

The Legend

Number 204



Newsletter of North Gloucestershire Orienteering Club January 2023

www.ngoc.org.uk



NGOC Committee

The Principal Officers	
Chairman Paul Taunton chairman@ngoc.org.uk	Secretary Rhiannon Fadeyibi secretary@ngoc.org.uk
Treasurer Alan Pucill treasurer@ngoc.org.uk	
The Officers	
Membership Secretary Ginny Hudson membership@ngoc.org.uk	Equipment Officer Pat MacLeod equipment@ngoc.org.uk
Mapping Officer Ian Phillips mapping@ngoc.org.uk	Development Officer Post vacant
Communications & Publicity Officer Tom Cochrane communications@ngoc.org.uk	Fixtures Secretary & Permissions Officer Greg Best permissions@ngoc.org.uk
Welfare Officer Judith Taylor welfare@ngoc.org.uk	Club Captain Suzanne Harding captain@ngoc.org.uk
Club Coach Post vacant	Newsletter Editor Alan Brown legend@ngoc.org.uk
Additional Voting Members	
SI & Results John Fallows john@greyeye.co.uk	Web Administrator Steve Lee webadmin@ngocweb.com
Volunteer Coordinator Ian Prowse volunteer@ngoc.org.uk	
Other Useful Non-Committee Contacts	
Club POC Manager Caroline Craig pocs@ngoc.org.uk	

The above shows the committee structure following the 2022 AGM

Front cover: Cartoon of an orienteer in a purple shirt gliding gracefully down an icy street. This was produced by Tom Cochrane using AI - see inside for Tom's article.

Chairman's Chat

The final NGOC committee meeting of 2022, held at Down Hatherley village hall on 5th December, was our first face-to-face meeting since Covid began. It was a useful meeting, which closed many previous actions, and progress is already being made on several new ones. But I'm sorry to say that the important matters of finding replacements for Pat Macleod as Development Officer and Gill Stott as Club Coach are yet to be resolved. If you feel that you might be able to assist the club in either of these roles then please speak to me. It was agreed that, in view of the wide area over which committee members live, most future committee meetings will be held via Zoom, but it was felt that occasional face-to-face meetings were valuable, and should continue at least annually. Thanks to Ros for providing something else we have missed at virtual meetings, the mince pies!

One of the decisions at the December meeting was to organise a one-day informal training course for NGOC event organisers and planners. This was intended both for those who have agreed to organise or plan any club orienteering event during 2023, and also anybody in the club who thinks they might like to try organising or planning an event in the future. An invitation was sent out in early December, proposing three alternative dates early in 2023 for a training session at Soudley Village Hall. Unfortunately the response was disappointing, with not enough people responding to make the proposal viable. The committee is reconsidering, so please look out for another invitation soon and, if you can, respond promptly and positively!

Another discussion at the December meeting related to the relaunch of the Terry Bradstock Trophy competition. I was pleased to be able to present the trophy to the 2022 winner, Vanessa Lawson, in front of a crowd of around 125 runners just

before the start of our New Year's Day event (*see photo*). Well done Vanessa! To find out a bit more about the competition there will be an article by John Fallows in the April Legend. For information on Terry Bradstock himself see page 29 of the January 2022 newsletter and for the competition itself see page 13 of the January 2020 issue. Who knows, you might be receiving it yourself next year?



Vanessa Lawson, Paul Taunton and Terry Bradstock Trophy

It is some years since the club has been able to field a team for the Yvette Baker competition, an event aimed at juniors of all abilities from classes M/W18 and under. This year is a good

opportunity for us to do so, as NGOC is hosting an Yvette Baker heat in April this year, at our Southwest League event at Newent Woods. Our Captain Suzanne will soon be looking for juniors to join our team!

Some of you may be aware of recent Virtual Trail-O events, the Hungarian TORUS Trophy, held once a month throughout 2022, and the TORUS Christmas Trophy, 12 events held 3 days a week during December. Our Robert Finch took “second-Brit” honours in the Christmas Trophy, finishing 38th out of over 750 participants. I can testify what a great achievement this was, as I completed 8 of the Christmas events with results consistently close to the bottom of the table. As I was the only other NGOC competitor in the Christmas events we were not highly placed in the club results! Team results are based on the scores of the club’s best three competitors at each event so BOK, with seven competitors, were way ahead of us. If you are interested, you can access the completed Christmas Cup events to practice: <http://temposim.yq.cz/tempo.cgi> Look out for the next event, scheduled for 25th January, and try it if you can. Let’s beat BOK next year!

Can I remind everybody that next year NGOC is hosting the Caddihoe Chase over the weekend 30th September/1st October? Plans are at an early stage, but it is intended that the event will be based on our Mallard’s Pike map, with parking at Speech House field, and will again include the Southwest Championships event. The Veteran Home Internationals will be run on the same areas in parallel with the Caddihoe. Please put those dates in your diary now, as the complexities of the events will demand more than usual numbers of helpers for this weekend!

Hope to see you in the forest soon (once I can shake off this flu),

Paul Taunton

LegendAIry covers

Over the last year a few methods have sprung up to generate content via 'Artificial Intelligence'. One of these, DALL-E, takes your text prompt - anything from a couple of words to a longer description - and turns it into a picture. I thought I'd give it a test: how well could it create the cover of Legend? I'd provide the title and some indication of what the cover should show (an orienteer, purple shirt, perhaps a snowy landscape). Would the results make sense?

Shown are 12 covers, resulting from slightly varying prompts. They all have the desired format and the titles are readable (if mostly nonsensical - at least there's one LEGEND in there!) It struggles with the detailed text but some of the covers give the impression of content lists and maybe even a price tag. The people it draws are of varying quality - doing better with cartoons than realism - and it seems to have got the wrong idea about 'punching' a control.

