

The Legend

Number 158



Newsletter of
North Gloucestershire Orienteering Club
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www.ngoc.org.uk

NGOC Committee

Chairman

Pat MacLeod 01594 528128
chairman@ngoc.org.uk

Secretary

Caroline Craig 01242 528326
secretary@ngoc.org.uk

Treasurer

Carol Stewart 01242 514988
treasurer@ngoc.org.uk

Club Captain

Greg Best 01242 516053
captain@ngoc.org.uk

Membership Secretary

Simon Denman 01452 863833
membership@ngoc.org.uk

Equipment Officer

Pat MacLeod 01594 528128
equipment@ngoc.org.uk

Fixtures Secretary

Dave Hartley 01452 863805
fixtures@ngoc.org.uk

Mapping Officer

Paul Taunton 01594 529455
mapping@ngoc.org.uk

Club Welfare Officer

Gill James 01989 720122
welfare@ngoc.org.uk

Club Development Officer

Pat MacLeod 01594 528128
chairman@ngoc.org.uk

Additional Members

Gary Wakerley 01594 862690
gwak@o2.co.uk

Roger Coe 01594 510444
randvcoe@btinternet.com

John Fallows 01684 290256
john@greyeye.co.uk

Legend Editors

Alan and Ann Brown
01242 580096
legend@ngoc.org.uk

Website

Eddie McLarnon
01242 673079
webmaster@ngoc.org.uk

*Cover photograph and **Caption Competition**:* World Trail Orienteering Championships Day 2. Chris James at the microphone. Send your **Caption** to legend@ngoc.org.uk

Chairman's Chat

I propose to be brief in this issue, as I have taken up space elsewhere in Legend to reprise a short talk I gave to BOK at their annual dinner, on the future of orienteering in the Forest of Dean, and I have also written a short piece on the Olympic Torch Relay celebrations at Cheltenham Racecourse.

Our 2011-2012 season has come to an end, and many thanks are due to all of the organisers and planners who contributed to another successful programme. We have just started a programme of Wednesday evening score events and Saturday afternoon informals, and it will be interesting to see if these produce a better turnout than last summer's Saturday morning Park events. I don't hold out great hopes, as we still seem to lag behind other clubs when it comes to publicity, but the first score event at Hartpury College attracted 20 runners and was enjoyed by all.

There are some significant matters pending to which we need to pay some attention. The first is the BOF driven change to the membership and levy schemes. I outlined BOF's changes in my last chat. Since then SWOA have proposed that they will drop membership fees entirely, and will rely on a levy of 60p per head (or 20p for juniors). However, in order to balance its books during the transition from membership based to participation based funding, SWOA will set an interim membership fee for 2013 of £2 for seniors and £1 for Juniors. I think we can assume that the SWOA AGM in September will ratify this proposal. Your committee have discussed membership and entry fee levels at some length. Our initial thought was to change nothing this year (i.e. for 2013), let the dust settle, and then propose a change to fees for 2014. However, changes on the BOF side preclude this. BOF family membership will no longer exist from 1 January 2013, and as club fees are collected via BOF membership processes, we are in effect obliged also to drop family membership. We therefore propose membership fees of £4 for Seniors, with no fee for Juniors, for 2013. This means that almost all members will see a reduction in club membership fees for 2013, and we will then review fees again for 2014.

As well as changing their fee structure, BOF have moved the date by which clubs have to advise them of club fees back to 31 October. This means that rather than having to call an EGM to agree our new fee structure, we can do this at our AGM, though we will need to bring that forward a month or so.

Second, the annual Club and Association Conference is scheduled for Saturday 20 October at Sheffield Hallam University. This is our main opportunity to put ideas and opinions forward to BOF. I shall be in Scotland once again on 20 October, celebrating my coming of age (as an OAP!), and so unable to attend, but it would be good if we could send two club representatives. Anyone interested in representing us at the Conference should get in touch with me. You can find limited details of the agenda on the BOF website, and papers are due to be published fairly soon. Of course if you have any burning issues for the Conference please also let me know as soon as possible.

The third and last matter I'd like to raise is that of committee membership. Quite a few of the committee have been serving for a long time, and would like to start thinking about handing over to others. We do not want simply to rotate posts between the same old faces, and I urge any of you who might be interested and willing to join the committee to get in touch with me. You don't need experience – I have never chaired anything in my life before taking on this job – you just need some enthusiasm and some time to spare. You need not take on a particular role to start with; you can find out what goes on, and get to know the various jobs, as a general committee member, and it's a great way to give something back to the club and the sport in general.

In the next Legend, apart from updating you on the report from the Government's Forestry panel, I'll bring you up to date with our new mapping ventures – Woodchester Park, and possibly Cirencester Park as well. In the meantime we have the Summer programme to look forward to – we will be running a league for the Wednesday evening score events – and of course Croeso 2012. There will be well over 20 of us helping BOK out on Day 4, for which we will get a full refund of the club's entry fees, and one or two of us will be helping out the Welsh clubs on other days as well. It should be great fun, and I have a strong Croeso track record to maintain – I managed to win one day at Croeso 2008, albeit running M60 Short – and was somewhere around 8th in class overall. I can't see myself repeating that in M65L, but it's something to aim for!

Pat MacLeod



Success for NGOC on Day 2 of the Tamar Triple in the Middle Distance race. Photo shows the M60 and W60 South West Middle Distance champions after the prize giving. Well done, Paul & Ros Taunton!

The Olympic Torch comes to Cheltenham

On the 23rd of May the Olympic torch passed through Cheltenham on its way round the country. The Borough Council, Cheltenham Racecourse, Active Gloucestershire and Create Gloucestershire arranged a bumper celebration for the evening arrival of the torch at the racecourse, and the club got involved through Active Gloucestershire. We decided that a maze would be the best option given limited space and the potential for thousands of people to turn up, and so we set about constructing a portable, re-usable, one. It measures 50m x 20m, and consists of about 30 prefabricated sections of stakes and super strong tape, with a perimeter tape to stop runners just running around the outside, and to keep onlookers out! We gave the maze a test run at the Winchcombe Walking Festival on a very windy Cleeve Hill the weekend before the torch event, and then gathered at the racecourse mid-morning on the big day to re-assemble it.



The maze set out on Cleeve Hill

As we had asked for more space than any others of the sports involved, we were stuck out beyond all the other activities, with the result that not too many people came to see us, but this was perhaps a blessing, as we would have been quickly overwhelmed if many more of the crowd – estimated at about 40,000 – had come our way. I suspect we also suffered from having a very athletic and spectacular young acrobatics group between us and the main race concourse, and I am sure a lot of people just stopped to watch them, rather than coming down to the maze. Still, we did brisk business with a quite a few families having several runs on the different courses on offer. In case you are wondering from the photo about the different coloured tapes, the red tape is the norm, but the green tape roughly marks out an 'easy' course between controls positioned throughout the maze, for small children to follow. As well as the 'green lane' we had three further courses for people to try. The lad in the photo below had half a dozen trips around the maze, with father shouting directions in French from the sidelines!



