

The Legend

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North Gloucestershire Orienteering Club
July 2014

www.ngoc.org.uk



NGOC Committee

Chairman

Gary Wakerley 01594 862690
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

John Coleman 01594 582151
fixtures@ngoc.org.uk

Mapping Officer

Paul Taunton 01594 529455

mapping@ngoc.org.uk

Club Welfare Officer

Gill James 01989 720122
gilljames@dalcross.plus.com

Club Development Officer

Pat McLeod 01594528128
pat_macleod@btinternet.com

Additional Members

Roger Coe 01594 510444
randvcoe@btinternet.com

John Fallows 01684 290256
john@greyeye.co.uk

Legend Editors

Gill Stott
01291 689471
legend@ngoc.org.uk

Website

Eddie McLarnon
01242 673079
webmaster@ngoc.org.uk

Cover: Meet the new NGOC committee members. Or is there a new member there you recognise? Captions?

Chairman's Chat July 2014

I am very pleased for the Club, fielding an inclusive team in this years Cotswold Relay, well done. By being inclusive, some of our very good club runners allowed a very slow runner like myself on-board, in what proved a good result for NGOC (thank you to all runners). This would not have happened without Gill Stott, who as team organiser and motivator helped make this a good day. Gill popped up at most starts and provided words of wisdom, especially on technique for climbing my hill at the start. (see pictures)



The woodland track leading up from Dursley

I got to the top of the hill and followed the loop around the golf course, which as warned, you had to keep a look out for the markers. No mishaps, as I recced this part earlier this month. On my downward trip from Stinchcombe, I picked up a lost soul, who had fallen and got lost, helping her to the drinks station at North Nibley, where she stopped. Slight disaster followed, a last minute detour, which wasn't a detour, cost me 10 minutes. Heigh ho onwards and upwards, but by now it was downwards though, on my trot into Wotton Under Edge. I was slightly unlucky as the painkillers had worn off halfway round, but managed to finish :)



I also had a very good day out at Westonbirt, helping Gill Stott with a day's orienteering for St Peter's School, a great day, smashing weather and the kids seemed to enjoy themselves. On other topics, the Committee is beavering away, with Fixtures Sub committees and proposed changes to the league and as always, making your Club work. Watch out for future updates in Legend. Without them my job wouldn't be half as much fun, thank you.

So my message is , we are an inclusive Club, who encourage all members , of any age, of any ability to participate. Next year hopefully we may be able to field more than one team in the Cotswold Relay (To all Club runners who ran for other Athletic Clubs, please run for NGOC next year).

Thank you in advance for helping with the Caddihoe Chase this year (see Pat's article below)
Gary Wakerley

The Caddihoe Chase

Pat McLeod has been slaving away over the past few months, preparing for the Caddihoe Chase which is to be held 13/14th September, hosted by us and SWOA at Blakeney Hill and Mallards Pike (see our web site for more details). This year the Caddihoe Chase event is also the venue for the Veteran Home International, an important event on the orienteering calendar.

Therefore we need as many NGOC members as possible to ensure that the event is a success. Pat has a small group of team leaders and these key people may be asking you for help, parking, registration, setting up, etc (BOK are manning the starts). As a tempting reward you will get a fantastic 50% entry fee discount!! Pat has already sent out the discount code to you as thanks in advance. You will need to use this when entering the vent. If as many people help as possible, then all of us needn't spend too much time doing our tasks. ☺

We decided to try an 'opt out' system of recruitment – where we assume you can help us unless we hear otherwise. It just saves time asking everybody individually although admittedly, it is a bit of a cheek!!! Please email Pat pat_macleod@btinternet.com if you cannot help. Thank you for putting up with us. ☺

Gill Stott

Pat's Corner 2015 Fixtures

Over the past few months club members and others have put forward various ideas for changes and enhancements to our programme of events. The committee decided that although we had scheduled our normal 2014/15 programme, we should nevertheless step back and review it. We have stuck to broadly the same programme for many years now, and although we had planned some minor changes to informals for 2014/15, we have not really kept up with the diversification of event types that has happened over the last few years – urban/ park and sprint events especially- and we have not managed to attract new members from our 'off-season' attempts to attract newcomers.

A fixtures sub-committee was assembled, and sustained by ample pints of proper beer in the Pelican in Gloucester, we debated and decided upon a number of proposals for the forthcoming season/year.

Seven proposals had been put forward:

1. Change to a calendar year programme
2. Extend the mini-league to throughout the year

3. Revise the training programme
4. Reduce the overall number of events, to ease the burden on volunteers
5. Introduce more urban events
6. Hold more level C events
7. Extend our start-finish times to cater better for families

The outcome of our discussion on each of these is summarised below. We were conscious that we had already made some changes for the current season – the introduction of more summer evening street events, for example - and had scheduled more for the forthcoming one, such as the introduction of proper training events, to replace informals. However, we also felt not only that based on this year's experience further evolution was needed, but that we should not wait another season before addressing the proposals that club members were putting forward. The overall result will, we hope, be a better programme, with year round interest, a variety of events, and better opportunities for families and newcomers to participate.