If you want to give it a go, you can sign up at <https://openai.com/dall-e-2/> - they'll let you generate a certain number of images each month for free. The prompts that generated these images were (from left to right, top to bottom):

1. A magazine cover titled 'Legend', featuring a high-resolution action photo of an orienteer in a purple shirt punching at an orienteering control in a snowy forest
2. A magazine cover titled 'Legend', featuring a high-resolution action photo of an orienteer in a purple shirt running past an orienteering flag in a snowy forest

3. A magazine cover titled 'Legend', featuring a high-resolution action photo of an orienteer in a purple shirt running through a snowy forest
4. A magazine cover titled 'Legend', featuring a cartoon of an elite orienteer in a purple shirt jumping over a rocky stream
5. A magazine cover titled 'Legend', featuring a high-resolution action photo of an orienteer in a purple shirt punching at an orienteering control in a snowy forest
6. A magazine cover titled 'Legend', featuring a cartoon of a female elite orienteer in a purple shirt skiing on a snowy hill
7. A magazine cover titled 'Legend', featuring an action photo of a female elite orienteer in a purple shirt running through a snowy forest
8. A magazine cover titled 'Legend', featuring a high-resolution action photo of an orienteer in a purple shirt running past an orienteering flag in a snowy forest
9. A magazine cover titled 'Legend', featuring a cartoon of an orienteer in a purple shirt running past an orienteering checkpoint in a snowy forest
10. A magazine cover titled 'Legend', featuring a high-resolution action photo of an orienteer in a purple shirt running through a snowy forest
11. The magazine cover of Legend, the newsletter of the North Gloucestershire orienteering club, featuring an orienteer running through a snowy forest
12. A magazine cover titled 'Legend', featuring a cartoon of an orienteer in a purple shirt gliding gracefully down an icy street



Thomas Cochrane

Suzanne Harding is our new Club Captain and has restarted the Captain's Log. You can email Suzanne at: captain@ngoc.org.uk

Captain's Log

Happy New Year!

With 2022 now behind us it's time to look forward to 2023 and a whole new exciting year of orienteering. Whether you stick to the local events or travel further afield too there's lots of events already in the fixtures to take a look at and tempt you out.

The new NGOC league gets underway for 2023 with the first event on Saturday 14th January at Welshbury. With an event every month then for the rest of the year, except September when we're hosting the Caddihoe Chase, there's lots to encourage you out. The dates and areas are already up on our club Events list so why not take a look and see which ones you'd like to do. The more the better as it would be great to see NGOC members taking even more of the top positions in the league this year!

Congratulations to Vanessa Lawson on winning last years Terry Bradstock Trophy. Hopefully more people in the club are now aware of it and with the wider selection of qualifying events will make the effort to attend at least 4 of the qualifying events in the year. How about starting with the CompassSport Cup qualifying round on Sunday 12th March? We need a very good turnout to stand any chance of beating BOK and making it to the final again, so please sign up to run if you can. It is at Margam Forest North near Maesteg which I know several of you have run at before as part of Croeso 2016. Entry fees will be subsidised by the club to encourage as many of you to run as possible. Unfortunately it's not looking like a club coach will be an option this time due to the parking but I'll let you know when I hear

more. Though the Welsh Championships are taking place the day before at Margam Park and Graig Fawr, which is just nearby, so you may want to make a weekend of it anyway. Look out for the email from me soon with more details and let me know if you can run.

Other team events coming up in the next few months that I will be asking for names for later this month are the British Relays on Sunday 26th March at Hambleden Woods near Henley on Thames. Then shortly followed by the JK Relays on Easter Monday 10th April at Dale Park in the Southern Lake District. If you're running in the individual events why not stay on and be part of a NGOC relay team. Or even if you're not running in the British Champs come for the day to the British Relays we'd love you to be part of a team. The relay entries will again be subsidised by the club so it will cost you no more than running in one of our league events.

For newer orienteers, if you've not run in a relay before and the major relays seem a bit daunting or scary at the moment there will be some local summer relays that you might like to try first including our own on Saturday 8th July at Chestnuts Hill. They are usually part of a summer series with a trophy for the winning club but unfortunately it looks like that isn't going to be awarded this year as there has been a lack of interest in recent years. But nevertheless the events are still worth taking part in as relay events can be great fun. Then later in the year you can sign up when I'm calling for names for the British Sprint Relays on Sunday 17th September at Brunel University! They can be combined with the London City Race on the Saturday which is another of the qualifying events for our Terry Bradstock Trophy.

Another relay event later in the year that I will be asking if anyone would like to make up a NGOC team for is the Harvester Relays. Unfortunately it has had to be cancelled the past couple of years but all being well it will go ahead on 25th / 26th July to be organised by the Army near Catterick. This is an overnight relay

inspired by the Tio Mila in Sweden with the first few legs being run in the dark. There is always a great atmosphere and from my experience many, many years ago, running at dawn as the sun comes up is amazing. Not so keen on orienteering in the dark but I know several of you are so hopefully there will be some takers for the night legs and we can make up a team (or even better more than one!)

Then purely for the Juniors in the club there is the Yvette Baker Trophy. We've not entered a team in the last few years but we have so many keen and talented juniors in the club it would be great if we could this year. Especially as the club is holding a qualifying heat on Sunday 30th April at our Newent Woods event, so very local. This is a very inclusive competition for Juniors with the course you have to run being linked more to ability than just age with even the option of running as a pair for the younger more inexperienced orienteers. So hopefully all our Juniors will be happy to take part. I'll send more details out nearer the time

Finally something for the runners amongst you. The Cotswold Way Relays this year is on Saturday July 1st. This race covers the full 103 miles of the Cotswold Way split into 10 legs ranging from about 7 1/2 miles to 12 1/2 miles and of course with quite a lot of climb! There is a mass start for each leg so don't worry that the next person will be waiting for you but runners are expected to be able to complete their leg in at least 12 minute miles. I think we've entered at least one team every year since 2015 and I'm happy to co-ordinate our entry for this later in the year if there is enough interest.

Hopefully see you at an event soon.