At about 7pm, with the torch due, we decamped to the main concourse and watched Zara Phillips keeping her horse Toytown pre-occupied by wandering up and down the racecourse and inspecting one of the jumps. Eventually the torch arrived through the mass of people, but Toytown did not like the lighting ceremony, and Zara's torch had to be lit away from horse and rider, and handed to her once lit. She then walked away from us towards the main stage to complete the final leg of the torch's journey through Cheltenham.

We had been open for business since 3 pm, and felt that most people would now be heading homewards, so although the festivities continued for a time we dismantled the maze – about an hour and half's work, and then tried to puzzle out how we could get out from the main arena through the milling crowds. We sent John Coleman off on his motorbike to recce a possible way out down beside the course itself, but he drew a blank, so Bob Teed and I just decided to head for the backyards and maintenance areas, where we had seen one or two official looking vehicles disappear. Luckily we found an open gate, and were able to join the queue of traffic leaving one of the main carpark without having to fight through the throng at the main pedestrian exits. A long but enjoyable day, and hopefully we gave a few more people some idea as to what orienteering is all about; it is remarkable how many people comment that they have never heard of it.

The next outing for the maze will, I hope, be Bob Teed's event for the Pied Piper Appeal on Crickley Hill on Sunday 19 August, provided we can find a large enough stretch of reasonably short grass which small children can get through! I'll be looking for helpers for that day – it takes a good two to three hours to assemble – so come and lend a hand for a very worthy cause, and have a go.

Pat MacLeod



Zara Philips at Cheltenham Racecourse

Trying out the maze



WARNING: BAD POETRY!

PLEASE NOTE THAT THE FOLLOWING POEM IS MEANT TO BE AWFUL AND IN THE STYLE OF WILLIAM TOPAZ MCGONAGALL. IF YOU ARE OF A SENSITIVE DISPOSITION PLEASE MOVE IMMEDIATELY TO THE NEXT ARTICLE.

Lines in Praise of the NGOC Committee

Hard-working Chairman **Pat MacLeod**,
About him everyone does declare aloud:
"Of all the chairmen we have met,
He is the most hard-working yet!"

The Club Secretary is youthful **Caroline Craig**,
Who is very precise and never vague.

Carol Stewart is our revered Treasurer
And by her abilities you must measure 'er;
If your expenses you want her to pay,
She'll cough up the spondulicks without delay.

Club Captain **Greg Best** works hard to get the membership
turning out
And in the team competitions running about;
E.g. the CompassSport Cup and JK,
The British Championships and its relay.

Our Membership Secretary is **Simon Denman**
Who keeps the membership list up-to-date as only he can;
If you know someone who wants to get orienteering,
Let Simon know and NGOC he will soon be joining.

David Hartley is our Fixtures Secretary,
He doesn't fear land owners who are contrary;
But for events he quickly sets the date
And the fixtures list is never published late.

Paul Taunton is our expert mapper
Who always prints on waterproof paper.

Conscientious Welfare Officer **Gillian James**,
She always does bear in mind her aims;
Although she seldom has much to do,
If a problem arises she will be sure to see it through.

Gary Wakerley is officially without portfolio,
But, unofficially, in charge of "Slowly-O".

John Fallows is our computer whizz-kid,
At least that's what everyone has said.
And **John** will work with all his might
If you want your results quickly on the website.

Long-standing member **Roger Coe**
About orienteering there isn't much he doesn't know,
He knows all about organising events;
He's also a dab hand at erecting tents.

The Legend Editor is erudite **Alan Brown**
Whose literary abilities are held in high renown;
In 2008 the newsletter had an award from CompassSport,
"And about time too!" some people thought.

W. McGonagall

William Topaz McGonagall (1825/1830 to 1902) is probably best known for his poem "The Tay Bridge Disaster". The first verse goes:

BEAUTIFUL Railway Bridge of the Silv'ry Tay !
Alas ! I am very sorry to say
That ninety lives have been taken away
On the last Sabbath day of 1879,
Which will be remember'd for a very long time.

(And it doesn't get any better! Who else could make "Edinburgh" rhyme with "sorrow":

"When the train left Edinburgh
The passengers' hearts were light and felt no sorrow,"

He wrote hundreds of other poems, reckoned the worst poetry ever published. If he had been an orienteer he would, no doubt, have penned a few verses explaining the sport and extolling its virtues - and those of the NGOC Committee.



Chris James commentating (Photograph: Gill James)

Scotland Once Again. (Four 'O' Events and a Wedding!)

Having had a trip to Perthshire for the JK we were off again for three good reasons, all of which involved a connection with orienteering. It was Neil Cameron's fault for suggesting that we might help at the World Trail 'O' Championships based in Tentsmuir Forest near St. Andrews in the Kingdom of Fife.

Firstly the Wedding

This was in the grounds of Gordon Castle, Fochabers, and a repeat of the family wedding last year. Not, of course, the same bride but her cousin, both of whom are Gill's first cousins twice removed. The similarity was that both have been on the best weekends of the year in glorious hot sunny weather. This time we were in the open at 28°C where folk were glad to be wearing hats to keep the strong sun off! The reception was in a very large marquee where the wedding breakfast was followed by a ceilidh and a barbeque on the Sunday.

We stayed on for the following week visiting friends and relations that included another of Gill's cousins near Wick. Up there you cannot get much further north without getting wet. During the week we met Neil and Leena Maclean (Grampian) for lunch in one of those delightful hidden away places that you have to know about to ever go there. I was also able to consult Leena, who is Finnish, regarding pronunciation of Scandinavian and Eastern European names (see later).

The Scottish 50th Jubilee Championships

We took the caravan down to Tarland, Royal Deeside, a large village just to the north of the River Dee at Aboyne for five nights. The Classic Race Championships took place in

Glen Fearder on Saturday 2nd June. Some of you will have competed there in a previous Scottish 6 Day. It was notable that Bill Gauld (ESOC) had competed in the 1st Championships at Craig O'Barns in 1962 but neither of us could think of any others who had achieved a run in both. My own first visit to the Scottish Championships had been in Dalbeattie Forest in 1967. This was a very memorable occasion as it was the weekend when Chris Brasher, John Disley, Gerry Charnley and I, representing the English Orienteering Association, went up to meet Bob Climie, Tony Chapman, Colin Cruickshank and others of the Scottish Orienteering Association. We were there to thrash out the proposed structure for the British Orienteering Federation to be formed in June 1967 at Hexham. The meeting took place on the Saturday in the town of Dalbeattie followed by the 1966 Scottish Championships in Dalbeattie Forest on the Sunday. It was the delayed 1966 Championships, I believe, due to Foot & Mouth or something of that nature.