The proposal to change to a calendar year programme was accepted. Until now we have had winter and summer programmes, the latter generally being a poor relation to the former. It meant fixtures lists changing mid year, and core competitive activity – the mini-league – ceasing over the summer months. With the arrival of urban and park orienteering the seasonal constraint has largely disappeared, and we run events throughout the year. From 1 Jan 2015, therefore, we will switch to an annual fixtures schedule.

We also accepted the proposal to extend the mini-league, and run it throughout the year. From 1 Jan 2015 the mini-league will become the North Gloucestershire or NGOC league. It will consist of 12 events, 4 classic long distance events in each period January-May 2015 and September-December 2015, and 4 varied events between May and September. We aim to include 2 urban events in the Summer period, plus 2 others to be decided – for example middle distance or sprint events. We did not finalise details such as the number of events to count towards the league championship, but the intention is that we offer competitive and varied orienteering throughout the year, and so seek to boost the number of runners actively participating in the competition. The new league will run from 1 January 2015. The 4 mini-league events currently scheduled for the remainder of 2014 will be run as a short term mini-mini-league, with 3 of the 4 events to count towards a final mini-league competition. Although we have yet to test out our current plans for training, rather than simply 'informal' events, we felt that we should learn lessons from the successful training session held at Parkend recently for invited 'trainees'. For 2015, rather than scheduling regular 'training' events to piggy back on the league events, we will schedule a small number of training days, each with a specific programme of activities and exercises. The programme will be published well in advance, and numbers will be limited, by invitation or application, to ensure that everybody attending gets maximum benefit from the session.

The fixtures sub-committee – comprising people already very active within the club – was well aware of the pressure on volunteer resources that the currently growing schedule creates. We agreed a modest reduction in the number of events that we try to run every year. Whilst we have extended the league, we will reduce the number of training events, seeking quality and focus, rather than volume, and we will reduce the number of summer evening events. Whilst the latter have been well received by those attending them, we have not seen many new faces at these, and the effort put in by the planners is hard to justify for a turnout of 20-25 runners.

We agreed that we should aim to 'catch up' with most other clubs in getting into urban orienteering, particularly as we are now building up a substantial library of good urban maps, thanks to Richard Cronin's efforts. As mentioned above the 2015 league will include some urban events.

Of all the proposals put forward to the committee, the one we did not agree to adopt was one to increase the number of level C events that we organise. The thinking behind this was that the higher the event level, the more likely people would travel to compete. Evidence from other clubs suggests that this is not really the case, whilst the additional organisational and planning requirements of level C events add further burdens to the club's volunteers. That said, the committee has discussed the possibility of scheduling a larger multi-day event in 2015, to make good use of some of our new maps, such as the extended Cranham map, wholly updated mallards Pike map, and also our new urban maps.

Finally, a number of people have commented how difficult it is for families to fit in split starts at mini-leagues, owing to the short start window. This is a legacy of the days when a mini-league was essentially set up, run and taken down in a single day by a single individual. That's no longer possible, with technology demands and generally higher attendance, and so mini-leagues have become 3 or 4 person operations. We agreed that for the forthcoming half season league, and then for the 2015 league proper, we would open registration from 11:30 – 13:00, and the start window from 11:30 to 13:30, with course closing at 15:00. This should allow parents, and those who maybe work on Saturday mornings, time to get to the event and have a run.

We are now working on the 2015 fixture list, and will publish it for review and comment as soon as we have something to show. In the meantime we welcome further comment on our plans, and ideas for the future. The club exists to run orienteering events for its members and others, and the fixtures list is our most important asset. We need everyone's input to keep it interesting and successful.

For information the somewhat ad-hoc fixtures sub-committee consists of: John Coleman(Fixtures Sec), Pat Macleod(Development officer), Greg Best(Club Captain), Roger Coe, Richard Cronin, John Fallows, Tom Mills, Gill Stott, and Peter Ward. If you have any comments or questions about our plans please speak to one of the above, or email Fixtures@ngoc.org.uk.

Pat Macleod

(drafted on behalf of John Coleman, who is currently moving house and without facilities!

Planning Events

It happens. You think you have placed the controls for your event in the right place, but they are not and people complain. Orienteers can be quick to complain if things aren't right. They forget we are a) volunteers and b) not professional orienteers with the experience of major event planning to boast about.

So how could we try and minimise the risk of planning mistakes creeping in?

1. Start off by following the NGOC guidance on planning and organising events <http://www.ngoc.org.uk/reference/#plannerdocs>
2. Use the guidance from BOF – it's very clear on what each colour coded course should

contain

eg yellow courses (in my mind the most important one we need to plan correctly)

http://www.britishorienteering.org.uk/images/uploaded/downloads/planners_yellowcourses.pdf

there's one for each course.

