

# The Legend

Number 206



Newsletter of  
North Gloucestershire Orienteering Club  
July 2023

[www.ngoc.org.uk](http://www.ngoc.org.uk)



NEWSLETTER AWARDS

08 13 14 17 19

**CompassSport**

# NGOC Committee

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

The above shows the committee structure following the 2022 AGM

**Front cover:** Wild boar making a mess. Read Paul Taunton's article inside.

## *Chairman's Chat*

The JK was a long way from Gloucestershire this year, with a sprint race in Lancaster on Good Friday and the next three days in tough and tricky Lake District terrain. Nevertheless, NGOC was well represented by a strong contingent of just over 30 entrants. Thanks to everybody who did come and show the NGOC flag in the Lakes! Competition was fierce among the 2,000 plus runners, so despite some good NGOC performances we didn't come away with any medals. Tom Cochrane had the highest placing of the event, with a 5th place in the Sprint. The relay was not so well supported, with only three NGOC teams, but I'm pleased to say there were no mis-punches this year!

The results of the British Orienteering Volunteer of the Year Award 2022 were announced at the JK and Ian Phillips was one of the eight nominees. Unfortunately Ian did not win, and the award was made to Stephen Richards of South East Lancs Orienteering Club. All nominees were congratulated for their continued efforts to help promote orienteering, which did not go unnoticed by British Orienteering.

Personally, I'd particularly like to thank all those involved in the League event held at Newent Woods on 30th April. It was certainly the most enjoyable event I've been to this year. PROPER orienteering! At the start I picked up a map that I hadn't seen before and then navigated through terrain that was unfamiliar (unlike most of our well-used areas). The mapping made it possible to avoid the worst of the vegetation and the course was planned with several moderate ascents rather than one killer climb! Well done to Clive Caffall (Planner), Ian Phillips (Organiser), Greg Best (Mapper) and of course the Controller, Paul Gebbett from BOK.

The third NGOC committee meeting of 2023 was held on 12th June. All our events depend upon volunteers, and at big events like the JK it's inevitable that some key helpers are unable to fit in time for a run. The committee agreed to the retrospective award of NGOC T-shirts to all those people who helped on the NGOC day at JK 2022 (the Middle race at Clydach Terrace) but were unable to run themselves because of their duties. The committee thanks you all.

I'm pleased to see that over thirty NGOC members will be travelling to Scotland in August for Moray 2023. I'm looking forward to some pleasant runnable sandy pine forests and perhaps a chilly swim!

Can I also remind everybody that this is my third year in the chair, so the club constitution requires that I hand over to a new Chairman at the AGM in the autumn. I would be pleased to hear from anybody in the club who might be interested in taking over the role.

Finally, please remember to keep 12th November free so that you can join our team for the Compass Sport Cup Final, to be organised by BOK, on our home ground at New Beechenhurst in the Forest of Dean. The result at the qualifier at Margam back in March was very close (NGOC 2449 points, BOK 2441 points) so we need as many runners as possible to give us a chance of beating BOK again.

*Paul Taunton*



A collage of South African landscapes and symbols. It includes a lighthouse on a cliff, a colorful geometric elephant head, a map of South Africa with orienteering routes, a bridge over a river, and a beach. A large white 'X' is overlaid on the collage.

big  
5

*South Africa's*  
**Big 5**  
**O-Week**

29 Dec 2023 - 3 Jan 2024

Join us for five days of orienteering  
on the **Garden Route,**  
**Plettenberg Bay, South Africa.**

We have 5 new areas with  
5 new maps to run on.

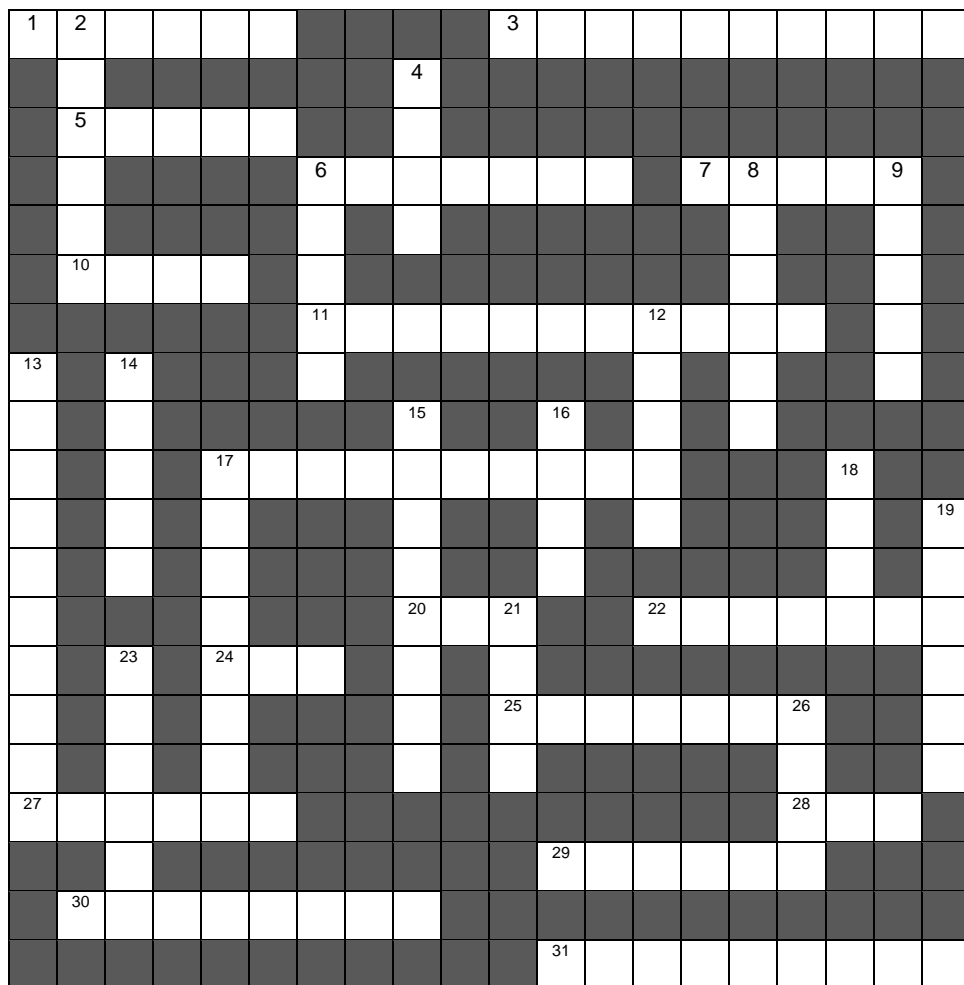
**Enter online at**  
**[www.bigfive-O.co.za](http://www.bigfive-O.co.za)**  
from 1 December 2022