I had the fortune to win the event and my club, Southern Navigators, with Brasher and Disley were the winning team if I remember rightly. However I was not crowned as the Scottish Champion as I am not a Scot! I did, however, move to Ayrshire in June 1967 for three years during which I competed for Scotland and my daughter, Jenny Peel, was born at Irvine making her eligible to hold that honour. I am sorry to say that my performance in the Jubilee Championships hardly matched my earlier glories.

Gill and I also competed in the Middle Distance Championships at Inchmarnoch by Cambus O' Mey on the Tuesday. We both bumbled around enjoying the challenge of a good technical area. In between we had hoped to join an old school friend of Gill's from Aberdeen to climb two Munros but she was poorly so we did a splendid walk from Tarland instead.

The World Trail 'O' Championships

Originally we were to have made our way down from Tarland to Tentsmuir Forest during the day on Wednesday.

However a fresh opportunity had opened up for the use of the commentary van for the Wednesday Temp 'O' event held in Camperdown Park, Dundee. We were asked to arrive by 9.00 am, a mere 80 miles away from Tarland. So a rather early departure was called for. However we made it and were ready for action when the event started around 10.00 am.



Watching the medal ceremony (Photograph: Gill James)

First Day – World Temp 'O'

This was the first time that we had encountered Temp O. It is a form of Trail 'O' when at each control or decision point one is timed. The scoring is then a combination of accuracy and time. It does make for an interesting challenge but it requires a minimum of two control officials at every point. Taking into account the length of time required to marshal each control one really might have to allow for around six volunteers for each point over the course of an

event. Neil Cameron had taken on the team leader role of chief time keeper assisted by Pat and an army of others. For this competition there were three categories of competitor. First was the Disabled, then the Open members of the international teams and then the general public. This competition took place in the very large public park on the western outskirts of Dundee where a good path and track network gave good access to the wheelchairs.



WTOC International Flags (Photograph: Gill James)

The day was rather inclement but I was the lucky one as I had the commentary van now being seen at many major events. With 23 countries represented the main challenge was to try to pronounce the competitor names correctly! Gill was less lucky acting as a general gofer in the rain. For the competitors there was a good haven in the park cafe area where hot drinks and snacks could be purchased. The commentary was for the World Champs section only. This

allowed us to move on from Camperdown Park to Tentsmuir forest ready for the next three days. We had special permission to take our caravan right into the forest and spend the next four nights adjacent to the public car park inside the £2 barrier. Fortunately we had a key to allow us to by-pass the cash barrier. For those who have never been there the actual car park is on very firm ground between very tall trees.



(From left to right): *Brian Porteous, Vice President IOF and previous General Secretary of BOF; David Peregrine, BOF Chairman 1997-2000; Chris James, BOF Chairman 1975-78; Lynne West, current BOF Chairman; Clive Allen, BOF Chairman 1981-84, 1988-89; Neil Cameron, BOF Chairman 2006 - 2010; Anne Braggins, Trail O Course Director and BOF Chairman 1989-92.* (Photograph: Gill James)

The Opening Ceremony at West Park

Having moved the caravan the 10 miles to Tentsmuir it was a quick change to my kilt and a trip into West Park, Dundee, the halls of residence for the University where the teams were being accommodated. I was the MC for the ceremony with the Lord Provost of Dundee making the speech of welcome and a response by Brian Porteous the UK Vice President of the International Orienteering Federation (IOF). Brian is currently one of two being nominated to be the next President IOF this summer. At the time that I was BOF Chairman in 1975-78 Brian was the General Secretary of BOF. He then moved to Sports Administration in his native Scotland in a number of posts. The Event Director, Anne Braggins also thanked the many people who were making the whole event possible. Lyn West, the BOF Chairman, and Donald Grassie, the very recently retired President of the SOA, were also introduced. Roger Scrutton, the newly elected President of the SOA, was out in Tentsmuir helping to set up the course for the next day.

Second Day in Tentsmuir

This was the day for the Model race for the World Trail 'O' giving us a chance to try our hand at Trail 'O' in the almost flat terrain of Tentsmuir Forest. The relatively few contours added to the need for very careful map reading at each control point. Otherwise we basically had the day off. In the evening we met Pat & Neil for a meal in Broughty Ferry, Dundee. However during the night a storm got up with the wind funnelling between a gap in the forest facing out to sea. The tent poles in one marquee collapsed at about 4.00 am though we did not hear it. However Gill heard a timber lorry leave at 5.00 am. How fortunate we were to be in a caravan.



Winners in Open Competition (Photograph: Gill James)

Third Day – Day 1 of the World Trail 'O'

We were very well placed with the commentary van a couple of metres from the caravan and the event marquees in the public picnic area which was adjacent to the car park. This proved an ideal venue with toilets also provided. This situation proved a life saver for many of the helpers as Gill served hot drinks on a very cold day. I was fortunate being in my commentary van. Barry Smith who owns and runs the audio system comes from Alfrick near Worcester so became a useful man to get to know! The competition went well except for Control 1 on the course being used for both Paralympics and Open classes. It was accepted that the flags had been six metres out and the control was taken out of the competition. In a small way this was sad for the USA as Richard Ebright in the Open class lost his top place!

The competition provided some exciting results with a wide cross-section of countries vying for places in both the Paralympics and Open Classes though Scandinavia did hold slightly more top places in both the Paralympics and Open classes.

Fourth Day – Day 2 of the World Trail 'O'

It was fortunate that the commentary van was just close enough from the results marquee allowing an ethernet connection to a laptop for me to get results just as soon as they were confirmed. So this gave the opportunity to keep the interest going for the spectators but without distracting music. Once again there was a protest but this time it was due to one wheelchair competitor not having a strong enough 'pusher' resulting in a loss of concentration. The jury accepted that there was another consideration to be built into the need for appropriate volunteers. This matter is being referred to the IOF Trail 'O' committee. The results were allowed to stand.

Due to the nature of the protest the Medal Ceremony was slightly delayed but this allowed the sun to come out after a rather prolonged shower. For the ceremony, staging

with ramps had been erected to allow wheelchair access. There were three competitions, the Paralympics, the Open and the Team that is a combination of both.

The results for the top 3 places were:

Paralympics: Ola Jansson, Sweden; Pekka Seppa, Finland and Dmitry Kucherenko, Russia.

