by Chris Johnson will appear in the next issue of Legend)

Phil Cummins

Phil Cummins had been Membership Secretary for many years when Alan Brown took over from him in the late 1990s; he had been awarded honorary life membership for his long service to the club.

John Fallows found this in the Evesham Journal of 19 March 2020:

PHILIP CUMMINS Formerly of Cherry Orchard, Pershore has run his last race and died peacefully aged 98 years at Bricklehampton Hall on March 10th. In accordance with Phil's wishes for 'no fuss', there will be no service. Phil organised the Poppy Day collections in Pershore for many years so if you wish to show your appreciation of his friendship you can send a donation to his favourite charity The Salvation Army in Memory Team, 99-101 Newington Causeway, London SE1 6BN. His love and cheery face will be missed by all who knew him.

Pat MacLeod comments:

I went to my first NGOC event early in 1987, having met a former club member in the pub soon after I moved over to the Forest from Bristol. I had orienteered in the Army before an extended spell in Northern Ireland in the mid Seventies but hadn't run since I left the Army and returned to Bristol. I did go to one BOK training event, but no one spoke to me and I felt pretty much out of it. The first person to greet me at Lightning Tree Hill was Phil Cummings, and I was a club member when I left for home that day. A lovely man and excellent recruiter!

John Fallows comments:

Phil was also the club coach and always waited nearby registration to help newcomers understand what to do with compasses, controls, maps and master-maps!

Woodchester

Producers of Netflix's *The Crown* chose Woodchester Mansion near Stroud to feature as the exterior location representing the Duke of Edinburgh's and Prince Charles's school, Gordonstoun. The Gothic mansion was used as a backdrop in the BAFTA-winning series.

From Gloucestershire Live. For the full feature:

https://www.gloucestershirelive.co.uk/news/cheltenhamnews/woodchester-mansion-featured-netflixs-crown-4678934

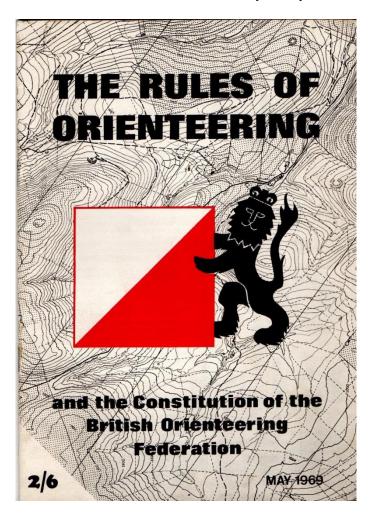


Actors playing Prince Charles and schoolboys go off orienteering in Woodchester Park, which doubled as Gordonstoun for Netflix series The Crown in November 2016 (Image: Ben Falconer)

Real 'O' events are held here by NGOC.

The RGOC Archive

Your editor has taken over the archive from Caroline Craig. As well as containing (I hope) every copy of Legend there are some very old copies of the BOF magazine *The Orienteer* and old results and maps (not just NGOC). In future editions of Legend we hope to include some more items from yesteryear.



BOF rules and constitution would have cost you half-a-crown in 1969



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Cover design incorporates Britain's first coloured orienteering map drawn by Pete Simpson for the Scottish S.E. District Championships June 1968.

Based on the O.S. map with the sanction of the Controller of H.M.S.O. Crown Copyright Reserved.

Layout by:

PICADOR STUDIOS

245 Church Road, Mitcham, Surrey.

Telephone: 01-640 3122

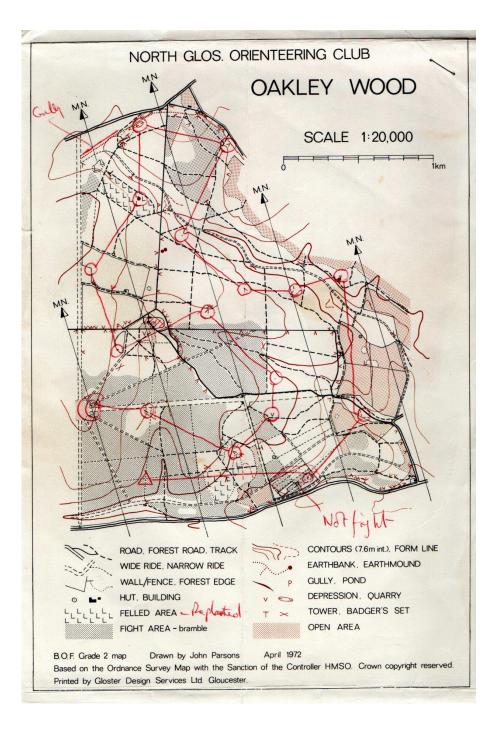
Printed by:

SWIFTPRINT

84-86 High Street, Colliers Wood, S.W.19.