Contact [info@bigfive-O.co.za](mailto:info@bigfive-O.co.za) or  
visit [www.bigfive-O.co.za](http://www.bigfive-O.co.za) or  
find us on Facebook: at

<http://www.facebook.com/Big5OWeek>

# Crossword

*For the answers, which have an orienteering connection, see “Brashings” at the end of Legend.*



## **ACROSS**

1. A monument, memorial or \_\_\_\_\_ (6)
3. A hollow from which the ground rises on all sides (10)
5. Compass point (5)
6. A cunning person (7)
7. A long course (5)
10. A large area of water, normally uncrossable (4)
11. June's event was here (11)
17. Is he fat? (10)
20. NGOC's fierce rival (3)
22. Sometimes found as a field or in a cluster (7)
24. Not allowed here! (3)
25. A bosky feature (7)
27. Two concentric circles (6)
28. In your garden you might have a fire in it (3)
29. The low point between two higher points (6)
30. Find yourself (8)
31. The opposite of a spur (9)

## **DOWN**

2. A way under roads, railways etc (6)
3. A cliff or rock face. (4)
6. What you (used to) do at a control (5)
8. World's best newsletter (6)
9. A small obvious mound (5)
12. The first thing to do (5)
13. Quality of map paper (10)
14. Small trench, normally dry (5)
15. Orienteers hate these (8)
16. Kite (4)
17. Maps are usually covered in these (8)
18. Small area of water (4)
19. The source of a watercourse with a distinct outflow (6)
21. Flag (4)
23. A fruity course (6)
26. It's red and white (4)

# Captain's Log

I can't believe we're halfway through the year already. It's been a great first half of the year for NGOC though. Not only have we qualified for the final of the CompassSport Cup, our Juniors also won their regional heat of the Yvette Baker competition to make it through to the final of that too. Happy to be told otherwise but I believe the first year that we've qualified for both!

The Yvette Baker finals are being held at Sandall Beat Woods near Doncaster on Sunday 9th July. Alexander and Zebedee Harlock-Askew, Kathryn and Sebastian Lyne, and Seth Lawson are making the journey up to compete for the club so wishing them all the best of luck and good runs. It's brilliant that we have a team in the final.

There have also been lots of individual successes since my last report too. (Apologies to those I don't mention in this report, my memory is not what it was.) Reuben Lawson became M18 British Night Champion back in February and Seth Lawson, Jessica Ward and Andy Creber all became Welsh Champions in March. Reuben Lawson was part of the silver winning team in the M18-class of the British Relays and in the first of the SW Summer Relays Sam and Tom Dilley were 2/3 the winning team in the Adams Avery Junior Relays.

Depending on when this issue of The Legend goes out there may still be time to enter our own NGOC Summer Relay at Chestnuts Hill. A fun event for teams of two where the course length you run is determined by your age class to give every team a chance of winning.

The first of this year's SW Championships, the SW Sprint Champs, were held at Bristol University in April and 4 NGOC



runners came home as SW Sprint Champions - Seth Lawson, Thomas Cochrane, Ian Prowse and, surprisingly, myself.

The SW Long and Middle Championships will be included in the Day 1 competitions of the Caddihoe and Purbeck O weekends respectively so why not go and hopefully there will be some more NGOC names to add to this year's list of SW Champions.

Day 1 of the Caddihoe Weekend is also one of the events counting towards our Terry Bradstock Trophy. We've now had 5 of the 7 events and Vanessa Lawson, the current holder of the trophy, is currently lying in first place. Though there are several people who can still challenge her for that top spot.

The other event counting towards the TBT is the London City Race in Rotherhithe if you fancy the challenge of a mix of intricate urban development, parkland and waterfront spaces. The same weekend is the British Sprint Relays at Brunel University for which I hope I'll be able to enter several NGOC teams. The classes are split by the same age groups as the Urban classes (except there's no HyperVet) and all the competitive teams are mixed. The Elite (Open) class has teams of 4 with at least 2 females and all the other classes (excluding the non-comp Ad Hoc one) are teams of 3 with at least 1 female. I'll send an email out in a couple of weeks with more details to see who would like to run and what teams we can make.

The remaining TBT events are also part of the UK Orienteering League. After about 3/4 of the events NGOC is currently sitting 15th in the Club League, a big improvement from last year's 30th, so hopefully we can maintain or even improve on that with a couple of more local events coming up. Also doing well in the Individual UKOL are Reuben Lawson in 2nd, Thomas Cochrane in 3rd, Vanessa Lawson in 4th and Rosalind Taunton in 5th.

Nearer to home we are halfway through our very own NGOC League. We have nearly a clean sweep of the Yellow course

currently with 1st, 2nd, 3rd and 5th thanks to Zebedee and Alexander Harlock-Askew and Emily and Samuel Horsfall respectively. Hannah Agombar is the highest NGOC person on Orange in 9th after her winning run in the Yvette Baker round at Newent Woods. Rosie Watkins is the highest NGOC person on Short Green, currently lying 5th. With Tom B the highest on Green in 4th but with James Askew and Hannah Bradley not far behind. Joe Parkinson is currently leading Blue and Neil Albert is 6th on Brown but with 5 events still to go it could all change.

With the summer holidays about to start we are into the multi day events here and abroad. We have just over 30 runners from NGOC travelling up to the Moray area of Scotland to take part in the ever popular Scottish 6 days. There is only limited entry left open for that but how about the White Rose weekend instead on the August Bank Holiday weekend. This year it is being held in and around Pickering Forest with almost every kind of orienteering challenge you can think of available! Night Score, Sprint, Middle, Classic, Trail O, Maze, Pace and Bearing in a very friendly atmosphere. And of course the chance to win an iconic White Rose mug! – or another for your collection (see the cover of the October 2018 Legend for the Taunton's impressive collection). The closing date for the cheapest entry fees is 16th July.