Suzanne

WORD SEARCH

In the box below there are concealed 20 areas used by the British Army Orienteering Club for their MLS (Military League South) events. They may be written vertically, horizontally, diagonally, and forwards or backwards. Answers are at the end of Brashings. If you would like to make it a bit easier by knowing the names you are looking for, these are listed at the beginning of Brashings

U Z E E B I G R E E N H A M C O M M O N
L O N G V A L L E Y O A K O O K X Y V O
S P C A V A R Y F F F N E X N C S T A R
T O P U F X X O S T J K G V G E E C K R
O R F E B G D B S G V L D Y O K G H Y I
W A N B R T K I K S K E I C S V V E S S
I N N D H H D Z E E A Y R T T J B T I H
N G F Z T E A N N V K C D A R F L T D I
D E H I U S R M M Z E O R N E M G D B L
M D U F Z L U H D H R M O E A Q U D U L
I A E I I A E K E O S M F G M G A O R A
L N O V E B I U F E W O L Y Y E N F Y I
L G T E F A G E Q U E N U O K K N S H M
H E N L E Y G A T E Z Z B M C S J T I A
I R O P A V A O C K L E H O H M H M L H
L A T I O A H A U F R I T H H I L L L G
L R P U P S A F U I L S A E I L G G I A
T E S Q G V D I B D E N P U R L I E U G
E A T A E D D R A Y T O N D O W N E D S
Q V B D C Z J U P A V O N S C L L T I S

NGOC mapping

Without extensive background mapping work, we would not have the first-class maps that enable us to hold our events through the year. We all owe our mappers a great deal of thanks. *(And thanks to NGOC Mapping Officer Ian Phillips for providing this information.)*

2022

- ❖ **Tom Mills** – **Welshbury/Flaxley** – to be used January 2023.
- ❖ **Greg Best** (Winner of the Bonington Trophy for Services to Mapping) – **Edge, May Hill** – both used 2022; **Leckhampton Hill** – major upgrade using lidar; **Standish** area work in progress; currently reviewing areas surrounding **Cleeve Hill** that may be mapped.
- ❖ **Pat Macleod** – **Nine Wells** updated and used 2022; **Danby Lodge** extensive update; **Headless Hill/High Meadows/Symonds Yat** updated; **Flaxley** updated to include **Welshbury Hill**.
- ❖ **Tom Cochrane** – new maps of **Dean Close School** and **Nailsworth urban** – both used this year.
- ❖ **Clive Caffal** – **Ledbury urban** – used 2022.
- ❖ Contracted out to **Nick Norse** – **Lydney Park East** re-mapped; **Symonds Yat extension** – used December 2021.
- ❖ Various event organisers – lots of new ‘Maprun’ maps and minor updates to a number of existing maps.

2023

- ❖ **Welshbury** map completed by **Tom Mills** to be used for our first league event.
- ❖ **Painswick** map extended by **Greg Best** for use in March to include the **Prinknash Estate**.
- ❖ **Tom Cochrane** is updating and enlarging the **Cirencester urban** map for use in June
- ❖ We will be updating **Mallards Pike** for the Caddihoe Chase in September.

Caption Competition - answers



(From the October 2022 Legend)

"Greg Best showcases new table service for NGOC tuck shop tent". (*Simon Denman*)

"Manuel practises waiting on Basil and Sybil." (*Alan Brown*)

"A satisfied customer! We ought to have him stuffed." (*Alan Brown*)

"I mentioned orienteering but I think I got away with it." (*Neil Cameron*)

Bertie's Nine Wells Resolution

About time that the slacker Wooster B. made some resolutions, I hear my readers say. For starters how about going to bed earlier and cutting out the G&Ts. Nothing so mundane for me, my resolution is to become a finer, better orienteer; put a line through that which does not apply: "Oh, Bertie, you're such a fine orienteer already, how can you possibly improve?"; "But, Bertie, you're a complete idiot, what chance is there of your improving?"

Well, for a start, I'm going to listen to Jeeves and follow his advice, from how to tie my laces to how to hold my compass. Also, to enter as many events as possible: surely I will improve if I simply go to loads of events?

With this last point in mind, I sauntered along to Mr Wakerley's New Year's Day event at Nine Wells. This was my first event for some weeks, my absence from orienteering due to this and that, one thing and another, don't you know.

To make sure that the two-seater did not get relegated to a muddy patch by the side of the road Jeeves and I set out in good time and were rewarded with a good parking spot along a straight track with a good, firm surface. There was even enough space to turn round the old jalopy. The joint was already infested with punters, and one couldn't have thrown a brick without hitting someone from BOK; a group of them was already lounging around doing nothing and doing it rather well, so I left Jeeves to lay out my compass, dibber and whatnot while I went along to wish them a Happy New Year. Surprisingly no one asked where I had been all these weeks or expressed delight at my reappearance.

Soon enough it was time to ankle over to the Start and join the crowd surging round the Clear boxes.

Before we set off there was a presentation: Vanessa had won the Terry Bradstock Trophy for the best results in certain events over the past year. Our venerable Chairman (if venerable is the word I want) explained that the trophy had been awarded for many years, in fact since Pontius had been a pilot; however, not many club members knew much about the trophy. The points scored to achieve a win was decided by a formula that even Einstein would have had difficulty with and was based on a certain number of large events; the events chosen were to encourage NGOC members to be more adventurous and travel to far-flung corners of the orienteering world and not just hang around the Forest of Dean. For those who think they know what the initials NGOC stand for – you don't! Try "Never Goes Out of County".

Anyway, whilst our venerated (is that a better word?) Mr Taunton was speechifying I was looking at the trophy, a large dark-coloured wooden shield covered with lots of small, shining silver shields, presumably inscribed with the names of past winners. I was beginning to think how well it would look on the little table next to the umbrella stand back at the old homestead. And Jeeves would be obliged to polish the whole shebang at least

once a week: this would afford him ample time to reflect on his master's orienteering ability, very much needed as I had once overheard him describe me to one of his cronies as navigationally challenged. Well, I mean to say.

Mr Taunton explained that, previously, four events had counted for the Terry Bradstock Trophy but it had been only three for 2022 as the fourth event had been cancelled. And now it had been decided to make seven events count for 2023 to encourage even more participation. I was feeling a little confused by this time so I made a mental note to ask Jeeves to mark them all on the calendar. If I enter each one I'm bound to win the trophy.

It was now time to start and I joined the queue near the end. As I was unfit and out of practice I did not want to rush off and do myself a mischief, especially as I had not warmed up. A slow, leisurely run was called for.

One has to hand it to Mr Wakerley for his organisational abilities. First of all, in spite of non-stop rain for several weeks, the going was very good underfoot: I didn't slip once and my feet remained dry for the whole course. Secondly it was an excellent course, designed to stagger humanity, and by this I mean there were lots of easy controls. Not everyone appreciates an easy control but this orienteer does and what about the youngsters, the future Terry Bradstock Trophy winners? They don't want to be discouraged by difficult controls and I'm glad to say that I nearly tripped over several nippers as I went a-dibbing. And then, what about dogs? There were a number of these going round the course and how would they cope without easy controls? Does 208 (thicket) smell different from 209 (knoll). I don't think so.