Telephone: 01-542 2656/0637

Inside cover: an advertisement for Guinness, which includes a limerick; there is a note to say that the cover incorporates Britain's first coloured orienteering map

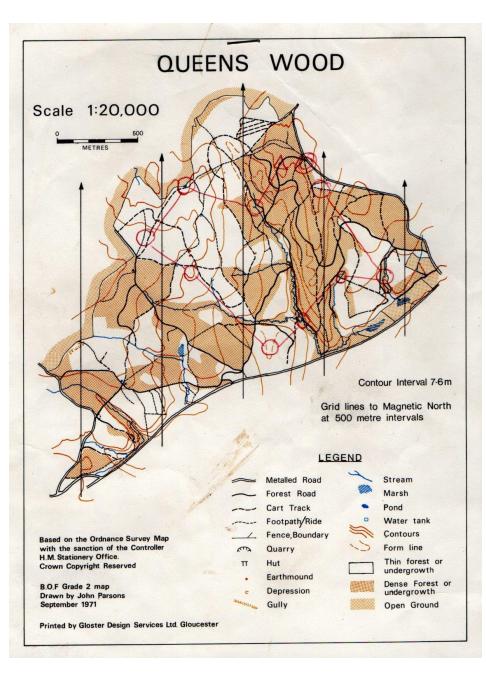


This 1972 map, **Oakley Wood**, is part of Lord Bathurst's Cirencester Park. I don't know when it was last used for orienteering but Pat MacLeod and Bob Teed had a good day's walk round a few years ago. They concluded that the area around the park on the edge of the town might make a useful extension to the town map but deemed the main area unsuitable as there were lots of brambles, not many clean bits, and no features in those. Rather like this 1972 map where there are plenty of depressions but they are mainly next to tracks. There are badger setts mapped. Note the 1:20,000 scale, the offset north lines and the map corrections made in red biro by the competitor.

COURSE "A" - 9 KM

	ntrol No.	Description	Code
1.	The Ride		(12)
2.	Shallow Re-	-entrant	(14)
3.	The Depres	sion	(15)
4.	The Re-enti	ant	(16)
5.	The Depres	sion	(17)
6.	The Re-enti	ant	(19)
7.	The Depres	sion	(21)
8.	The Quarry		(22)
9.	The Earthm	ound	(24)
10.	The Fence	Corner	(25)
11.	The Fence		(50)
Sec	ond Set of N	Naster Maps	
12.	The Depres	sion	(51)
13.	Shallow Re-	-entrant	(52)
14.	The Depres	sion	(53)
15.	The Depres	sion	(54)
16.	The Gully		(59)
Alo	ng Main Ride	e, 300m to finish.	

Queens Wood is west of Dymock. The narrow-looking road on the southern edge is the M50. As well as black and brown there is now blue colouring for water features. The contour interval is 7.6 metres: as the map is based on the O.S. 1:25,000 7.6 metres equates to 25 feet.



Brashings

". . . never part with your maps"

"See England First" a guide by S. P. B. Mais, first published in 1927, is again appropriate in this age of the "staycation". He is disparaging about holidays abroad and particularly critical of cruises. One piece of advice he gives is appropriate for orienteers: "Lend or throw away the rarest of your books, but never part with your maps". I must follow his advice and offer to lend his book when I have finished - any takers?

(Paul Taunton)

"Are you lost?"

This might be a very pertinent question when I'm running round the woods in my best NGOC kit but it does get a bit annoying when I'm out for a walk. Why do people think that because one is looking at a map one is lost? A particularly wearing occasion was on a backpacking trip when I was resting on a bench on a village green, studying my map and eating a sandwich.

I have developed a strategy for dealing with these people and that is to answer the question "Are you lost?" with a "Not yet" or "I hope not". This is said in a tone suggesting to the questioner that as well as definitely not being lost that it is also a bit of a nerve to be asking in the first place.

However, in this instance, the strategy was a failure. After delivering my crushing riposte and returning to my map and sandwich my interrogator did not move and I could almost hear the

cogs whirring inside his head. Eventually he came out with "Do you know where you are?"

Cleeve Hill Golf Course

In October's Legend we reported that the golf course was due to close but since then several parties have "expressed an interest in trying to conserve golf on the hill, requesting the possibility of acquiring a long-term lease of the clubhouse". More at: https://www.gloucestershirelive.co.uk/news/cheltenham-news/cleeve-hill-golf-club-could-4654778

British Orienteering incentive scheme Awards

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

Ian Phillips Racing Challenge: Gold Award *****

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.