Looking ahead towards the end of the year we have the Southern Champs as part of the November Classic weekend and then a week later the CompassSport Cup Final on November 12th in New Beechenhurst. Though hopefully you've all added that date to your diaries already!

*Suzanne*

[captain@ngoc.org.uk](mailto:captain@ngoc.org.uk)

# North by Northwest

*or*

## BORDON HEATH MLS Team Harris 10.05.23

North by Northwest: that's the name of my team, don't you know, for the MLS Harris Relays at Bordon Heath on 10 May. Perhaps I had better start my story at the event a week earlier when Captain Tom had expressed the wish for the NGOC contingent of BOK Army to enter a couple of teams for this jolly old event.

"Rally round, chaps," and we all surged round Tom. "I reckon," he said, "that one team should be Ginny, Tommy and Bertie."

Now, to me, this seemed a very ripe idea as G. and T. are orienteers of the first class, even better than yours truly. I can hear cries of dissent (or is it descent?) from my loyal readers but I can assure them that this is the case.

At this point, Ginny and Tommy and Tom exchanged meaningful looks with each other and then they looked at me. It seemed to be shaping up to be a good day for meaningful looks.

"Well, er, I mean to say, er, marvellous idea," said Ginny in a flat sort of voice.

"Blooming marvellous," said Tommy between hollow groans.

"The alternatives to Bertie are, of course, Kim, Sheila or me," explained Tom, "these being the other crew."

"If you put it like that . . ." said Ginny and Tommy at the same time and so it was all settled.

Now, you all know that Bertram does not like to let the weeds grow under his feet (or perhaps that should be some other vegetation?) so I made my first and probably best contribution to the team. At these binges every team has to have a name so I suggested North by Northwest as it has an obvious orienteering ring and it's a cracking film. The name had been one of Kim's suggestions for a previous relay but it still seemed valid to me.

Lunchtime on the day saw us all lined up for the briefing for those unfamiliar with the format. Since I knew the drill I adopted a slightly bored but condescendingly tolerant pose. For any chaps who don't know the Harris Relay format it's more of a team event than a relay – the great advantage is that you all start together and don't hang around getting cold and bored waiting for someone else to finish before you can get going.

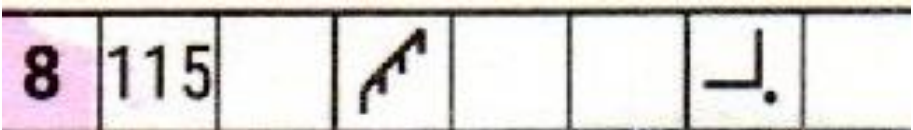
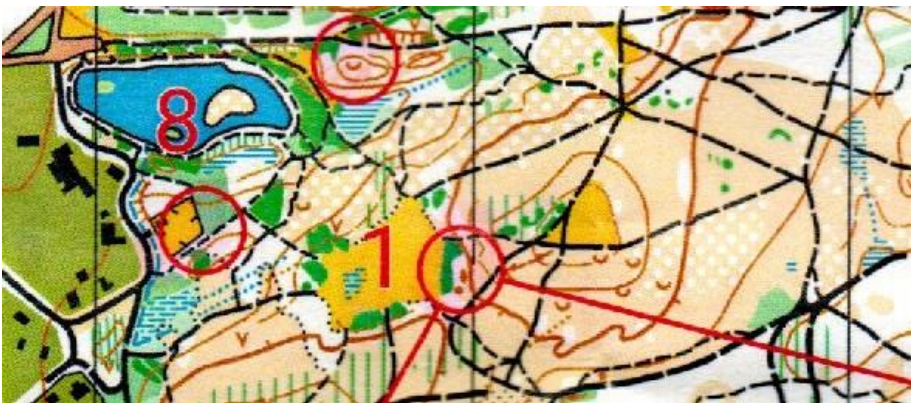
Also, it's like a score event in that you can visit the controls in any order. Some controls (the spine controls) have to be visited by all three members of the team but the rest just have to be visited by only one member each. If a team misses out a control they are not disqualified, they are given a hefty time penalty: you are not going to win by leaving out controls.

Deciding who is going to visit which controls is done after the start so it is best to agree on a captain to divvy up the controls and not to waste time arguing about who does what. The captain needs to have an idea of the capabilities of each team member so that he can give the more difficult, far away controls to a stronger orienteer and give fewer, easier controls to a weaker orienteer. It may be, in extreme circumstances, a good idea to give only the spine controls to the weakest member. If the captain has done a good job all team members will arrive at the finish at exactly the same time!

This took about five minutes but it's worth spending the time to get it right. Although we didn't, as you will see. At this juncture I must point out that I espied one team with large squares of

cardboard at the start. This puzzled me exceedingly until we started and I saw them sit on these – to keep their trousers dry – while they worked out their control allocations. Well, I mean to say, snowflakes or what! And an Army team, too. I used to sleep soundly at night with the thought that thousands of tough, fearless squaddies were ready to defend me and the rest of the populace against all-comers but I've hardly slept a wink since.

Having decided who was doing which controls we all set off in the direction of number one. By the time I had run 50 yards Ginny had done about 100. As for Tommy, I didn't actually see him but I had been vaguely aware of a rush of wind as a blur passed me. This made me try to run faster but, as for catching up with either of them, I hadn't the chance of a toupee in a high wind.



*Fence corner on the map, fence corner in the control description – but where was it on the ground?*

Swept along by the crowd I reached the first spine control without a problem but then I peeled off to do the non-spine number 8. I reached what I thought was the spot, described as “fence corner”, to see no control. There was a well-defined border

between the woodland and someone's garden but no control and no fence corner to hang it on. I trickled off to find other features to check my position and, several minutes later, ended up in the same place. And then I saw the control, a grubby little blighter hiding in some holly. Honestly! I mean to say. And my thoughts about the planner and controller became hard and cold, like a picnic egg.

After that, things looked up and I got on quite well, if not very fast. But between 5 and 6 on The Spine I felt a bit of a twinge in my hamstring and was forced to walk the remaining couple of controls. My own bally fault, of course, since I had tried to keep up with my other team members before I was fully into my stride. Eventually Bertie's exhausted frame tottered into the Finish to see Ginny and Tommy standing around looking cold and bored. "Been back long?" I enquired brightly. "A little while" said Ginny, tactfully.