Open: Stig Gertman, Sweden; Vitaliy Krychenko, Ukraine and Sergiy Stoian, Ukraine (Ian Ditchfield UK 5th)

Team: Finland; Sweden and Croatia (UK 7th)

The event was rounded off with a Closing Ceremony in West Park with a banquet and ceilidh that we helped to lead! It was very humbling that the wheelchair users asked if a slow dance could be played in order that they too could dance. Gill was quite surprised that having been given the impression by the Russian team leader that none of the team spoke English, the young Russian she danced with was very fluent, and clearly had been a dancer before being confined to a wheelchair. We went back to our caravan feeling very proud to have been able to help at this amazing event. Thanks to Neil for suggesting that we might be of use there.

We heard that every team had thanked the Event Director for the event in a manner not previously experienced over the previous Championships run since 2004. We conclude that BOF and the SOA have much to offer International Orienteering.

The Final Fling

Our 4th and final orienteering event was held by the Kingdom of Fife Club (KFO) at Devilla forest near Kincardine on our way home. They had kindly arranged a special parking place for us rather than take the caravan onto the forest tracks. It was over 40 years ago that I last competed at Devilla. The trees had matured but the heather and other undergrowth were just as tough as ever. Gill tried Orange but

even that proved too tough so she retired rather than risk hurting her knee too much. I completed the Green but took over 100 minutes. The forest is well named as Devilla!

That night we stopped near Longtown, Carlisle as we had done on our way north nearly three weeks previously. A fantastic trip that gave us both great satisfaction.

Chris James

Advice to orienteers

If you want to be an orienteer successful and bold,
Listen now to what you are going to be told.
When you pick up the map, before you set forth,
On the map place your compass so that you know where is north.
If you rush off too fast you'll soon lose heart,
So find the triangle marking the start.
Then to the first checkpoint work out a route,
Not too complicated, but one that will suit.
Along the paths run very swiftly
But off the track pick your way more deftly.
And if you always follow these tips
The controls you will find without any slips.
Make sure that you learn all the control description symbols
So you can tell the difference between pylons and poles.
When you rush home before any refreshment you get
Make sure your course you draw on RouteGadget.
By comparing your routes to those of others
You will soon be able to beat your brothers.
Before concluding my lay
I must fearlessly say
Your orienteering will get much better
If you keep to my advice by the letter.

W. McGonagall



GPS watch data analysis

The popularity of GPS watches is increasing, you can hear them beeping at the start of most orienteering events these days. I bought one of these expensive toys last year and thought I would share my experiences. I have a Garmin 410. Of course as soon as I bought it, the 610 model came out.

As well as telling the time, the watch records where you have been, your speed, direction, elevation and heart rate (if you have the optional heart rate monitor). You can change the sports mode between running and cycling, and have different settings for each. You can do lap times based on set distances or on the run at controls (to give you splits). You can also race against a virtual partner – by loading your speed. The watch has many more functions, many of which I have yet to discover.

Like a hand held GPS or car navigation system, the watch works by receiving signals from satellites. After a run or ride, I download the data to our PC wirelessly via an ANT thumb stick which then links to my profile on the Garmin website. The ANT stick also allows me to overlay my route and data over a scanned maps using the software QuickRoute. The stick only saves a limited number of routes, so you can't leave downloading too long.

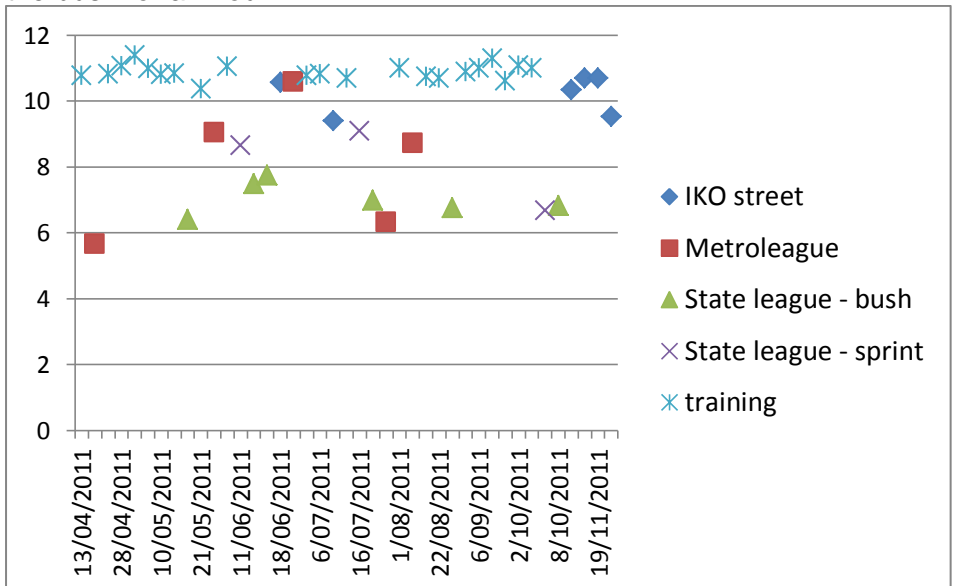
I've been using the watch on training runs and ride, as well as orienteering and MTBO events. I've found it to be very accurate. It is sometimes more accurate than the orienteering map, especially the older ones. It is great for post event analysis – looking at where you went, how fast, where you went wrong up. My wife thinks I'm obsessive, I like to think it might improve my orienteering.

Some negatives:

- The 410 is heavier & a bit bigger than a normal watch;
- Not waterproof (although some other models are), it is water resistant;
- The battery life is short – 6-7 hours in GPS mode (so no good for a 24 hour rogaine), 7 days with GPS off. The battery recharges from a power point or PC.
- It doesn't give you your location as a grid reference or longitude/latitude, like a hand held GPS;
- Similarly, it doesn't display a "snail trail" of where you have been or maps.

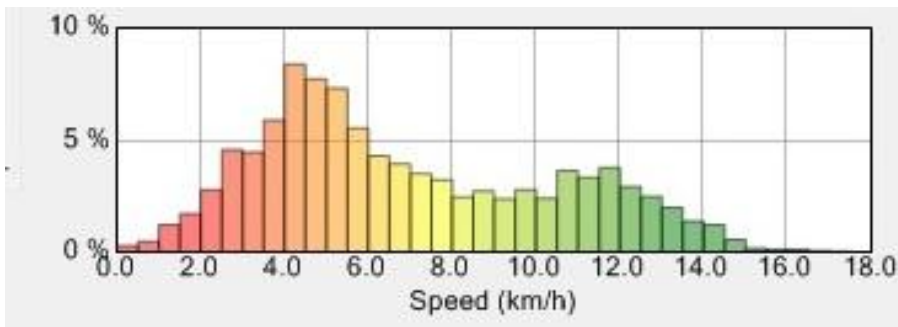
Running speed

The following graph shows that for training runs around my local streets I run at 10-12km/hr. Whereas at club street events I run at 9-11km/hr, Metroleague 6-10km/hr, State League Sprints 9 km/hr and State League bush events at 6-8 km/hr. I didn't think there was so much variation, and that I was so much slower in the bush. The conclusion being that maybe I need to adjust my training runs from running round the local streets for 30 minutes, to more training runs in the bush for an hour.