3. Once you have armchair planned, surveyed your area's control sites and tagged them, ask another club member to go round (preferably without you) and check them. If both of you disagree strongly on a control site, then maybe the map isn't quite clear enough there and it is time to move to another control site! Most club members will be quite willing to do this if you give them enough notice. If you can't find anybody, then email a committee member and we'll find somebody.
4. Paul Taunton, who prints your maps, is very good at casting an eagle eye over your course planning and often picks up any little discrepancies. However, he hasn't been out on the ground like you have, so hopefully you will be confident you are 100% accurate in the siting of your controls by having a double check system in place.
5. On the day, if you have time, the more off path flags could be put out the afternoon before, with the flags dropped on the ground and without the SI boxes. Then on the day all you need to do is nip round again, checking they are all still there and pop them in.

Skills Section

For this edition of Legend I can recommend reading the accounts of three M50 men who competed in the JK Day 1 urban sprint in Swansea in the latest edition of Compass Sport Vol 35 Issue 3 June 2014. They give quite clear accounts on where they could have lost valuable seconds. It can be quite heartening reading these. For instance forgetting which control you have just gone past – I do that only I don't come 3rd in major competitions...

After that Days 2 and 3 (M18/20E and W21E) runners show their routes and give accounts. Just in case you began to believe that course winners never made mistakes!

Eg" Control 2 (made a) bearing, and I cut this down into picking off features every few hundred metres – a knoll, another knoll, the edge of the stones, marsh cairn, then I lost it at the end, didn't take time to make the view from the cairn fit and dropped time veering off. Relocated on a boulder"

Gill Stott

The Postponed New Year's Day Event funds

This year the proceeds from the postponed New Year's Day event went to the Orienteering Foundation, a charity

<http://www.nopesport.com/news/1482-the-orienteering-foundation>

The Orienteering Foundation is a charity established in 2006. It was established partly with money left in a bequest to British Orienteering by Bertie and Elsie Ward. The bequest was made specifically for the enhancement of junior orienteering including events, trips and tours.

Several categories have already been identified and supported:

- for junior and young senior orienteering
- mapping

- support for coaches to gain experience
- orienteering for disabled people

Carol, our treasurer, has received a letter of thanks from the campaign administrator, Viv McDonald

New! New! New! New! New! New!

Permanent Orienteering Course

Harlequins Orienteering Club

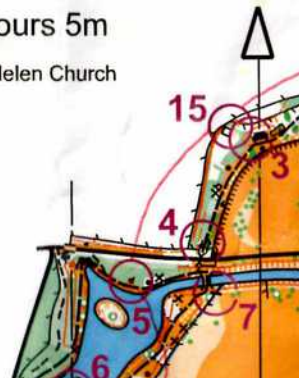
CROOME

Scale 1:10000 Contours 5m

Grid Reference of St Mary Magdalen Church
Croome SO887451



National
Trust



by Alan Brown

I had been summoned by GW and I was running late.

"Hi, GW, sorry if I'm . . ."

"Sit down!" barked GW.

"Yes, GW."

"I've got a little job for you, Marlowe. Like to know what it is?"

"You want me to go along to the launch of Harlequins' new permanent orienteering course at the National Trust's Croome Park and find out what it's all about."

"Very clever of you, Marlowe. Think you're a real smart guy, don't you?"

"Relatively, yes."

GW glared at me and seemed to be weighing up my answer. He looked as if he knew it was an insult but couldn't quite work out why. Eventually he started speaking again.

"We want to be subtle about this. We don't want HOC to think that we think that this permanent course is a big deal. You've got to go incog . . . incog . . . er, under cover. A fit-looking bloke like you will stand out a mile. Take that blonde girl with you; then people will be looking at her. Don't wear your "O" kit, just go along in your ordinary clothes and act like you're real dumb. You should find that easy," he sneered.

"OK, GW. Anything else, boss?"

"Just get out of here while you can still walk."

So I started to get out of there while I could still walk, resisting the urge to tell him that orienteer would have been a more suitable verb than walk: it was too early in the day to have to explain what a verb was. I was halfway through the door when he spoke again.

"And don't make a mess of it. I don't want to have to send Pat and the boys round to see you. Remember, we know where you live."

"You mean the Membership Secretary does."

We got to Croome in reasonable time. But the girl was not reasonable. She was complaining about being dragged out of bed at 10 o'clock on a Saturday; she said she hated orienteering; she said she would never go orienteering again. She was still whining after we'd got past the ticket desk and people were beginning to stare. I pushed a £20 note into her hand and pushed her into the café, saying I'd pick her up on the way out. I wondered if I could claim the £20 back on expenses. Come to think of it, I was a National Trust member so I had gotten in free, should I claim two £7 entrance fees as well? I decided against it, the last guy who fiddled his expenses ended up with a broken thumb – the one he used for his compass. GW certainly knew all the tricks.

I lined up at Registration.

"Have you been orienteering before?"

"Oh, no, never" I lied.

So I got a long explanation on what to do. It was very good but I didn't need it. I eventually got away and lined up again, this time at the start. A HOC guy sidled up to me. He looked real shifty and spoke out of the corner of his mouth.