Studying our download slips I discovered that Tommy had taken about 40 minutes to my one hour and 10 minutes and I must say that my letting the team down like this made me feel like a piece of cheese. But after a while I perked up a bit and set off for Tom's burger van to reacquaint myself with his comestibles, only to see him packing up and disappearing into his van with the tray of cakes that I was aiming for. There was only one thing to do and that was to sit down with the others who had already finished with their nosebags and were well into the post mortem.

The North by Northwest post mortem concluded that giving Bertie a lot of controls to do was the worst idea since Abraham Lincoln said "I'm tired of hanging around the house, let's take in a show." Instead of dividing the 21 non-spine controls as Tommy 7, Ginny 7 and Bertie 7 it should have been something like Tommy 10, Ginny 10 and Bertie 1. I said that this would be a good idea for next time but the mention of "next time" looked as if it hurt Ginny in some sensitive spot while Tommy smiled one of those bitter, sardonic ones.



# Wild boar

*(In the April edition of Legend we asked for readers' experiences of wild boar in the Forest of Dean.)*

I'm amazed that you haven't seen any boar! I have lost count of occasions when I have seen them - big & small; near & far; singly and in huge herds. (And even on our driveway.)

*Paul Taunton*

*(See Paul's article on the next page- Ed.)*

The only boar I have seen lately is a very large and very dead one occupying a nice depression on Bixslade, which I have been re-mapping....

*Pat MacLeod*

The first time I saw boar in the Forest was after a New Year's Day event: driving towards Cannop crossroads I saw two boar on the margin of the main road who seemed to be co-operating with some sheep in search of fodder.

The best sighting I've had was then on New Beechenhurst one Easter while controlling a forthcoming BOK Trot; I was checking control sites on the complex spoil heaps and repeatedly came across a family of boar who were keeping away from the human families cycling along the old railway below. I was a bit worried that through concentrating on finding the planner's tapes, I might inadvertently get between the parents and their 'humbugs' - as they regarded my wanderings suspiciously.

*Clive Caffal*

In the “Brashings” section of the April issue of Legend the editor included a report on a TV programme that had mentioned wild boar in the Forest of Dean. I was surprised that Alan said that he had yet to see a wild boar in the Forest! He asked how many of our readers have come across wild boar in the Forest – and under what circumstances?

I have lost count of occasions when I have seen them - big and small ones; near and far; singly and in huge herds. But I must admit that I have only rarely seen them when I have been on my course at a busy event. You are most likely to see them when moving quietly through the forest to check potential control sites when planning an event.



Walking on the Parkend map we saw this group of six young boar on the track ahead, long before they were aware of us. I took several photos as they approached and then investigated a water hole alongside the track. Once they were aware of our presence they trotted off into the bracken.

One the closest encounters I have had was when I approached a large depression near the top of a steepish slope in a rough open area on the Bixslade map. As I came over the lip of the depression I saw a huge boar immediately below me. I don't know who was the more surprised, the boar or me! It charged off very quickly.

Probably the most boar I have ever seen in one place was when, as Controller, I was waking up controls on Blakeney Hill soon after dawn on the day of an event. I was heading towards a control in the pitted area in the extreme southeast corner of the map, to the south of the water works enclosure, and came across a herd of perhaps 15 or 20 boar, ranging from attractive tiny striped "humbugs" to fully grown adults. I was amazed to see so many at once. They charged off and no doubt by the time the competitors reached that control they had all retired to thick cover. *(That was a memorable day, as later a finisher reported that they had seen a dead body on their course. I went to investigate and eventually found what they had seen: somebody had stuffed leaves and sticks into a hat, some old clothes and a sleeping bag to make a very good representation of a dead camper!)*

Only on one occasion have I felt threatened by boar. Walking through woodland in the centre of our Mallard's Pike map a huge boar suddenly appeared, charging towards me. I think that in fact it hadn't seen me since, when it got quite close, it suddenly veered off and ran away.

In February 2022 Ros and I went for a walk in the RSPB reserve at Nagshead, an area of woodland where there is no access for orienteering. We were walking up a path, then stopped and one of us said "Oh dear, look how badly this area has been churned up by boar". Only then did we notice a young boar behind us, on the other side of the path, perhaps five yards away, calmly rooting through the leaf litter and bracken roots, taking absolutely



no notice of us! We continued with our walk and the boar continued to dig.



We live in Woolaston, a long way from the main block of Forestry England (FE) woodland, but adjacent to a large piece of common land, close to private woodland and within a kilometre of an outlying block of FE woodland. Some years back, one evening at dusk, I saw a group of four young boar drinking from the ditch which crosses our driveway! They were about for a few days, and did some damage to a neighbour's grass, but they then disappeared. As a keen vegetable gardener, I'm pleased to say that they have not reappeared!

I don't know whether it's a fact, but my impression is that the number of boar in the forest has declined somewhat compared to recent years?

I wonder if Alan has seen a pine marten yet? I haven't!

*Paul Taunton*

*(Still no wild boar – or pine martens – or beavers – Ed.)*

---

## **Veronica Coe**

We are very sorry to report that Roger Coe's wife, Veronica, passed away in early June. Longstanding members of NGOC will have known Veronica from her being a helper at events and her attendance at multi-day events. The club sends it sympathies to Roger.

---

# Tom's Training Day



*In the Royal George from left to right: Ginny, Sheila, Tom, Ian, Hils, Kim, self (Ann behind the camera)*

I must say that Tom knows a thing or two about arranging some training for the troops. First of all you have to choose the correct location and the Royal George at Birdlip was the correct location for this training and socialising highlight of the orienteering calendar. Everyone got there on time at 1100 and although this is very early in the day for Bertram it was well worthwhile.