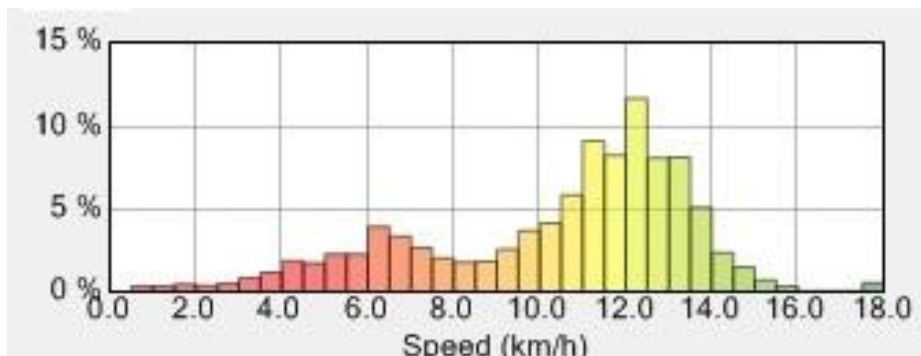


I had also wondered whether my speed slowed as distance increased, so I prepared another graph, which showed that my average speed doesn't seem to decline. Although, I know my legs are a lot sorer at the end.

Quickroute displays a graph of the % time a various speeds. The graph below is from the recent Australian Long Championship at Cooma, where I took 88 minutes to cover 10km. It is interesting how long I spend at less than 4km/hr. Obviously an area for improvement.



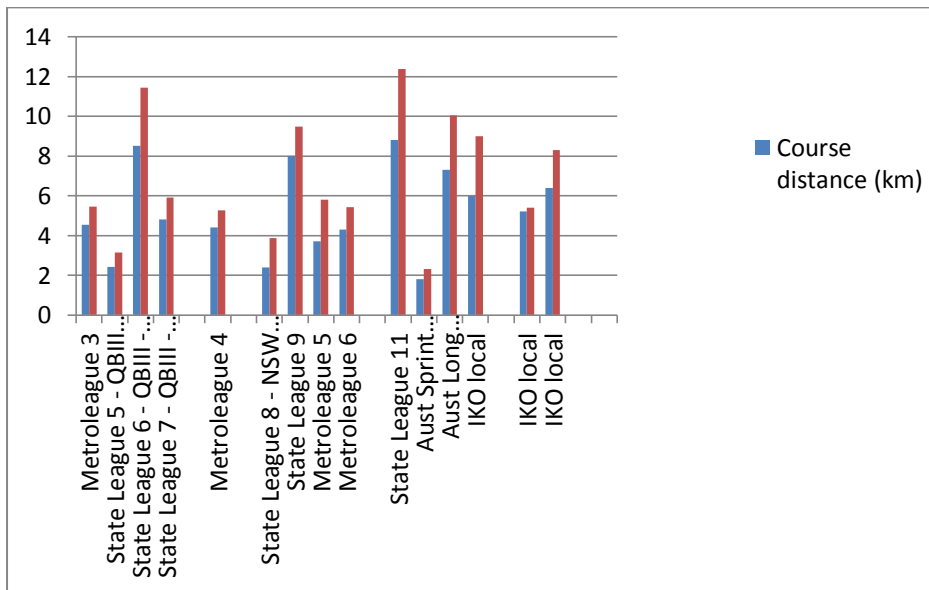
For comparison, the following graph is from a recent club event at Wollongong, on the 6km street course (really 9km), where the peak of the graph is at 12km/hr, which just confirms that I run a lot faster round the streets.



Distance

I had always wondered how far I had actually run at events, compared to the “advertised” straight line distance. While typically some of the extra distance is my fault for going the wrong way, I was surprised that

on average I travel some 33% extra distance. Metroleague 3 had the biggest variation, where the advertised 3.7km course, was really 5.8km long, an extra 50% more than the advertised distance – and in this case it wasn't my fault. Twice on State League courses this year I went over 10km on a 7 km course. This makes my speed a bit more respectable than compared to the advertised distance. For example, 60 minutes on a 6km advertised course is 6km/hr (or 10min/km); if I actually went 9 km in 60minutes it means I was running at 9km/hr (or 6.6min/km).



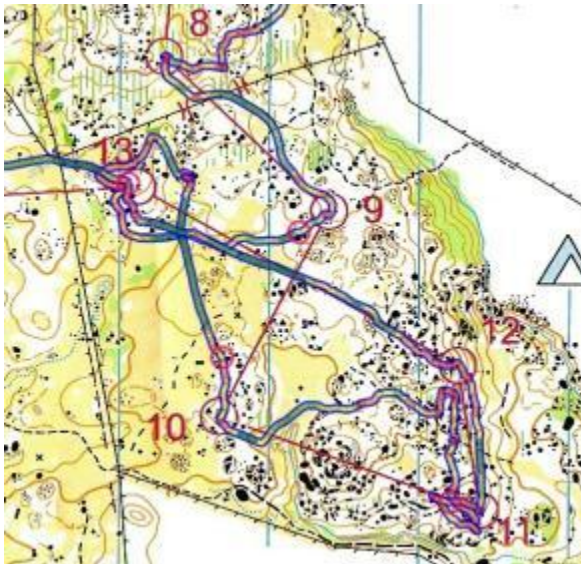
Mistakes

QuickRoute¹ is good for undertaking the post-race analysis in private. If you load your course onto RouteGadget everyone can see where you went wrong. I like looking at RouteGadget to see how I went compared to others on my course and, if people have loaded their GPS data, their route choices. However, like many people, I haven't loaded

¹ QuickRoute is a computer program for Windows that allows you to display a route from a GPS device, such as a GPS-clock, on an orienteering map saved as an image file. The main purpose of QuickRoute is to make it quick and simple to transfer your route from a GPS device onto a map.

my data onto RouteGadget because I usually have a major “embarrassment” somewhere on the course, and don’t want others to see. Although I realise that if everyone has this attitude then no one would load their data and the program would not live up to its potential.

Below is the QuickRoute map of part of my route at the Australian Long Championships where things were going well and I was in 15th place at control 9 then, through a lack of concentration, I decided to go to 10 via 13 (not realising it was 13 at the time), then I also mucked up 11. Lost 17 minutes, dropped to 27th, then back on track and finished 25th. Disappointed. Oh well, next year.



Heart rate

Thankfully my heart rate is good. It goes up when I’m exercising and comes down quickly. I was surprised that it drops when I am misplaced and trying to figure out where I am. I had thought that it would rise when I am stressed, but because I have stopped or slow down, my heart rate also slows. I’m still to learn how to best use the heart rate zones and other data.