"Our friendly NGOC representative, I believe? Sent by GW himself, I expect? You won't learn nothing here, bud. My advice is to do your course and then clear off before you have an accident. Can be a very dangerous sport, orienteering, very easy to fall off a crag or into a pit. Another bit of advice: if you want to play the novice don't turn up sporting a thumb compass. And don't forget to collect that dumb blonde, neither. She's running up quite a tab at the tearooms and was last seen disappearing into the souvenir shop. Not that the National Trust will be complaining" he laughed.

"Since you seem to know everything" I said, "perhaps you can tell me about the labyrinth course. Fancy name for a maze, I suppose?"

"Just because no one in NGOC can spell lab . . . lab . . . the proper word!" and he sidled off. For 50p punters were getting a sheet of A4 with a 1:10,000 all controls map. Included in the instructions on the reverse were the controls that had to be visited for short, medium and long courses. The long course was a circuit around the perimeter of the estate and pretty much followed the route we had walked the last time I brought the girl here. It was going to be a cinch, dead easy. It was - until I got to Control 4, "gate". I was scratching my head, wondering where the small painted kite symbol was when a dog walker, indicating another gate ten yards away, said "There's one over here!" Luckily there were no other orienteers around to witness my mortification.

There were no other big problems as I went round and I was wondering what I could tell GW on Monday morning. Everything was well-organised and there was nothing to complain about. The fact that one control was on the end tree of a line of three when it was supposed to be on the middle one wasn't exactly a big deal. Maybe I could make something big of it for GW.

I was still feeling fresh when I finished and my shifty friend wasn't volunteering any more news on what the girl was up to so I had a go at the labyrinth. It was compact, with ten controls, and there were three different courses. I did all three and then reckoned it was about time to go to the tearooms to collect the girl.



“ . . . running up quite a tab at the tearooms . . . ”

She was sitting at the table nearest the counter, staring into space with an empty plate and mug in front of her. The smiling manageress of the tearooms greeted me like a long-lost friend and presented me with a long printout, which turned out to be a demand for money. I paid up and was just about to order a large slab of cake for myself and the strongest coffee they had when the girl announced that she was bored and it was time to go home. And why had she been kept waiting? What had I been up to and who was she? Not wanting another scene I gave up on the coffee and cake idea and we left via the souvenir shop. I had to dig out my wallet again; the lady in charge smiled even more than the one in the tearooms.

When I had staggered back to the car with several large bags I had a quick rummage. Did I really want next year's calendar in July? Or a sachet smelling of roses for my sock drawer? Then the girl, with the biggest smile of the day, dove down to the bottom of the largest bag and presented me with a small bottle of beer, like I had just won the jackpot. As we drove home with rumbling stomachs – one from emptiness and one from too many cakes – I reflected on how expensive orienteering was becoming.

Castles and Islands Challenge 2014

by Caroline Craig

The first I heard about the challenge was something along the lines of... “There’s this sailing race where you have a couple of runners aboard and you drop them off at an island where they run a marathon on sand in the middle of the night, then get straight back on the boat and sail to another island for another long run... and half of these poor runners get terribly seasick, being on a racing yacht between long runs”. I know what you’re thinking – sounds like a fun challenge! I thought the same, though clearly rather beyond my fitness.

This year, my uncle and his family (all very keen sailors) were looking for some runners for their team. I looked online and discovered it didn’t actually involve running three marathons, but a mere 30 miles total running distance, split into four chunks. Suddenly it was something I could do (hopefully)! My younger brother Pete (a keen and fast runner) was signed up and I completed the family team (after checking nobody minded me being slow!)



That’s how I came to be lined up at the gates of Alnwick Castle at 7pm on Friday 20th June. The first run was advertised as 10 miles through the Northumberland countryside via Warkworth Castle, down to the marina at Amble where we would board the boats. There were then another three runs, all involving castles, which could be done in any order, with sailing legs in between, and a final sail back to Amble, arriving within 24 hours to complete the challenge. My personal aim was just not to come last in the running and slow our team down, though I had noticed there was a prize for the fastest woman to do all four runs. Since no women competed in 2013, I thought I was in with a shot at winning it by default. Eight

pairs of runners gathered at the start line and to my surprise four of them included a woman – suddenly that prize was way beyond me! It was easy to tell the runners – all thin, energetic, wiry folks in serious-looking running kit – I was decidedly chubby!

After a group photo in front of the gates, a countdown and we were off! Through Alnwick ran the group, at a pleasant steady pace. Although we could choose our route, the checkpoints we had to pass through meant a fairly obvious choice. A mile or so outside Alnwick, we headed off road, taking a pleasant route on paths and tracks, through fields and woodland, downhill briefly then uphill for a mile. After the hill came paths through fields of crop, about which I'd read horror stories of getting arms and legs slashed by head high corn. It was only thigh high (even for me) and I thought we'd got off easily – only when sitting down on the boat did I notice the blood on my legs. By this point we were in a surprising third place, just behind the first mixed pair. The leaders, a pair of particularly wiry men we affectionately dubbed "The Wiries", were several minutes ahead of them. We then returned to the roads and were shortly entering Warkworth. Here we had to circumnavigate the castle, done by running in the bottom of the moat (though not knowing this we took a wider route to be sure, giving ourselves two unnecessary climbs of the moat bank). The final mile of this run took us along the flat A1068 by the river, down to Coquet Yacht Club (the organising club) and Amble Marina. We'd stayed in position, finishing third, and a part of me wondered whether I might just be in with a chance for the fastest woman prize after all – so began the rivalry that was to help fire me on.