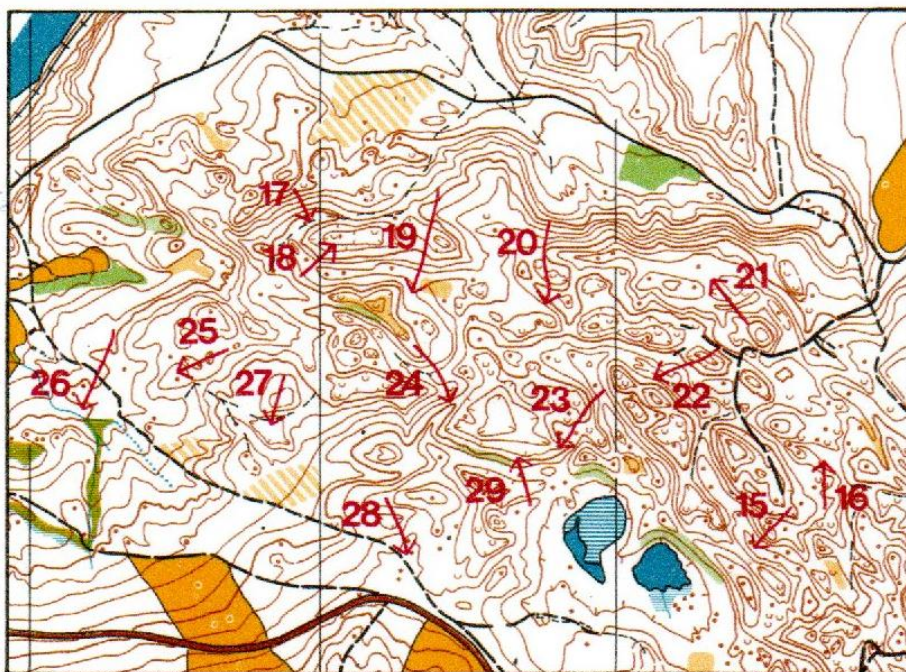


I thought that the training would be confined to theory but the first part was severely practical – to navigate to the bar to order tea or coffee. Well, I mean to say, the Royal George inside is pretty roomy and there are plenty of obstructions such as chairs and tables, columns, even the odd set of steps, not to mention the other punters. A few minutes later we were all ready to start, everyone having passed the first test and back in their seats. Before we started Tom explained that he had chanced upon these exercises, which were Norwegian and dated back to the 1980s and, being the kind of fellow he is, was not going to keep it all to himself.

I had just got outside my first cup of coffee and was wondering whether an early G&T or B&S would help with the brainwork when I noticed a menu on the table. I had just started to peruse this with the intention of working out my lunch in advance when “**Mains**” was taken out of my hand and substituted with another piece of paper entitled “**Understanding contour lines.**” In smaller letters: “Some orienteers are very good at <<seeing>> the terrain by understanding contour lines. The terrain rises and falls for them. Here’s a chance for you to practise seeing rise and fall. Put a cross in the right box for each numbered arrow.”

There were then two map extracts at a scale that I hadn’t seen for a long time – 1:15,000 – and of what looked like very rough countryside in Norway. There were hundreds, if not thousands, of wiggly brown lines; also lots of little black spots that turned out to be rocky features and not a fault with the printer. It was enough to make me droop at the hinges and I just sat there and goggled at it like a halibut on the fishmonger’s slab. And on top of all this there were superimposed little red arrows: for each arrow we had to work out what it was doing, going up or down or a combination of the two. The tutor (or is it torturer?) had kindly provided a set of eight boxes for each of the 29 arrows so one could tick the right combination. There was a choice of:

Downhill  
Uphill  
Down-up  
Up-down  
Down-up-down  
Up-down-up  
D.-up-d.-up *and, last but not bally least:*  
Up-d.-up-d.



Luckily, the girl sitting next to me was very keen and we were soon attacking the arrows, the little blighters. Comments from the other course members were of varying degrees of help:

“I don’t worry whether I’m going up or down, I just go straight towards the control.”

“Marshes aren’t always at the bottom of a slope.”

“I prefer 1:2,000 scale.”

“Does anyone know what this map symbol means?”

By the time Tom handed out the next sheet I was seriously in need of a refreshing G&T but there was no time as we sped onto **“Route Analysis.”**:

In this series we have chosen to divide the route between two controls into 3 types of zones: green, yellow and red.

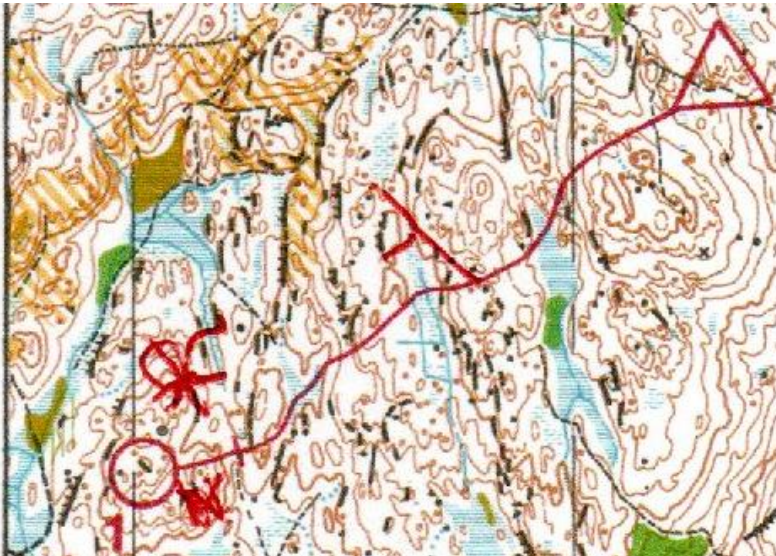
**GREEN ZONES:** usually occur at the beginning of a route. Rough orienteering zone, either following a rough bearing towards a catching feature, or following handrails (trails, streams, ridges etc.) In the green zones you should be running fast.

**YELLOW ZONES:** Areas where the map must be read more carefully. Usually the object here is to find the «ATTACK FEATURE» (the final well-defined feature before the control). A second goal may be to find a handrail to be followed.

**RED ZONES:** areas on the route where you must orienteer very carefully. Usually, this is from the attack feature and into the control. Red zones occur sometimes between controls, i.e. when passing through an area with many cliffs, where you must always know exactly where you are on the map.

Some routes consist of only one or two zone types. Others may contain a constant shifting from one zone type to another.

\* In the following exercises zone shifts are marked by a line across the route. Indicate which types of zones you think are between these lines. Use abbreviations G, Y, R.