Being one of the last to start I had until 1207 to finish (I make a special point of noting my start time, even writing it on the map sometimes, after having once forgotten it at a military event and causing hilarity by finishing after 40 minutes). At first the forest seemed crawling with orienteers but, getting on for 1200, I found

myself alone and it was getting quieter and colder and darker and rather eerie. Finding controls is difficult when one keeps looking round, half-expecting to find a bogle creeping up in one's rear. Do Woosters believe in the supernatural? I'm not sure about that but I was beginning to think that my getting back on time hadn't the meagre chance of a toupee in a high wind.

As I ran impressively into the Finish I couldn't help noticing that the queue to download seemed to be about 500 people long. It was the decision of an instant to carry on back to the car and get changed and have one for the tonsils before returning to said queue. But it would be deceiving my customers to say that I was not shaken to see that, when I returned, the queue had disappeared and people were starting to pack up the tents.

As I began to hurry, thinking up excuses for my tardiness, I detected a muttering coming from the one tent left standing. I caught scraps of conversation:

"Just one punter to download . . ."

"Who is the bounder?"

"Wooster!"

"That Gawd-help-us?"

"Damn and blast all Woosters."

"Huh! There he is."

I decided to brazen it out.

"What ho, chaps, er, Happy New Year and all that rot. Packing up, what? Not delaying you, am I?"

Map collection Course of the Year 2022 – Orienteering maps of the world

Richard Cronin's M21E course for the JK Middle Distance Day at Clydach Terrace has been listed 34th in the 60 best worldwide orienteering courses for 2022 (the only one from the UK).

April 16th 2022 - Loggator

2022 JK Middle Distance M21E



Loggator. Map from Loggator, UK Elite League. Full tracking available
» [More info](#) » [3D Rerun \(new!\)](#) (2 related maps) 🍀 +1

To see Richard's course in full detail click here:

[JK 2022 Day 2: Clydach Terrace 2022-04-16 \(route gadget.co.uk\)](http://route gadget.co.uk/jk2022/day2/clydach-terrace-2022-04-16)

To see all top 60 maps click here:

<http://omaps.worldofo.com/index.php?cid=4148&s=pop&full=yes&num=100>

Lego map tiles



All change at Nine Wells

How much can the landscape change in just 20 years?

Here are six extracts from the map of Nine Wells, starting with Bob Teed's 2000-2001 original and finishing with Pat MacLeod's 2022 update used for New Year's Day 2023. While "brown" features such as reentrants, depressions and earth banks remain largely the same, the vegetation and paths vary considerably over the more than 20 years.

At the western end of extracts (1) and (2) I remember beautiful, runnable forest but by map (3) a large area had been clear-felled and is shown as rough open due to the tree stumps, remains of branches, brashings, etc. Not pleasant to look at or run on.

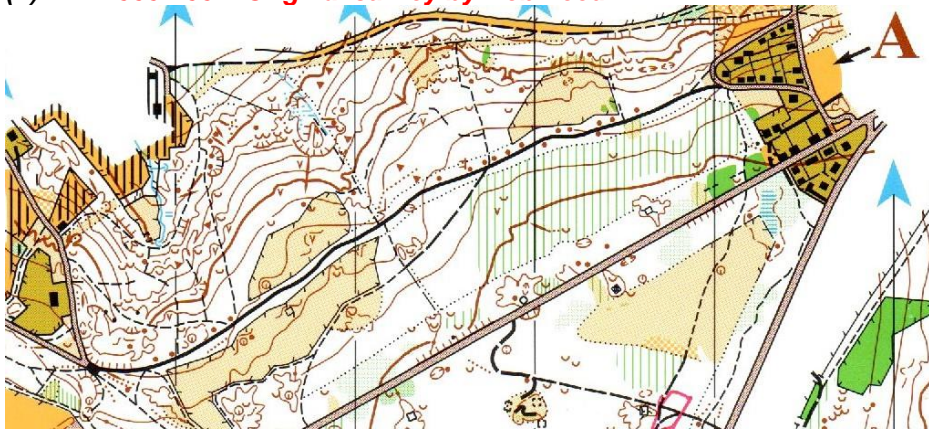
By map (4) in 2013 the area is "undergrowth: walk" as if it has been replanted and the brambles are growing well. It looks like the trees are getting bigger with the dark green "forest: fight" in 2017 (5). Map (6) 2022 shows lighter green "vegetation: walk" as the trees grow taller and the branches and undergrowth are easier to pass through.

Other areas showing significant changes are the two fenced areas of "rough open" that lie north and south of the main track running east-west. They are presumably fenced to protect newly planted trees from sheep, rabbits and wild boar. By map (2) the fenced area is dark green "forest: fight" showing that the trees are growing densely.

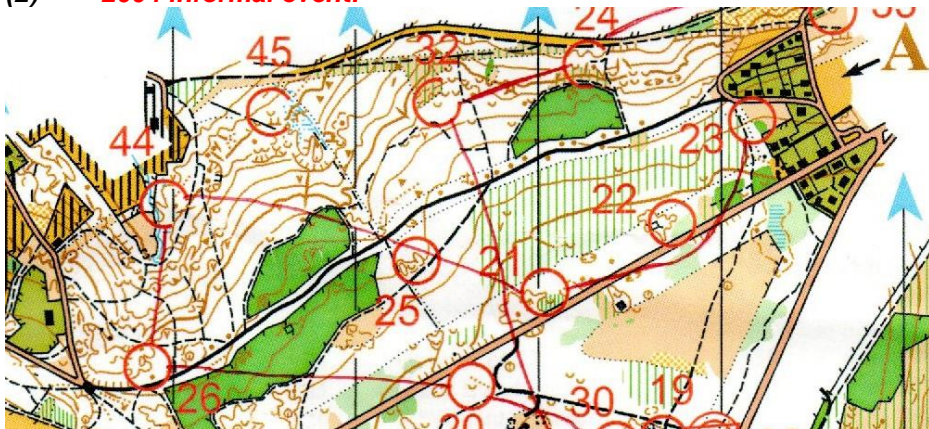
Maps (3) and (4): the fencing has been removed as I expect that the trees are now big enough to survive by themselves although three "rough open" clearings have appeared (where trees have died?).