We were beckoned down the marina to Sheevra (our team's yacht) and hopped aboard. Suddenly, it was all go as the sailors took over. We had to sail round Coquet island before heading North towards the other castles. During this leg, Sea Beagle (the yacht of The Wiries) dropped behind us, but Trillium (the yacht of our running rivals) was a fast trimaran and had shot ahead. Progress was good and skipper Jonathan estimated 1.5-2 hours to Newton, location of the southernmost (nearest) run. Stopping there on the way to Holy Island would mean the tide was with us both leaving Newton and arriving at Holy Island. In view of the relatively short gap and anticipating a longer gap before Holy Island, I just had a little pasta and some flapjack, while my Pete ate even less. However, the wind dropped dramatically and for a long time we were crawling along, the crew constantly coming up with ideas for how to get the speed up even a little bit. Their hard work meant we pulled away from the other boats and even made up ground on Trillium. It took nearly four hours to get to Newton, meaning we began our run at midnight (having been rowed ashore by our cousin George, in a rubber dinghy).

This run (from Low Newton to Dunstanburgh castle and back) was the shortest, at 4.5 miles. There were two routes to choose from – along the beach (slightly shorter but with a river crossing, or a diversion inland to the footbridge) or along footpaths mostly through a golf course. On arrival, we chose the beach, because near the sea the sand underfoot was hard and wouldn't impede running. Despite being told about the footbridge, we decided just to run through it as it wasn't deep. We managed not to get our feet properly wet and were pleased with our choice. After around 15 minutes, the shape of a castle loomed in the darkness and we began looking for a good route off the beach to join the path. Going further along the beach meant a slightly shorter route but as it descended into seaweed-covered several foot diameter rounded rocks, we quickly picked our way up to the path. It was only a few hundred metres to the castle and we saw two lights. Our rivals must have been heading back and given how long before us they'd started we must surely have made up time - a good morale boost. To our disbelief, they were still heading for the castle, meaning we'd made even better time than we thought. We overtook them running back down the castle mound (thanks in part to our super bright head torches) and headed back to the beach. We got soaking wet feet in the river this time, through being less than careful, but it wasn't far to run in wet shoes and

we both had another pair for the remaining runs.

Back onboard Sheevra, the predicted 3-4 hours to Holy Island gave our best chance for a sleep, so rather than eat lots of pasta I stocked up on more high energy foods and took to my sleeping bag. The (mostly) gentle rocking could have lulled me to sleep, but sleep eluded me for all but a short period of less than a minute. My brother did get some sleep, but only after a bout of seasickness which meant he'd lost much of the small amount of fuel he had consumed since starting the race.

At about 5am, we anchored at Holy Island and once again George rowed us briskly into the harbour. This run is said to be the orienteering element, there being four checkpoints to be visited in any order (but basically clockwise or anticlockwise around the island, advertised as 9 miles). We chose clockwise, beginning with the nearby coastguard lookout. Then it was a road run out along the causeway to The Snook (an old lighthouse). To reach the northeastern point, we chose to return along the fast causeway road rather than negotiate the beach and dunes, but when the road turned South we dived off onto a path I'd identified on the way out, leading us to the well-established path along the Northern side of the island and through the dunes to Emmanuel Head. I was surprised to pass a lady out for a walk at about 5:45am. We were lucky to be tackling this run in the light on our first attempt, with the navigation being easy enough in daylight. The run was completed on a good path round the remainder of the island, via Lindisfarne castle. We were told we'd beaten the Trillium runners by 5 minutes, so by my approximation we were about 10 minutes ahead of them overall. A couple of other pairs were on the island by this point, but only our two boats had stopped at Newton, still beating everyone else to Holy Island (though we suspected some boats had stopped at Seahouses on the way instead).



We had a couple of hours on board before arriving at Seahouses for the last run. I stocked up on yet more of my flapjack, with a ginger biscuit and banana for good measure. Pete was

understandably worried about seasickness and stuck to a handful of jelly babies. This, two energy bars and two bananas formed most, if not all, of his food consumption during the race.