*One of the six routes to analyse*

Helpful comments included:

“That’ll be RED for me.”

“I’m always in the RED zone.”

And the morning soon passed with more exercises such as “Control simplifications”, “Route choice analysis”, “Judging climb” etc. Lunch was booked for one o’clock and the exhausted team relocated to the restaurant area and put in their orders for nosebags.

During the meal, apart from the usual banter, there was some serious discussion on some of the points raised during the morning’s work. We hadn’t had time to work through all the sheets so we took them home to review those done and work through the rest in the comfort of our armchairs or, in my case, tutored by Jeeves.

Only two of us stayed on for pudding (“You shouldn’t eat that sort of pudding, Bertie, it’ll harden the arteries”) while the others biffed off to the four corners of Gloucestershire but we were all agreed that Tom had done a jolly good job in organising the day’s binge. Thank you, Tom.



**ADVANCED  
O-TECHNIQUE TRAINING**

**Worksheet 8**

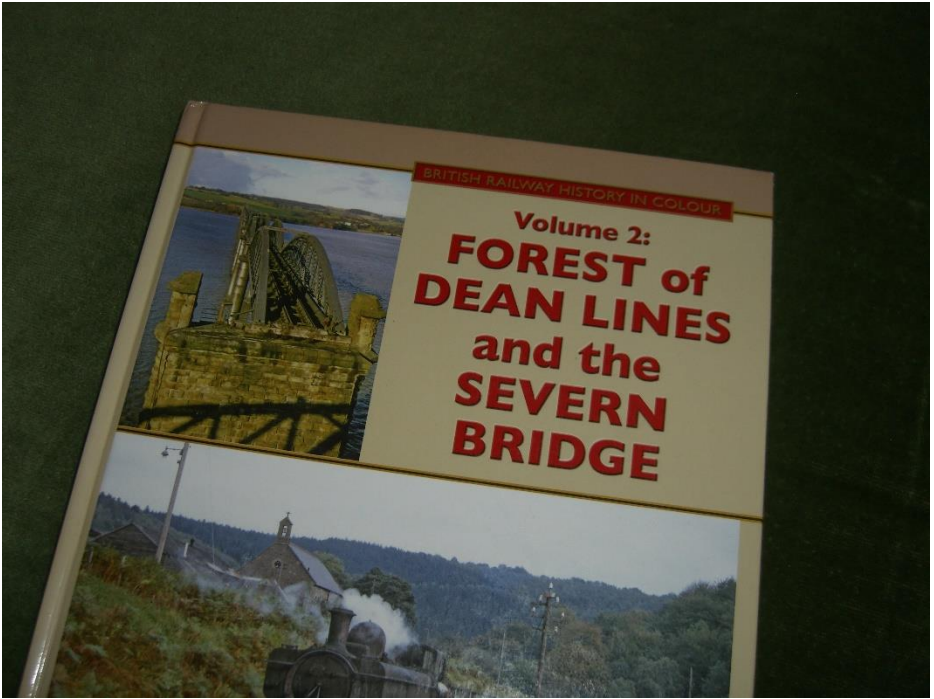
Name: \_\_\_\_\_

**Green zones.**

To be in a green zone, you must have a major catching feature ahead or be running along a major handrail.



## Book Review



NGOC (and BOK) organise plenty of events in the Forest of Dean which is very quiet these days – in the past the Forest has been a hive of industrial activity and even the Romans were mining in this area. Today the sound of industry is replaced by the cries of orienteers who are lost or stuck in clumps of brambles.

When orienteering here we come across signs of the industrial activity, especially the many old railway tracks. If you have ever wondered what some of these places used to look like this book is the thing for you. With well over 300 pages crammed with photographs this is a must for any railway or industrial archaeology enthusiast. The second edition of volume two is just out and priced at £40 so I borrowed a first edition from the library.

There are some good pictures of the signal box at the level crossing at the current Lydney station. The box was demolished after control was passed to Cardiff but thirty or more years ago I got off the train at Lydney to go for a walk in the Forest. Being in the time before you print out the timetable at home I had scribbled a few return train times on a scrap of paper and was checking them against the timetable attached to the signal box when I was hailed by a voice from above. It asked me if I would like a pocket timetable and, before I knew it, a timetable held by a bulldog clip tied to a piece of string was dangling in front of me. A very keen and helpful signalman!

For more about the book see:

[Lightmoor Press Books - Forest of Dean Lines and the Severn Bridge](#)

### **Remaining railways**

Apart from the main line from Gloucester to South Wales the only working railway remaining is the preserved Dean Forest Railway which operates steam and diesel trains. It runs from Lydney Junction (where it is joined to the mainline) to Parkend with the main centre at Norchard. The large car park there has been used in the past year for parking for a Wednesday military event and an NGOC event in Lydney Park.

We recently took a trip on the railway and were interested to see that there were film crews at Parkend and Norchard; they were to film for several days for parts of a new series of the Sister Boniface Mysteries, described in Wikipedia as “a British cosy mystery detective period comedy drama television series . . . a spin-off of Father Brown”.





# Childe Roland to the Dark Tower Came



Not a junior member of NGOC who invents a new control description symbol but a narrative poem by Robert Browning, written in a single day in 1852. "Childe" is the eldest son of a nobleman who has not yet attained knighthood and the poem describes his quest for the Dark Tower. Some of the description reminds me of an orienteer searching for a control, especially when things are not going well.

The beginning makes me think of the planner who tries to outwit the orienteer:

I

My first thought was, he lied in every word,  
That hoary cripple, with malicious eye  
Askance to watch the working of his lie  
On mine, and mouth scarce able to afford  
Suppression of the glee, that pursed and scored  
Its edge, at one more victim gained thereby.

II

What else should he be set for, with his staff?  
What, save to waylay with his lies, ensnare  
All travellers who might find him posted there,  
And ask the road? I guessed what skull-like laugh  
Would break, what crutch 'gin write my epitaph  
For pastime in the dusty thoroughfare,

### III

If at his counsel I should turn aside  
Into that ominous tract which, all agree  
Hides the Dark Tower. Yet acquiescingly  
I did turn as he pointed: . . .



*Childe Roland to the Dark Tower Came*

*By Thomas Moran - Unknown source, Public Domain,  
<https://commons.wikimedia.org/w/index.php?curid=518459>*

And how often have we thought that we were getting on well but  
then turn round to find that we are not even sure where we have  
been, let alone where we are going?