Maps (5) and (6): the "fence" lines have now been changed to "distinct vegetation boundary".

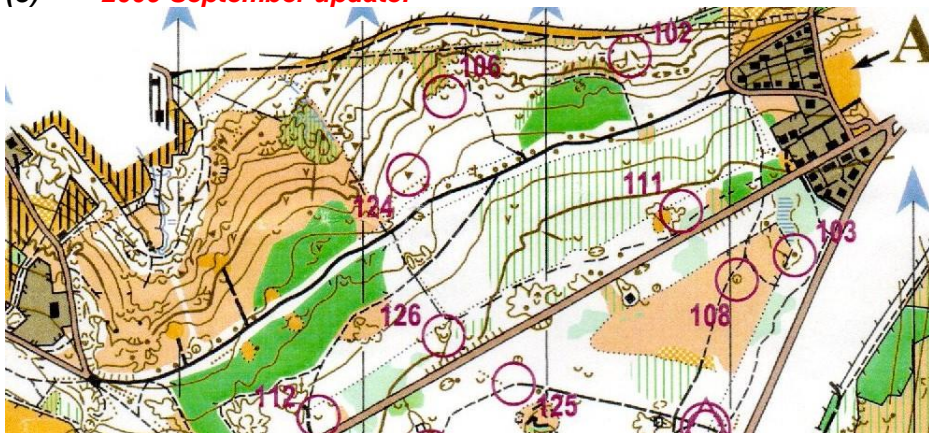
(1) **2000-2001. Original survey by Bob Teed:**



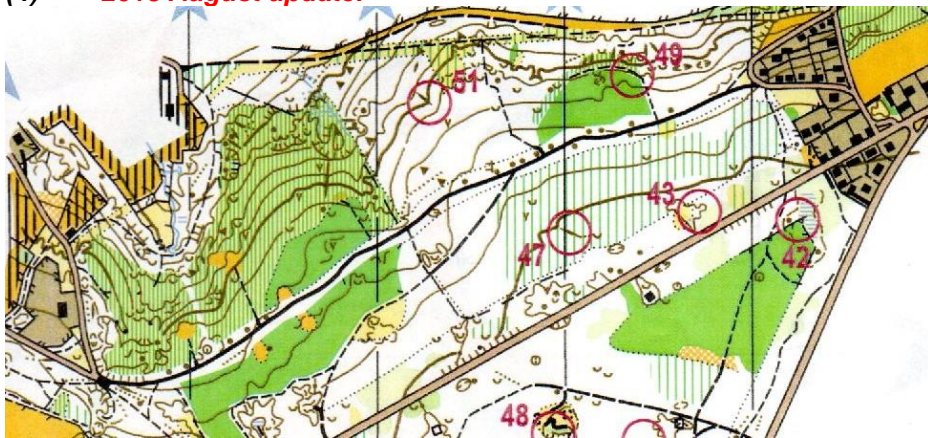
(2) **2004 informal event:**



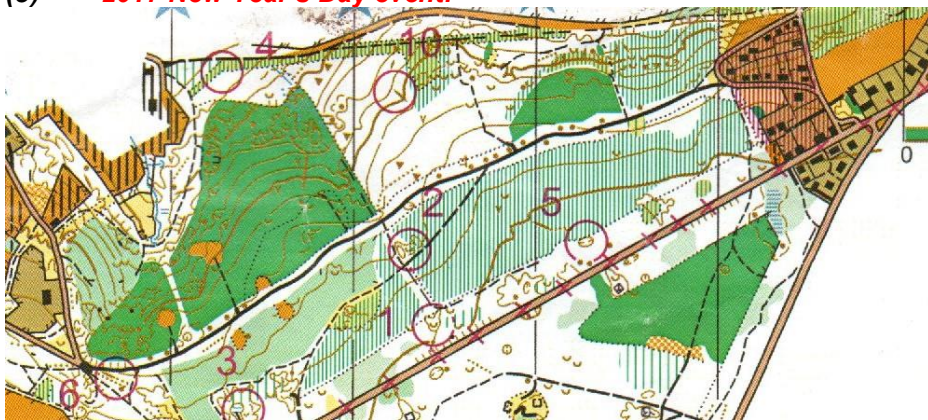
(3) **2009 September update:**



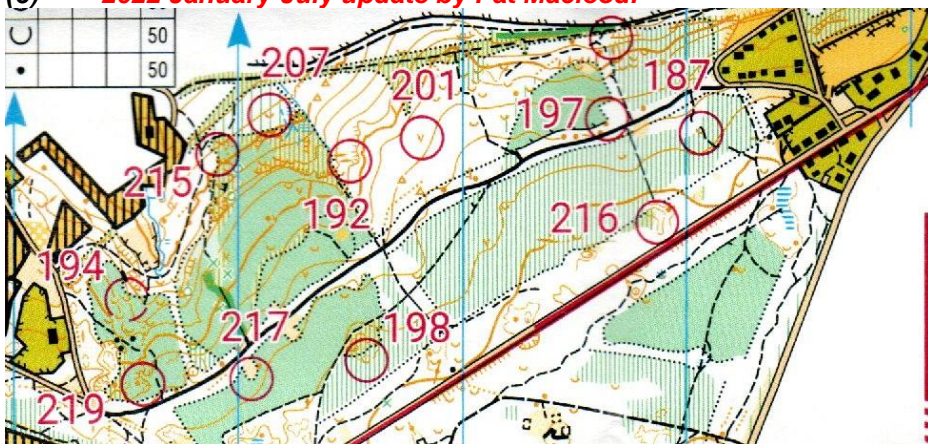
(4) **2013 August update:**



(5) **2017 New Year's Day event:**



(6) **2022 January-July update by Pat Macleod:**



It should be added that differences in maps can also be due to how different mappers interpret the ground (is it a pit or a depression?) and how much detail to put in without making the map too crowded and therefore confusing (if there is a ditch with a bank next to it which one do you show? - or do you show both?).