We were rowed ashore to a more lively harbour, it now being close to 8am. We knew this run would be tough, after almost no sleep aboard a racing yacht and (in Pete's case) almost no food. It was 3 miles along the beach to Bamburgh castle, only to turn and repeat the same long trudge back. Even when we finally saw the castle, it seemed to take an age to get there. We had to go round the back of it, which meant leaving the harder sand near the sea and heading up through the dry, energy-sapping sand and dunes. We'd been shown a point to visit, to show the marshals we'd been round the castle, but there was no sign of any marshals. Not wanting to risk disqualification, we ran around looking but on finding only a bemused old lady, I suggested we carry on – we'd been given a GPS tracker anyway. However, in my confusion and much turning round, I ran down the wrong road. Suddenly things didn't match the map as well as they should. After losing time at many O events through being too slow to accept I was wrong, I stopped, took a good look at the map and realised my mistake. I apologised to Pete that we had to run back up most of the height we'd just needlessly lost. I was really angry with myself, thinking this stupid mistake could lose us a place. We took what felt like a reasonable route through the dunes, getting back to the harder sand of the lower beach as soon as we could. The run back to Seahouses was tough. Even rounding the last corner, Seahouses looked miles away. I kept myself going with the thought that I could stop when I got there and would be proud that for all four runs I'd kept up with Pete (though he'd run slower than he could have so that I had a chance of doing so). Of course another major factor was my super competitiveness. I vocalised my positive thoughts, sensing Pete too needed motivation to keep going. He was getting cramp so we walked a few short sections. Only later did I find out quite how tired he was - walking over the rocks had been because he was falling asleep on his feet and he even fell asleep for the 30 second row back to the boat! Given his almost complete lack of fuel, this shouldn't have been a surprise - having completed all the runs in a decent time was an almost superhuman feat. I'd needed to convince myself to keep going, and I'd had lots of flapjack!

It took around 3 hours to sail back to Amble. Pete was gradually revived with the aid of food, drink and sleep (and no seasickness) and we then sat back, relaxed and enjoyed the views.

The finish was very exciting as we were neck and neck with Trillium, who beat us to the finish by only a minute. Being a multihull boat they should have been much faster and were in a different sailing class to us, so Sheevra still won the sailing part of the challenge. In fact, we almost cleaned up, also winning the challenge as a whole and coming second overall in the running (behind The Wiries of course, so I was fastest female after all). A great finish to top off a fantastic 24 hours. I look forward to the next time...

A MONTH AWAY by David Lee

As the Northern Championships were near Newby Bridge at the Southern end of Windermere on May 3rd, I thought it would be worthwhile trying their challenging forests. So I left home the day before and was delighted to find the car park for the event was a well drained field with all the administrative facilities within 400 metres. The start was only 100 m from there and so it was off into Summer House Knott for a middle distance race. The area was very lumpy with a plethora of features and minimal paths. The only technique was to read the contour detail and remain in contact with the map and the terrain. The first 9 controls went well, slow but accurate, but then I came across a path and got rather lost. Control 13 was poor with the presence of Tony Noot affecting the concentration. But the quality of the event, the area and the level of planning justified my drive. The lovely sunshine also helped.

Sunday the 4th was different – Blakeholme and Gummer Howe. Very cold, rain, mist and wind. 4km walk from the car to assembly and a further 500 m to the start. Having worn all my thermals and waterproofs to get to the start, I didn't need to change; I just went as I was. 100 minutes later I got to the finish and that was after 3.8k and 280 m of climb. The mist was so thick at one stage that I lost sight of the person 20m ahead of me. As is now usual one bad control also contributed to my long time but the diffuse nature of the forest was a problem. I enjoyed the challenge, but my ability was too poor for the area that day. It didn't help to find I had missed the last control; it was only 50 m from the finish and I was barged out of the way by an enthusiastic tyro as I came to the control. I had just had enough but then had to get back the 4km to the car.

Monday 5th was an Urban in Kendal - a beautiful day – all was right with the event and some interesting route choices were offered. I stayed on in the Lake District for another week and that included running in a Warrior event on the Wednesday evening and a Border Liners on the Sunday. The Warrior was at Esthwaite Knott where the middle distance Northern Championships had been last year. Very technical with the usual Lake district challenges of a rough forest with contour detail. To see primary children steaming through the area explains why they become good seniors. Oh, yes, it rained heavily again. The BL event on the Sunday was open moorland with a mere 2 k walk to the start and finish. We started with 5 long legs and then went into a complex area for the last 5 controls. They were in a patch only 250m by 180m Those few days were a good example of why the Lakes District is so beautiful – the water level is replenished regularly.

I then had 13 days off orienteering – my longest gap since last March – and went up to Scotland. The Scottish Championships were near Blair Atholl and the day was perfect. I was involved with the organisation as Robert, our elder son, is an Interloper. A quality map and a rough but fair forest yielded a memorable event. Tired but content it was back to Edinburgh and away early on the Sunday to Dunkeld for the Relays. The area had been the venue for the JK relays recently and the downpour as we drove up relented for most of the event. A highlight of the courses was a common control early on most courses – a 5 contour hill visible from the change over. A great event on a difficult steep but fair area.