Software comparison

Below is a quick comparison of the software I have been using:

	Garmin	RouteGadget	QuickRoute
Map of route	✓	✓	✓
Play route (watch yourself go round a course)	✓	✓	X
Speed / pace graphs	✓	X	✓
Elevation	✓	X	✓
Heart rate	✓	X	✓
Direction	X	X	✓
Public or private	Either	Public	Private
Comparison with others data	✓	✓	X

I'm still learning about the watch, so if you are aware of other useful functions or software, let me and everybody else know.

So is the GPS watch worth it? Yes. Will it improve my orienteering? I'll tell you next year!

David Green M45A

dayle.david@bigpond.com

Illawarra Kareelah Orienteers

www.illawarrakareelah.nsw.orienteering.asn.au

(Thanks to Margaret Jones, Uringa Training Officer and NGOC member presently exiled in Australia, for obtaining this article for Legend)

The Future of Orienteering in the Forest of Dean

Back in April I was asked by BOK to speak for a few minutes at their annual dinner on the future of orienteering in the Forest of Dean. The background to this was the continuing uncertainty over the future of the Forestry Commission, and the Government's proposals, currently on hold, to sell off the Public Forest Estate (PFE). I explained that I didn't have any special insider knowledge on this. I had hoped that the Government's Independent Panel on the Future of Forestry would have reported by then, but of course in government Spring 2012 actually meant 4th July! However, I tried to get behind some of the hype and the emotion that typically surrounds such political issues, and to form a view as to what might happen over the next few years. This is broadly what I said.

The Forest of Dean is one of only three remaining ancient forests in England – the other two being the New Forest and Epping Forest. There is ancient woodland, though in dwindling extents, but nowhere with the contiguous extent of these forests. One might expect this automatically to confer some form of special status on the Forest. But Epping Forest no longer counts strictly as forest – Forest law was abolished there in 1878 when the Corporation of London took responsibility for managing it as a public open space. The New Forest is a National Park, which provides various protections against development and sale, and it has no industrial heritage; it is on the tentative list of World Heritage sites, it is an SSSI, and it has special status as a National Heritage area. The Forest of Dean, on the other hand, has always been an 'industrial forest'; most of the legislation since 1800 deals with mining, and not with the preservation of the kinds of commoner rights that preserved the nature and status of the New Forest. From royal hunting forest, the Forest of Dean has progressed through ore mining and iron making, charcoal burning, timber production for shipbuilding, and coal mining. Now it is perhaps only coincidentally a mainly forested landscape, which is a legacy of the demise of these industries, rather than of a 1000 year history of ancient forest evolution. This is important because it means

that the Forest has none of the protection against destruction or privatisation that the New Forest has.

That being said, it is noteworthy, I think, that in their reports on their fact finding missions, the Government's Panel said that they had visited Kent, and visited Northumberland, they had visited Nottinghamshire, but first they visited not Gloucestershire but the Forest of Dean. Clearly the Forest is still seen as a special place.

The current 'industry' in the Forest is of course public forestry, and the issue today, and risk for tomorrow, is that the Government is short of cash, whilst public forestry costs money; hence consideration of a sell off. So it's worth having a feel for the kinds of money in question here. According to FC statistics available on the web the net annual cash outflow on the public forest estate in England for 2010-11 was around £18m and in GB as a whole was only £63m. For England, timber operations contributed £18m, whilst recreation, conservation and heritage cost £25m and 'other' – regulation, policy, research etc – cost £11m.

Compare this to the £151bn for social services, £99bn for the NHS, £51bn for education, and even £2.5bn for Defra, within which forestry sits, and you wonder why anyone in Government has the slightest interest in the PFE. This probably explains, however, how the Government found it relatively easy to drop its proposal to sell off the PFE, and instead to create the Independent Panel on future forestry policy in England.

So.....what of the Panel and its deliberations. I have spoken of the Panel in previous Legends. It produced an interim report in October last year, from which the main messages seemed to be:

- that 42,000 people and organisations (including NGOC) took the trouble to respond to the call for views – a decent number;
- that the next expenditure of £18m on the PFE is very modest in relation to the benefits it offers;

- that access was the biggest concern amongst the 42,000 responses;
- that the FC is seen as the Gold standard for public access, and the Panel's priorities should in part be focussed on achieving the same standards for private woodland.
- that looking simply at the costs of the PFE is seriously under-estimating the value of woodland, forestry and the industry on what is now termed the 'triple bottom line' of people, nature and the economy;
- and finally, and most importantly, that there is a major and continuing role for a national public forest estate, and a national body to run it, but that the current funding model for the FC is wholly out of step with the benefits, actual and potential, to be had from it.

As I have mentioned, the final report is due on 4th July and will, I hope, reinforce these initial findings. I shall report what it says in the next Legend. Rumour has it that the first draft of the final report was rejected by the panel because the 'access' lobby had managed to win too much influence; we need to wait and see, and of course it will take time for the outcomes of the report to be assimilated and put into effect, if indeed they are at all. I am optimistic.....I think, or rather hope, that the next evolutionary cycle in the life of the Forest will be from working but essentially industrial forest to working national ecosystem where the broader interests of people and nature have an equal footing with the economy, and timber operations are seen as a means to sustain all interests, rather than being the be-all for the forest. This three-way view of the Forest – for people, for nature and for the economy – is very much at the heart of the Panel's thinking, and indeed professed, if not necessarily practised, Government policy.

You could argue that we are already seeing the beginnings of this, and we in orienteering might detect a threat in this.....for example Sallowvallets has been developed for cycling to the point where we might struggle to use it for orienteering, at least at weekends. And on BOK terrain the creation of Woorgreens Nature Reserve could perhaps

start to constrain their use of some of the terrain around Crabtree Hill, if it hasn't done so already.

What is perhaps more important to us in the short term is what is happening today to the Forestry Commission. I feel for them at the moment. They are everybody's villain for culling too many boar, and trying to sell off Forest waste, but the white knights when public ownership of the forest is threatened. They are, of course, subject to today's budgetary pressures like everyone else in the public sector. Their budgets have been cut, and 10 jobs are going in the Coleford office. Permissions will remain there, but forest management is moving to Exeter, within an extended region stretching from Kidderminster to Land's End. So we will still deal with Amanda Jones in Coleford, but she will be even more remote from what is actually going on out in the forest than she has been of late. The beat foresters will still be here, of course, and will remain the best practical channel for finding out what is going on day to day. Of course the timber industry remains the main driver of activity in the forest today. Softwood availability for GB as a whole is forecast to increase from 12m m³ now, to 14m³ per annum by 2017, and if you have been out much in the forest recently you may have been surprised, dismayed even, by the outbursts of orange dots on trees which indicate a visit to the area by the tariff team, responsible for measuring volume and defining parcels of forest for tender or auction. There are plenty of these in our prime areas such as Mallards Pike, and of course they reflect the maturity of softwood planted after the war. Add to this the fact that softwood prices have risen something like 70% in the last five years, and more extraction is a certainty. There are a couple of softeners, however. Multi-objective forest plans now take the place of plans which sought simply to maximise timber extraction, and the Commission has published a policy for ancient woodlands which means less clearfell and more use of alternatives such as selective thinning.