Pat Macleod, who updated the map in 2022, comments that: ". . . now the map has summer and winter/all year variants, with the vegetation screen density and extent, and the shades of green forest-wise, varying depending on when the event is staged. It would have shown best on the bit of map we didn't use, on the 'wrong' side of the main A4136. So it's not just vegetation ageing, now, but also seasonality. The map has two sets of those symbols, and we just switch off or on the summer set as necessary. Having worked on those two events in both seasons I think there could be further adjustments to the all-year screen, as some bits were a bit easier going than mapped . . ."

Outdoor First Aid Course

17 December 2022

A group of club members took the opportunity to attend the Outdoor First Aid Emergency Action course. It was held at Highnam Community Centre with a trainer from Borderlands First Aid.

Two of the group (myself included) had not had formal first aid training before, but for most present it was a refresher which is required after three years. The course was delivered by an experienced trainer who is a keen walker and climber so understood orienteers' need to get out into remote, tricky and

crucially, in the context of the course, sometimes inaccessible terrain.



The first thing we did was look at the contents of the first aid kit, which I found to be a good introduction as it made you think about what is necessary (shelter, space blanket, wound dressings etc) and what isn't (the little scissors that you get in "outdoor" first aid kits sold in shops – you need something that will actually cut!). Cohesive bandages are a very useful addition to the event first aid kit and there's something called Vet Wrap which does the same job (normally used on horses' legs) but is cheaper. 😊

We moved on to CPR practice which was all new to me: I wasn't confident as I'd not done it before but the trainer and the rest of the group were very helpful and I did get the hang of it after more practice, although I did start putting the child-sized AED (defibrillator) pads on the adult dummy: this was a perfect illustration of the need to stay calm and follow the processes I'd just been shown.

The whole day involved group work and lots of discussion which helps the learning: after lunch we were treated to a selection of photos – some a bit gory – where we had to assess the situation and recommend action. There was also the chance to work through scenarios outside (see photo – we were treating Ian gently – honestly we were!).

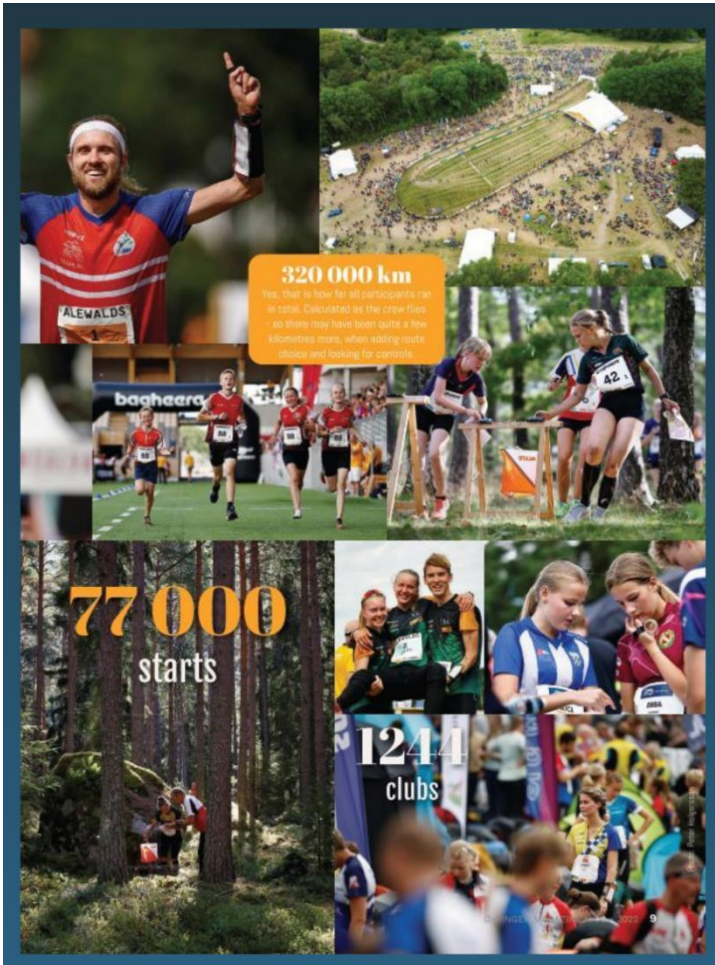
It was an enjoyable and informative day so thanks to the club for the opportunity to gain/revise crucial skills.

Special thanks must go to Rhiannon for organising the day and making sure everything ran smoothly. I'm sure a lot of work went on behind the scenes before the day itself.

Judith Taylor

Some facts and figures for O-Ringen 2022

(Further to the special O-Ringen edition of Legend for September 2022):



- 1,244 clubs
- 77,000 starts
- 320,000 km is how far all participants ran in total. Calculated as the crow flies so there might have been quite a few kilometres more, when adding route choice and looking for controls

SUMMARY OF Ø-RINGEN UPPSALA 2022

20 281
participants

41
countries

- 41 countries
- 20,281 participants

(Thanks to Ian Phillips for the info)

Orienteering jargon

If you are fairly new to orienteering there may be some jargon with which you are not familiar. Here are some explanations:

Bingo control

A hidden control which is likely to be found by accident rather than by navigational expertise. Can be due to its being placed in thick vegetation a long way from any attack point or an inaccurate map. To be avoided by planners.

Brashings

Remains of branches left on the ground after forestry work. Also the snippets of news, information etc found at the end of Legend!

Contouring

Traversing a slope staying at roughly the same height.

Corridor

Only a thin strip of map between controls is shown to make the competitor go on a straight line (on a compass bearing or navigating using a variety of features) rather than going a long way round on paths.

See an example of a corridor map compared to a windows map at the end of this article.

Elephant track

A path that appears during a competition due to many orienteers trampling the vegetation along the same route.

Gaffle

At a relay event, people in different teams run more or less the same course at the same time. So that everyone has to navigate, rather than just follow the person in front, the courses are

normally "gaffled" so that there are two or three controls close to each other, with each person visiting only one of them. In order that fairness is preserved, each team must collectively run the same legs by the end of the event, but in a three-person relay, any given leg may be on the first lap for some teams, the second lap for others and the third lap for the remainder.

Hand rail

Another term for line feature.

Harris Relay

A relay event where all team members run simultaneously. Some controls must be visited by all in the team, the rest are to be visited by one of the team. The time for the team is when the last team member finishes. The trick is to divide up the controls equally within the team according to ability so that all team members reach the finish at roughly the same time.