The holiday was drawing to a close as the end of May came. But still time for the British Championships and the relays. The individual area was tough with knee deep bilberry and

some bramble and bracken. This was over the broken rock and brashings. Progress was very slow except for the Jon Musgraves of the world. The area was also on the steep side and course lengths were on the high side. But it was fair and challenging which is what the British should be. Those who can orienteer did and those who made mistakes paid a very heavy price.

The relays the next day were on a grassy moorland and the event was reminiscent of the JK at Pwll Du but without the rock and shale. The weather was also great and it was a great British Relays. Once more I was an honorary Interloper.

I am fortunate to be able to have the opportunity to visit other orienteering areas and the variety I experienced in May was most stimulating. It was also wonderful to meet up with friends from the past on my Month Away.

David Lee

Team NGOC

Gary must have woken up one day having had a vision. In that dream he was running like the wind in the most formidable of all long distance relay races, the Cotswold Relay. With no time to spare the committee was instructed to find similar minded people to himself, and make a team of ten runners.

Having done the CWR in the past, in a rash moment and without the same support of a vision, I agreed to populate the team with runners. Pat-lamb-to-the-slaughter McLeod agreed to run a leg whilst Greg, dreaming of fabulous areas like Cranham, thought he'd take on the other 89 teams too.
3 down, 7 to go.

What was missing from our team so far? Yoof! knobble Richard Cronin and Joe Gidley. Wow, we thought, at this rate we could win! No women came forward so a men's team was entered by Captain Greg. Greg, in a moment of inspiration, named the team "No excuse for getting lost". Dave Hartley and Steve Williams were 'in' (well there was no qualification for this team, hee hee) and after some encouragement, Chris Harrison (a CWR stalwart) and Scott Johnson agreed to join the team. The most difficult leg to fill was leg 2, Stanway House to Cleeve Hill, 19k 525m climb. A ringer was drafted in from our fell running club who has orienteered a few times before so there was a link, Mark Ponsford.

Early Saturday morning, June 28th, Greg set off at 7am on the first leg from Chipping Campden. Sadly the team leader was too lazy to make the effort to see him off. She did make the start of leg 2 though. Watching the winners of leg 1 though, I did see Mark Burley of BOK finishing in the top few and there were several other orienteers there. Mark Ponsford completed his leg in the top 30 so clearly we weren't going to embarrass ourselves.

I saw Dave set out from Cleeve Common. His leg went across the common and then down to Dowdeswell Reservoir, before climbing steeply onto the escarpment again. Steve Williams was next, bravely volunteering for what is possibly the most arduous leg, over 20k and 400m of climb from Seven Springs to Cranham Corner. The most difficult section of his run must have been running past the Air Balloon pub where a nice cool pint of beer could have been waiting.

Richard next. Top achiever Richard set off on a 19k over 300m climb route to Ebley Mill. Parking became a bit difficult around Cranham Corner, resulting in a local car driving resident demanding to speak to the organiser who was conspicuous in a sombrero but she wasn't to know that and he escaped retribution. Then Pat scampered off, uphill on leg 6 from Stroud to Dursley. I drove down to Dursley to see Gary off. Gary was looking a bit nervous, surrounded by skinny ultra fit road runners, chomping at the bit to begin the leg by running uphill. The finish was downhill through Wooton-under -Edge though.

Family interest intervened and our Matt set off for Chepstow Harriers along with Chris from our team, on leg 8 from Wooton to Old Sodbury. He was hoping to either win or nearly win but apparently (his excuse) he was still in recovery mode after his Stag Party the weekend before. I think he was 4th or 5th in the end. Sorry I missed you Chris!

Scott took up the baton to run from Old Sodbury to Cold Ashton. He had a good run and wasn't far behind the top ladies winning that leg (that is a compliment, by the way!). Joe then ran all the way to Bath.

So how did Team NGOC do? Well out of 90- teams NGOC came a creditable 46th. Well done team! Some of the team have already begun training for next year. Interested in having a go yourselves perhaps? Gary has had a second vision. In that dream he saw two teams competing for NGOC in 2015.

Top performers were

Richard 22nd, leg 5
Chris Harrison 29th, Leg 8
Scott Johnson 35th, Leg 9
Joe Gidley 40th, Leg 10

MAPPING AND THE QUEST FOR THE PERFECT RUN

Ever dreamt what it would be like, to complete an orienteering course with no errors, where controls appear exactly where you expected them to be, and you flowed through the course seamlessly? Maybe some of you already manage this dream. I for one don't! I'm forever trying to work out how to improve. I suspect some of this is due to lack of attention to detail. More recently I began to wonder...if I started to learn how to survey areas for new maps and map using OCAD, maybe this would improve my skills significantly. If you look at those in the South West who are heavily involved in mapping, it is no accident that they appear in the top few of their age category..

I started to pursue this idea with Bob's help, mapping a small area of Parkend. What a nightmare. Armed with a 100m tape measure, compass and pacing stick which I'd made, I tried to make sense of this heavily pitted area, so many that they refused to be squeezed in to the small area available on the map.

Urban mapping looked easier – squarish houses and neatly aligned streets. OCAD is definitely not Microsoft and takes some time to get used to. There are still many features of the programme that I have not got to grips with.