So how will this all affect us in practice? Ironically, as demand for access by multiple new non-timber activities increases, we are likely to see growing constraints on our own use of the forest. I have already mentioned biking in Sallowvallets, but in other part of the forest where

previously only we and the foresters ventured off the main paths and tracks, we may meet further competition for use. And whilst clear-fell destroyed areas for orienteering for years, a new policy of selective thinning and regeneration will result in more green on our maps, as each area evolves to support mature, middle aged and immature timber. We may not lose areas to clearfell, but in order to increase timber output without clearfell the Commission will surely plan more widespread thinning, with the resultant brashings and reductions in runnability. We need to take advantage of our best areas while we can, whilst continuing our search for new ones. Our areas have always evolved, and of course the forest will always be here, but our orienteering will, I suspect, be quite unlike what some of us will see as 'the good old days'.

Pat MacLeod

BOK Army Caption Competition -

Answers



Efforts to thwart the course favourite from winning again started to get drastic. (Nick Barrable, CompassSport)

The winner of the “push the portaloo round the course with an Army Land Rover” course had just finished. His time was slow. As first off, he'd left a distinctive trail round all the controls, but as the only entrant, he wasn't going to kick up a stink. (*Nick Barrable, CompassSport*)

“Don't worry; we'll get you out soon!” (*Alan Brown*)

I didn't think portaloo meant you had to carry it yourself, (*Carol Stewart*)

Ramraiding a portaloo - must have been desperate! (*Carol Stewart*)

“Three old orienteers locked in the lavatory, they were there from . . .” (*Alan Brown*)

“Have you seen the gnomes today?” (*Dudley Budden, BOK / BOK Army*) (*One of the NGOC teams in this event was the “NGOC Gnomes” – see previous Legend for accounts of this event*)

The NGOC Gnomes had such a bad run that they locked themselves in and refused to come out. (*Alan Brown*)

Bob, Pat or John? (*Alan Brown*)

“Keep it steady lads, someone might fall off the pot!” (*Name & address supplied*)

“There's more to fertiliser spreading than meets the eye!” (*Name & address supplied*)

“Hurry up before the queue forms!” (*Name & address supplied*)

The Harvester: another gallant

NGOC failure

We arrived on location at 7:30pm, Steve Williams, myself and our chauffeur Dave Jones, a late replacement for John Fallows (who had a better Saturday night offer than that of running about in the middle of the night). The last stretch of our journey had taken us along miles of remote country lanes, more used to muddy tractors than to David's comfortable limousine. However, these lanes eventually widened and led to the Hampshire garrison town of Bordon and its military training area, menacingly enclosed by high barbed-wire fences. This was where we were to spend the night camping and running. The rest of the team also arrived on time and the NGOC banner was soon raised to mark our small colony of micro tents. The team was made up of six men (Greg Best, Dave Jones, Joe Taunton, Steve Williams, Joe Parkinson and Patrick Wooddisse) one woman (Heather Findlay), one spectator (Heather's other half) and a dog (Patrick's). With tents pitched, registration done and the clumsy emit bricks collected, it was time for the team to set off to find a local hostelry to finalise tactics and provide the energy-giving sustenance needed for the exertions that lay ahead.

Unfortunately, the pleasant village pub I had researched that lay just a few hundred yards walk from the campsite, had been declared out of bounds, as to get there would involve crossing a small part of the competition area. Hence, we had to drive to the local town to find an alternative. On the way there we picked up an orienteering hitch-hiker (ex-BOK), which turned out to be a big mistake, as he directed us to a dreadful pub which offered the worst service we had ever experienced. Astonishingly for a pub, it took over an hour for our drinks to finally arrive, and the food even longer than that. By the time we'd finished eating, there was little more than an hour to digest the meal before the first leg mass start. Still, this was just a minor snag compared to those set to follow.



The NGOC team, seen here in optimistic mood, finalising strategy and taking on-board the essential pre-race fluids

Later, back at the campsite, Joe Taunton realised that his lamp had no power, so we made an emergency plan for him to use mine after I had run, as my battery should normally last for four hours, hopefully enough for two runs!! That was already our second problem, so hopefully there wouldn't be any more. Nightfall revealed a large bright moon, and with dry and mild conditions, all seemed perfect. I was to run the first leg of 8.2km and 22 controls so I informed Dave, the second leg runner, to expect me in 80 minutes if things went well.

On the stroke of midnight, the hooter sounded and the Captain set off with the mass-start scrum. I managed to avoid the temptation of blindly following the mass, and was pleased to find the first 3 controls with a minimum of fuss. However, this early success was not to last. The profusion of small tracks in the woods made by armoured vehicle driver training looked like a plate of spaghetti on the map and was very confusing to me at night. Many attempts to relocate myself led to my taking 30 minutes to finally locate number 4, despite it being only 250m from the previous control. This was

followed by steady progress before even worse confusion at the 9th. It was a similar story with spaghetti paths and many attempts to relocate. The thought of Dave and the rest of the team awaiting my return with anticipation brought on feelings of huge frustration, uselessness and guilt. Orienteers are not often team players, so these feelings were unusual. In spite of the wish to give up, I told myself I must persevere with Gary Wakerley-esque doggedness, never surrendering. Finally, after 36 minutes of desperate hunting number 9 was found, but an hour and three-quarters had already passed since the mass start and I was not even halfway round the course!! With lessons learned, the subsequent controls were approached with extreme caution and there were no further problems . . . until with 150 minutes gone and approaching number 19, with just a few simple-looking legs remaining, everything went pitch-black. The battery had died a long time before it should have – had I really charged it fully? I realised that Joe, the ace in our pack, would now not have a lamp to use. Everything was going from bad to worse! With no spare lamp, I had no choice but to retire, and picked my way tentatively through the darkness, tail-between-legs, towards the sound of the loudspeaker, the finish, the handover and the lure of my tent and sleeping bag.

Poor Dave, who had been waiting more than double the time I had predicted, stood shivering in the change-over pen, could finally set off on his challenge. Dave was running the shortest leg, but even so, had not tackled a 6km course for some years. He also encountered some difficulties so eventually handed over to Joe Taunton a full two and a half hours later. Now for the one small bit of good fortune: Dave and Greg's combined efforts meant that Joe's long 10km night leg had become instead a long daylight leg, so he no longer needed a lamp - one problem solved!