For more on the Harris relay format see Legend for April 2019 [here](#)

Map memory

Competitors are not allowed to carry a map but a section of map is hung at each control and the competitor has to memorise sufficient detail to find the next control. Difficult.

Micro-O

A variation of orienteering which requires very precise navigation to select the correct control kite from a cluster. On a conventional course, there should be no other control kites within 30m of the one you are looking for. In micro-O, there will be a number of kites in close proximity and there are no control codes to check. The orienteer must therefore use his skill with the map to ensure that he punches the correct control, which will be exactly in the centre of the circle on the map and fit with the feature described on the control descriptions.

If the orienteer punches the wrong control in a cluster at micro-O, they are not disqualified. Instead there is some other sort of penalty, probably added time, but remain competitive.

Mini Mass Start

Relays always have a mass start for the first lap, with competitors running second or subsequent laps usually starting when the previous runner in their team finishes. Mini mass starts are a device for reducing the elapsed time taken by the slowest teams. Some time after all the runners for the teams in contention have started, the remaining runners on the same lap may be started together in a mini mass start, without waiting for their previous lap runners to finish.

Norwegian event

A recent Military League South event described these as “designed prior to electronic punching to enable long courses to be planned in a small area. At the start, on the start stake, there will be a small map showing the leg from the start to control 1. At control 1 there will be another small map showing the leg from control 1 to control 2, and so on throughout the course. You carry a blank map and a pen to mark your course as you go along.”

A Norwegian event is also another term for a map memory event.

Novelty

A less serious event often with an unusual format.

Relocating Feature

(After getting lost) A distinct feature that may be used by competitors to identify their position both on the ground and the map.

Relocation

Perhaps the most important skill in orienteering, relocation means finding out where you are after having got lost.

Spanish Score

A score event where all controls have to be visited in any order. There is no time limit but the winner is obviously the runner who finishes in the shortest time.

Windows Course

Course with a modified map occasionally found at a training event or activity. Instead of the whole map being printed, only a small area around each control is shown, with blank areas between the controls. This will force you to practise navigating by following a compass bearing and keeping track of distance travelled, probably by pace-counting. It will probably give you relocation practice too!

See an example of a windows map compared to a corridor map at the end of this article.

If there are any other pieces of orienteering jargon that you would like to share with Legend readers, please send the term (and explanation!) to:

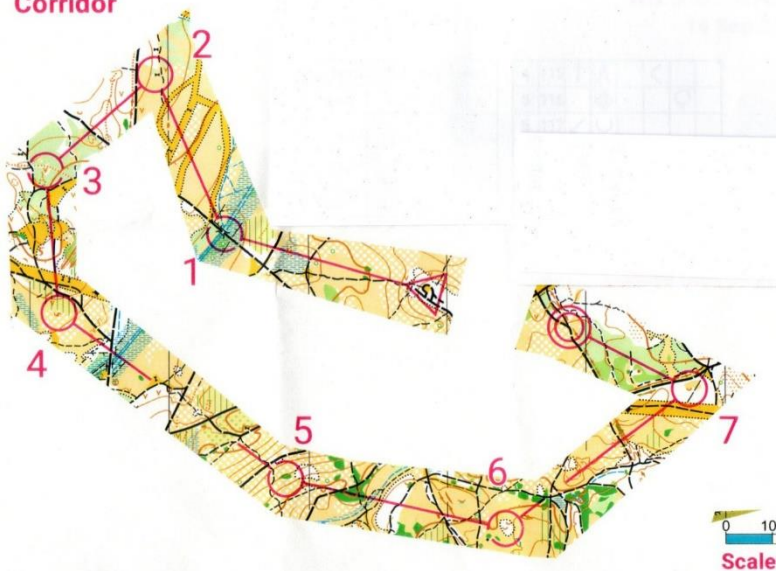
legend@ngoc.org.uk

Mole Valley Orienteering Club have a very good "O Jargon Buster" page here:
[Mole Valley Jargon Buster \(mvoc.org\)](http://mvoc.org)

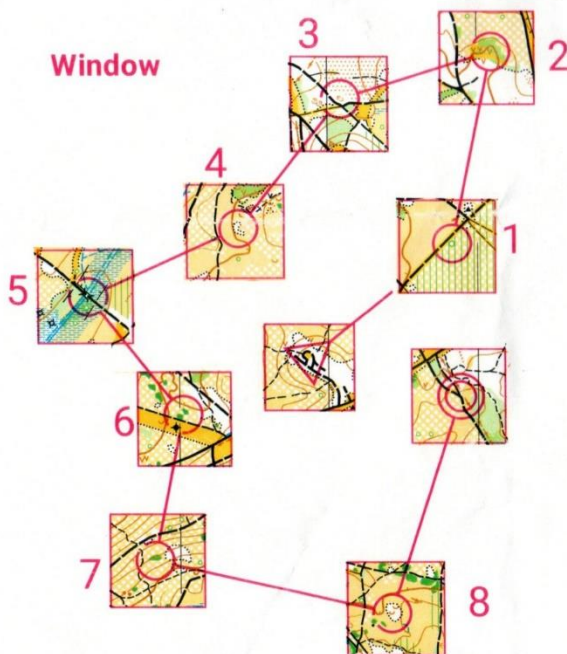
Quantock Orienteers also have a good page on jargon here:
[Orienteering jargon - Quantock Orienteers](#)

Next page: examples of a corridor and a windows course on the same map.
Note that three controls are common to each course.

Corridor



Window



Beware of sheep

Various hazards can be encountered when orienteering but sheep are not normally considered a hazard. This was seen on a stroll in the countryside, but it might be worth bearing in mind:





The notice reads:

BEWARE!

LARGE SHEEP WHO LIKE TO HEADBUTT!