### IX

For mark! no sooner was I fairly found  
Pledged to the plain, after a pace or two,

Than, pausing to throw backward a last view  
O'er the safe road, 'twas gone; grey plain all round:  
Nothing but plain to the horizon's bound.  
I might go on; nought else remained to do.

X

So, on I went. I think I never saw  
Such starved ignoble nature; . . .

XXII

Glad was I when I reached the other bank.  
Now for a better country. Vain presage!

According to Wikipedia one commentator again reminds me of my attempts at orienteering:

"Roland participates in a seemingly endless, futile quest deep into a landscape that he can never be certain exists outside of his own mind. He is unable to rely fully on his senses to determine his place or direction, which leaves him in mental and emotional agony. At times, he sees things that immediately after disappear, or that shift in front of his eyes; at other times, his senses abandon him completely ..."

Search on "Childe Roland to the Dark Tower Came" for the whole 34 verses and for background on this work. (Jeeves says "Childe Roland to the Dark Tower Came" when he and Bertie Wooster arrive at Totleigh Towers to face some events that Jeeves would call "Most disturbing, sir".)

# from the . . . BOC Archive

*Legend for January 2011:*

## Orienteering board game – Swedish 1950s style

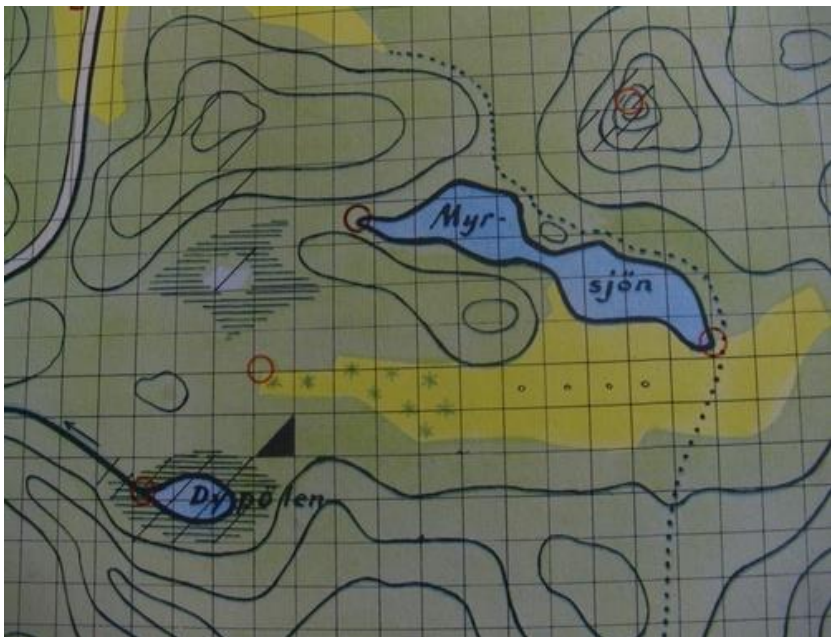
When I started thinking about devising an orienteering board game I looked on the web and all I could find was this:



The game board is basically an ordinary orienteering map with a grid overlaid and, as in "real" orienteering, competitors try to find their way round the controls and the first one to reach the finish is the winner. Players roll three dice at their turn – one is an ordinary 1/2/3/4/5/6 dice and the other two give the directions that the players can choose from. The direction dice both have three blank sides and the other three sides have directions N, S, NS and E, W, EW respectively. If you are running along a road or river or other distinct feature of the landscape you ignore the direction dice. If not, you have to combine and choose one direction from the direction dice (if both dice are blank you can run any way you like, not necessarily only in one direction).

<http://www.boardgamegeek.com/boardgame/15059/skogskarlarnas-orienteringspel>





Black half-square means “you lost your map - go back to last checkpoint”, the little circles in the field means “newly planted crops – disqualified”.



# Brashings

## Crossword answers

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

### **British Orienteering incentive scheme awards**

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

Hannah Agombar	Racing Challenge: Bronze Award *** Navigation Challenge ***
Sebastian Lyne	Navigation Challenge ***
Dylan Miklausic	Navigation Challenge **
Rosie Watkins	Navigation Challenge *****
James Askew	Racing Challenge: Silver Award *****
Alan Stringer	Racing Challenge: Silver Award ***** Racing Challenge: Bronze Award *****
Hugh Garai	Racing Challenge: Bronze Award *****

### **A warm welcome to new member: -**

\*      Craig Sipek

### **Pine martens**

*(In the April edition of Legend we reported that volunteers were being sought by the Gloucestershire Wildlife Trust (GWT) to track the movements of pine martens that had been reintroduced into the Wye Valley and Forest of Dean.)*

I am signed up as a pine marten spotter with GWT but haven't been given my patch to monitor yet. Hopefully I may have something to report for a future edition. *Pat MacLeod.*

## **Tick-borne encephalitis**

We all know that we should check ourselves for ticks after orienteering or being out in the countryside because ticks can carry and pass on Lyme Disease. But there is also tick-borne encephalitis: although the risk is very low (three cases since 2019) it is worth reading the NHS advice at:

<https://www.nhs.uk/conditions/tick-borne-encephalitis/>

There is a vaccine against tick-borne encephalitis but it is not available on the NHS and is quite expensive. Thanks to Neil Cameron for this information: Neil got vaccinated before going to orienteer in the Czech Republic. He would also like to point out:

"The best way to remove a tick is (surprise!) with a tick remover! This is a small thing like a miniature claw hammer available online e.g. Amazon for a few pounds (search "tick removers human"). It avoids beheading the tick or squeezing its contents into your bloodstream. I have one that I've used occasionally with success."

## **Project Beaver**

Gloucestershire Wildlife Trust and Forestry England are managing a project to see if it is feasible to reintroduce beavers in the wild in Gloucestershire. It is more than 400 years since beavers were last recorded in the county although fenced reintroductions have been made in the Forest of Dean and the Cotswold Water Park. For the full BBC article see:

[Gloucestershire hopes for beaver return after 400 years - BBC News](#)

### **Reading a map is easy even for four-year-olds . . .**

. . . according to research by the University of East Anglia. Researchers found that four-year-olds have spatial intelligence enabling them to use a scale model to find things in the real world – a precursor to map reading. 175 children aged between two and five were shown a sticker hidden in a model of a room and were then asked to find another sticker in the same place in another model of the room. Two- and three-year-olds were not able to recognise that the spatial arrangements in the model rooms were the same but from about the age of four they could use one model room as a guide to finding the object in the other.