Knowing that the team was already disqualified, Joe set off, and raced around his course at super-human speed, unfortunately without stopping to check the control codes on the kites. Result: in spite of his very fast time of just 73 minutes, a second disqualification. Steve went next, and returned more than an hour faster than Greg on a course of the same length.

The mini-mass start is intended for the last leg runners of any stragglers, so they can set off without having to wait all day to be able to start. This happened at 7:30am. NGOC had not just one runner in this, but three! Surely some kind of record there!? Joe Parkinson, Heather, Patrick and his dog all set off together. Joe and Heather returned from good, uneventful runs, and most of the team were sitting in the assembly area watching the prize-giving and eating bacon and egg baps, when suddenly to everyone's

amusement, Patrick and dog came bounding past us. Apparently, he had identified a different route choice to everybody else, right through the refreshment area. Full marks to Patrick for ingenuity. Patrick still had quite a way to go to complete his 13km course. Clearly, the previous day's 13 mile stage of the Cotswold Way relay had taken its toll on his legs.

The results showed that we were one of five teams to be disqualified, so we felt slightly re-assured to have some company at the bottom of the listing. The main morale of this long and sorry saga has to be: next time, let the captain be the spectator instead.

Oh, and by the way, the download of my GPS shows my tracks to be even more spaghetti-like than those afore-mentioned paths on the map! I do not plan to upload this to RouteGadget, though.



The day after the night before. At least we can still smile about it

Greg Best

NGOC 2012 Summer Series

Date	Location	Signed from	Organiser
27 Jun Wednesday	Hartpury College	SO798232 GL19 3BB	Tom Mills 01452 760451
30 Jun Saturday	Flaxley	SO675159 GL17 0EA	Pat Macleod 01594 528128
4 Jul Wednesday	Park Campus area	SO938208 GL50 2RZ	Greg Best 01242 516053
7 Jul Saturday	Parkend	SO608079 GL15 4JQ	Paul Taunton 01594 529455
11 Jul Wednesday	Tewkesbury	SO899324 GL20 5RL	John Fallows 01684 290256
14 Jul Saturday	Bixslade	SO609078 GL15 4LA	Gary Wakerley 01594 862690
4 Aug Saturday	Cranham	SO913122 GL4 8HG	TBC
8 Aug Wednesday	Pittville Park area	SO955234 GL52 2RB	Caroline Craig 01242 528326
11 Aug Saturday	Painswick	SO870117 GL6 6TW	Carol Stewart 01242 514988
15 Aug Wednesday	Cleeve Hill	SO989275 GL52 3PP	Pat Macleod 01594 528128
22 Aug Wednesday	Crickley Hill	SO935162 GL4 8JY	TBC

A series of small scale Wednesday evening and Saturday afternoon events which are primarily aimed at newcomers, but which provide short technical courses for experienced orienteers, and in the case of Wednesday evening events, a chance to socialise at a local hostelry after your run. Venues include town parks, university campuses and surrounding streets and, of course, the woods where practical.

Wednesday Evenings. 60 minute score events, in which you visit as many controls as possible within the time allowed. **Register and start:** 18.00 - 19.00

Saturday afternoons. Courses: Easy (Yellow); Moderate (Orange); Short Hard (Green)

Register and start: 12.00 - 13.00

Fees: Seniors £2. Juniors £1. **SI Chip hire:** Seniors £1. Juniors free

Brashings

Planners' course to be held on 20 August

In response to the comments in the article by John Shea in the March 2012 Legend, regarding a lack of guidance supplied by the club to novice planners, Paul Taunton will be holding a planning course at the University of Gloucestershire, Oxstalls campus at 7.30pm on Monday 20th August.

The key course objectives are:

- To help you plan an event that is easy for you (the planner and organiser) to manage on the day.
- To help ensure that your planning provides a challenge appropriate to the standard expected by the competitors.

The intention is to provide you with practical tips, rather than just reciting the rules found on the BOF website (though there will be some criticism of things we often do wrong!)

All are welcome!

Check the website for the room number & final details.

Annual General Meeting

The 2012 AGM will be held at Oxstalls Campus on Monday 8 October. Free buffet. Note it in your diary now!

Want to know when the NGOC website is updated?

Receive an email notifying you of the latest changes/additions to the website. Get the mini-league results as soon as they are posted and never miss out on a change to the fixtures list! Just go to the NGOC home page and click on the @ icon in the bottom right-hand corner and follow the instructions. Simple!

Fastest Latvian uses NGOC event for training!

As planner of the NGOC Parkend Galoppen last March, I was interested to see that Edgars Bertuks "IND" won the Brown course by the huge margin of 7 minutes. His time of 64:14 for 9.6km and 375m of climb seemed pretty good for an "IND", so I looked him up on the internet - he was then 69th in World Rankings and finished 31st in the World Championships in 2011!

The results for the Jukola, the biggest relay in the world, are now on the internet:

http://results.jukola.com/tulokset/en/j2012_ju/ju/tilanne/1/0/

Edgars' training at Parkend may have helped him, as the results show him in **first place of 1,669 runners** on Relay Leg 1, with a time of 76:08 for the 12.7km course, over a minute ahead of the second place runner (and very nearly 5 hours ahead of the last finisher). (*Paul Taunton*)

New Fixtures Secretary needed!

Dave Hartley will be stepping down from the Committee at the next AGM. If you are interested in helping run the club by becoming the new Fixtures Secretary please contact Dave Hartley (01594 863805) or any member of the Committee.

Changes to Fixture List

Some changes have been made to the fixtures list that was issued with the last Legend. These include the location of the Chairman's Challenge in September and League 2 in November. Check before you travel!

The Archive of British Orienteering Records

http://www.maprunner.co.uk/index.php?option=com_content&view=article&id=99&Itemid=262

Look up your name and see your results in most of the major races since JK98. Look up "Most Races", and see that Mark Saunders is top, having

run in 73 of the 81 races in the database, and Joe Taunton is top NGOC, with 56. Where are you? *(Joe Taunton)*

UK Orienteering Athlete Statistics

<http://oobrien.com/stats/>

Look up your name and see your results in every race that has been entered into the BOF database (whatever the level, both ranking and non-ranking events), your current ranking score and graphs of your ranking score and individual ranking points over the last year. Are you improving or not? You can also compare your results with another runner in the same class! *(Joe Taunton)*

Have your say!

Are there any matters that you would like the Committee to consider? Contact the Club Secretary, Caroline Craig, or any member of the Committee. The next Committee meeting is on Monday 10 September at 1930.

Articles for Legend

We are always looking for articles on anything to do with orienteering; digital photos are especially welcome. Send your article/pictures to legend@ngoc.org.uk or Alan and Ann Brown, 10 Brizen Lane, Cheltenham, GL53 ONG. 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.

Back page

Heather Findlay at the Harvester.