**PLEASE TAKE BOTTLE AND SPRAY IF APPROACHED (THEY
DON'T LIKE WATER)**

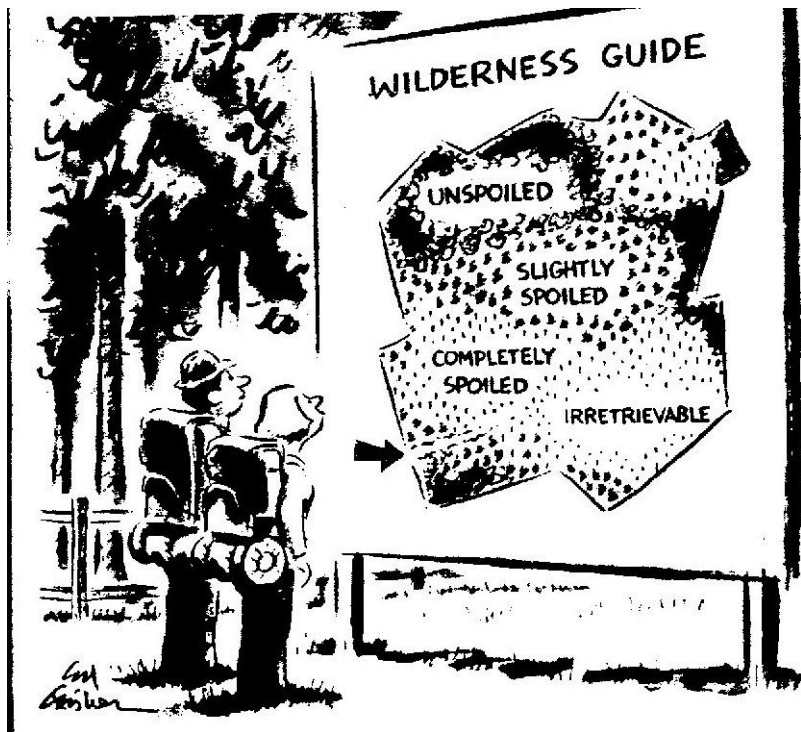
**THEN LEAVE THE BOTTLE ON THE OTHER GATE FOR THE
NEXT VICTIM**

**MANY THANKS FOR YOUR PATIENCE WITH OUR PROBLEM
FLOCK!!**

Please keep all dogs on leads.

from the . . . NBOC Archive

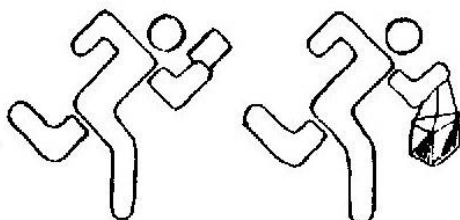
Legend for December 1979:



CADDIHOE CHASE

FERNWORTHY FOREST 27/28th September 1980

RESULTS



"God, you'd think that DEVON OC could afford more than one control flag" - L. Ruddy NGOC

Madam, your wit earns you your money back. There were many very funny but quite inappropriate captions. This particular one was both pertinent and much too near the truth not to be judged prizeworthy.

Front cover of the 1980 Caddihoe Chase results booklet. Remember when you had to wait until this dropped through your letterbox for the full results?

Brashings

Word search locations

The places you are looking for are: *Bagshot, Barossa, Bulford Ridge, Congo Stream, Dibden Purlieu, Drayton Down, Frith Hill, Greenham Common, Hankley Common, Henley Gate, Long Valley, Mytchett, Norris Hill, Perham Down, Pyestock, Range Danger Area, Sidbury Hill, The Slab, Upavon, Windmill Hill.*

British Orienteering incentive scheme Awards

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

Rose Cameron	Racing Challenge: Bronze Award ** Racing Challenge: Silver Award ** Navigation Challenge **
Alan Stringer	Racing Challenge: Bronze Award **** Navigation Challenge *****
Seth Lawson	Racing Challenge: Gold Award *****
Alan Stringer	Racing Challenge: Silver Award ****

A warm welcome to new members: -

- * Alex Lyne and his children Kathryn and Sebastian
- * James Williams and son Sebastian
- * Don Cload
- * Adam Legge
- * Luke Campbell
- * Leonie Williams
- * Emma Crutchlow

Word search answers

U	Z	E	E	B	I	G	R	E	E	N	H	A	M	C	O	M	M	O	N
L	O	N	G	V	A	L	L	E	Y	O	A	K	O	O	K	X	Y	V	O
S	P	C	A	V	A	R	Y	F	F	F	N	E	X	N	C	S	T	A	R
T	O	P	U	F	X	X	O	S	T	J	K	G	V	G	E	E	C	K	R
O	R	F	E	B	G	D	B	S	G	V	L	D	Y	O	K	G	H	Y	I
W	A	N	B	R	T	K	I	K	S	K	E	I	C	S	V	V	E	S	S
I	N	N	D	H	H	D	Z	E	E	A	Y	R	T	T	J	B	T	I	H
N	G	F	Z	T	E	A	N	N	V	K	C	D	A	R	F	L	T	D	I
D	E	H	I	U	S	R	M	M	Z	E	O	R	N	E	M	G	D	B	L
M	D	U	F	Z	L	U	H	D	H	R	M	O	E	A	Q	U	D	U	L
I	A	E	I	I	A	E	K	E	O	S	M	F	G	M	G	A	O	R	A
L	N	O	V	E	B	I	U	F	E	W	O	L	Y	Y	E	N	F	Y	I
L	G	T	E	F	A	G	E	Q	U	E	N	U	O	K	K	N	S	H	M
H	E	N	L	E	Y	G	A	T	E	Z	Z	B	M	C	S	J	T	I	A
I	R	O	P	A	V	A	O	C	K	L	E	H	O	H	M	H	M	L	H
L	A	T	I	O	A	H	A	U	F	R	I	T	H	H	I	L	L	L	G
L	R	P	U	P	S	A	F	U	I	L	S	A	E	I	L	G	G	I	A
T	E	S	Q	G	V	D	I	B	D	E	N	P	U	R	L	I	E	U	G
E	A	T	A	E	D	D	R	A	Y	T	O	N	D	O	W	N	E	D	S
Q	V	B	D	C	Z	J	U	P	A	V	O	N	S	C	L	L	T	I	S

If you have a free Wednesday why not go to one of these Army events? They are invariably well-planned and well-organised:

[Civilian and Military Orienteering for soldiers | BAOC Online](#)

Does this area belong to the National Trust?!

If you find a nice bit of woodland that looks good for orienteering and wonder if some or all of it belongs to the NT you should look on this website to find out:

[Discover the National Trust Land Map | National Trust](#)

Have your say!

Are there any matters that you would like the Committee to consider? Contact the Club Secretary 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.