*(How many orienteers find map-reading easy? - Ed.)*

*Thanks again to Neil Cameron.*

### **Have your say!**

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

### **Articles for Legend**

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

### **Disclaimer**

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

# Soapbox!

Way back in 2000, when Chris Morris was the editor of Legend, “The Back Page Soapbox” was a regular feature. It gave NGOC members wishing to complain about aspects of orienteering that annoyed them a wide audience - better than the usual method of complaint, just grumbling at download.

**I feel it's time to get back on my soapbox, with my personal view of Urban Events:**

## Map Clarity

The rules<sup>i</sup> say that *“The map should be surveyed and drawn so that it is legible at running speed at the smallest scale used in the competition”*. Features such as narrow passages that appear clearly passable (or impassable) on the planner's computer screen are often not so on the printed map at running speed. Orienteering should be a test of navigation and running, not an eye test! One example, by no means unusual, follows: Examination of Routegadget for a recent urban event<sup>ii</sup> shows that only two of the eleven runners who have added their routes to the website avoided being attracted towards what appeared to be a potential short cut on one leg, but was in fact impassable. Even the eventual winner of the Long course made this mistake! Looking at Routegadget now the map does look clear at large size on screen, but on the paper version the wide black line of an uncrossable wall running north/south seems to create an optical illusion, such that a high fence running east/west becomes narrow in comparison. Surely a feature on the map that catches out 80% of runners, including the most experienced, can't be fair? **Mappers of urban terrain need to exaggerate features so that they are clear on the printed map, rather than**



**remaining precisely to scale.** (*And in case you ask, yes, I have recently bought a magnifier, but sometimes I still struggle to determine whether routes are viable or not*).

## Map Scale

The rules<sup>iii</sup> state that maps for urban events are to be drawn to the ISSprOM<sup>iv</sup> specification. This international document<sup>v</sup> states that *“The map scale shall be 1:4,000”* and that enlargements to 1:3,000 are permitted. Perversely the British Orienteering rules<sup>vi</sup> state that for urban events the map scale can be 1:5,000 or 1:4,000. How can it be correct for British Orienteering to suggest that a Specification that has been specifically designed for clarity at 1:4,000 be used at a smaller scale? The controller’s report<sup>vii</sup> on the recent Sheffield City South West race says *“I received a few constructive comments about the readability of the 1:5,000 maps. I fully accept that was an issue for a couple of controls”*. Local knowledge of the Botanical Gardens led me through a tunnel, into the bottom of the bear pit, to the control on the statue of a bear! The route to the control was not clear on my 1:4,000 map and it must have been even harder for those with 1:5,000 maps. **A national rule change is needed to ensure that urban maps drawn to ISSprOM are presented at 1:4,000, and preferably enlarged to 1:3,000 for older and younger runners.**

## Ranking Points

A British Orienteering document<sup>viii</sup> dating from 2009 outlining the proposed new ranking scheme states that ranking points will be awarded only for TD4 and TD5 courses. I have been unable to find confirmation on the British Orienteering website, or within the Rules, that this proposal was adopted. However, looking at published results, it appears that points are indeed awarded for all TD5 courses and the Light Green course (TD4), provided that

there are sufficient finishers on a course for the statistics to be considered reliable. As far as I can see, ranking points are never awarded for the Orange course (TD3). Urban events do require a little orienteering skill, because there is usually simple route choice, but the principal factor in the results is running speed. **I would contend that most urban events are equivalent to a TD3 forest event and therefore should not be included in the same ranking list as “proper” orienteering.** Personally, as a reasonably competent navigator but a poor runner, I find my scores on urban events are always very much lower than for forest events.

## Course Location

Some urban events in quite interesting old towns and cities actually start in a nondescript estate on the outskirts of a town and, even if the Open course reaches the city centre, short courses sometimes reach only boring suburbs that could be anywhere in the country! Clubs should ensure that the location of the courses within a town are properly considered and then advertised in the final details. The recent NWO event at Devizes was excellent, as even the shorter veteran courses used the alleyways of the old town centre. **Urban events should visit town centres, both to maintain interest for competitors and to showcase orienteering to the public.**

## Quoted Course Lengths

In 2019 a change was made to the rules, to align the method of calculating course lengths for Sprint and Urban Events with the method used for Forest (and all IOF) events. The rules<sup>ix</sup> now state *“Course lengths are given as optimal distances”*. **Why do so many published event details continue to quote straight-line distances?**

# Conclusion

Well, I do keep going to urban events, so I suppose I do enjoy them, but I think there is sometimes room for improvement!

*Paul Taunton*

June 2023

---

<sup>i</sup> Rules of Orienteering: Appendix D Mapping, paragraph 2.1.5

<sup>ii</sup> <https://www.bok.routegadget.co.uk/rq2/#249&course=1.2> Medium Course, Leg 5 to 6, Long Course, Leg 6 to 7.

<sup>iii</sup> Rules of Orienteering: Appendix D Mapping, table 2.6

<sup>iv</sup> ISSprOM 2019-2, International Specification for Sprint Orienteering Maps, Revision 5, September 2022

<sup>v</sup> ISSprOM Paragraph 3.1.

<sup>vi</sup> Rules of Orienteering: Appendix D Mapping, table 2.2

<sup>vii</sup> <https://www.southyorkshireorienteers.org.uk/events/event/896-regional-urban-event>

<sup>viii</sup> Report & Recommendations to the Board of British Orienteering “A new National Rankings Scheme for Orienteering in the UK”, Recommendation 5.

<sup>ix</sup> Rules of Orienteering: Appendix B Course Planning, paragraph 11.5.4.

***Soapbox!***

*If there is something about orienteering*

*that you would like to get off your mind please send it to the editor at [legend@ngoc.org.uk](mailto:legend@ngoc.org.uk). It can be long or short and can be on anything to do with orienteering, from how many controls there are on a course to where they site the loos.*