There may be more of you out there who would like to get involved with surveying

orienteering areas and mapping. With this in mind there is a

BOK & SWOA BASIC MAPPING & SURVEYING COURSE

on

Saturday 11th October 2014

at

AVON RIDING CENTRE, KINGS WESTON ROAD, BRISTOL BS10 7QT

It is a one-day course designed to improve the knowledge and skills of newcomers to surveying and OCAD map drawing.

Times: 0930 to 1630.

Target Audience: Anyone interested in learning the basics of surveying, and OCAD drawing. Ideally will have attempted one or two OCAD maps, but still be feeling their way around the program, although complete novices welcomed. Aim is to increase the numbers of orienteers in the south-west willing to create or update maps. Experienced mappers will have separate interests.

Facilitators: Dudley Budden and Trevor Crowe

Topics Covered: The contents of the course will be determined by the perceived needs of those attending, but are likely to include:

Base maps – finding them and using them.

Surveying – techniques for improving efficiency and accuracy

Drawing – Use of OCAD. Tips for improving efficiency, and legibility.

Creating final map – Layout, titles, printing

The aim is for the whole day to be as interactive as possible.

Although not essential, it would be ideal if registrants could bring a copy of OCAD on a laptop. It may be possible to supply a limited number of laptops to those without appropriate technology.

Cost: £7. Max registrants 16. Cost will cover meeting venue, hot drinks and biscuits. Please bring own lunch.

Interested? I hope to go (Gill Stott)

If you are needing more information or would like to book a place then please contact Chris Johnson

<http://www.bristolorienteering.org.uk//user/184/contact> (website email)

or ring him on

Home – 0117 9701561,

Mobile - 07850 214456

Results Corner:

BOF Rankings – filtering NGOC, ranked by number of points

Pos. ?	Name	Club	YOB	M/F	Points
1 (174)	Peter Ward	NGOC	1970	M	7671
2 (270 +2)	Joe Gidley	NGOC	1988	M	7532
3 (376 +2)	Richard Cronin	NGOC	1989	M	7410

Pos. ?	Name	Club	YOB	M/F	Points
4 (443 +2)	Christopher Harrison	NGOC	1958	M	7337
5 (589 +3)	Andy Stott	NGOC	1959	M	7199
6 (831 +3)	Tim Stott	NGOC	1986	M	6994
7 (957 +3)	Christophe Pige	NGOC	1971	M	6883
8 (1054 +2)	Pat MacLeod	NGOC	1947	M	6814
9 (1095 +5)	Heather Findlay	NGOC	1978	F	6784
10 (1214 +4)	Clive Caffall	NGOC	1961	M	6695
11 (1240 +3)	Simon Denman	NGOC	1965	M	6675
12 (1242 +3)	Greg Best	NGOC	1962	M	6674
13 (1252 +3)	Neil Cameron	NGOC	1946	M	6665
14 (1306 +2)	Gill Stott	NGOC	1957	F	6618
15 (1411 +3)	Joe Parkinson	NGOC	1962	M	6556
16 (1425 +3)	Tom Mills	NGOC	1946	M	6545
17 (1577 +3)	John Fallows	NGOC	1958	M	6437
18 (1735 +5)	Paul Taunton	NGOC	1950	M	6315
19 (1770 +6)	Gerry Ashton	NGOC	1953	M	6295
20 (1821 +6)	Stephen Robinson	NGOC	1957	M	6260
21 (1886 +5)	Matt Stott	NGOC	1988	M	6204
22 (1897 +6)	Alan Richards	NGOC	1946	M	6195
23 (1930 +6)	Alan Pucill	NGOC	1959	M	6164
24 (1954 +5)	Alan Brown	NGOC	1952	M	6142
25 (2089 +4)	Rodney Archard	NGOC	1945	M	6034

FORTHCOMING EVENTS

For latest details check the NGOC website at www.ngoc.org.uk
O'Brien's all encompassing orienteering fixtures map of the UK – just type in your postcode
<http://oobrien.com/map/?p=GL15TE&d=on&c=All>

Lakes 5 Day <http://www.lakes5.org.uk/> entries close July 30th

White Rose Weekend <http://www.whiteroseweekend.org.uk/>

The Purple Thistle – around the areas being used for the World Champs next year. This event is always well planned using some superb areas, often open, which you can actually run across rather than stagger and clamber round.
<http://www.scottish-orienteering.org/seds/purple-thistle-2014> (same weekend as The White Rose)

BOK Blast 30th/31st August – Bath and Bristol <http://www.bristolorienteering.org.uk/>

British Sprint Championships 6th Sept <http://www.britishsprintchamps.org.uk/>

Caddihoe Chase 13th/14th September <http://ngocweb.com/caddihoe/> enter for this event of the year on Fabian4 website. [Www.fabian4.co.uk](http://www.fabian4.co.uk) remember your discount code for helping!

London City Race 21st September <http://cityrace.org/>

Brashings

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 June 9th 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 Gill Stott 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.