

The Legend

Number 140



Newsletter of
North Gloucestershire Orienteering Club
July 2009

www.ngoc.org.uk



NGOC Committee

Chairman

Chris James 01989 720122
chairman@ngoc.org.uk

Secretary

Pat Cameron 01684 294791
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

Matthew King 01242 226195
membership@ngoc.org.uk

Equipment Officer

Pat MacLeod
equipment@ngoc.org.uk

Fixtures Secretary

Dave Hartley 01452 863805
fixtures@ngoc.org.uk

Mapping Officer

Paul Taunton 01594 529455
mapping@ngoc.org.uk

Club Welfare Officer

Gill James 01989 720122
welfare@ngoc.org.uk

Club Development Officers

Alan & Ellen Starling
01793 320054
alanandellen@googlemail.com

Additional Members

Roger Coe 01594 510444
randvcoe@btinternet.com

John Fallows 01684 290256
john@greyeye.co.uk

Legend Editors

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

Website

Eddie McLarnon
01242 673079
webmaster@ngoc.org.uk

Cover: Day 1 of Triple O Severn: Controller Ian Cawley (BOK) and Planner Bob Teed (NGOC) discuss final details in the Assembly field at Speech House. *Photograph: John Lewis*

Disclaimer

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

Chairman's Chat

On a personal note – my sincere thanks for all your good wishes for a speedy recovery

I am pleased to report that recovery from a heart attack is greatly assisted by being reasonably fit. The fact that it arose totally unexpectedly would appear to have been due to heredity and probably stress. So I am having to take things easy until the heart has fully repaired itself. I have been advised that the Scottish 6 Day should be fine in M70S as long as I don't try to do too much and leave out days if necessary.

I am most grateful to the committee and Roger Coe in particular for taking over from me in the interim.

Oxstalls Campus - University of Gloucestershire

Do look at the Club's website for details of our five Wednesday evenings in July at Oxstalls. This is a really marvellous development from our previous Street Event programme in former years. PLEASE do try to come to one or more of our exciting sessions. These will be followed in the autumn with a regular series of further meetings to give you all the chance to meet, and learn from, the club's experts.

Gloucester Park Permanent Course

Mark Boyce's project has come to fruition with the opening of the Permanent Course on Saturday 30th May on a lovely summer's day. Well done, Mark, and our sincere thanks for driving this project forward. I know that Mark is now working on Phase 2 with a further area to be mapped and "en-coursed".

In the previous issue I asked - So what should we do for development?

This time I did get some responses that are being followed up. How great to know that others do care about our Club's future and are prepared to do something about it.

All the indications are that clubs that are thrusting forward are really setting out to attract newcomers and to welcome them to our sport. Learn all about the Participation Project from the Federation's website. We are very lucky to have Matt Lloyd at Oxstalls who is really keen to develop orienteering for his sports education students and to help us as a club. Hence the use of the Campus for our future meetings. It is really convenient, especially for those of you who live in Gloucester and Cheltenham. For those of us who live away from this heartland it is also easy to reach, especially in the evenings.

I look forward to seeing more and more of you there.

Good orienteering.

Chris James - *Chairman NGOC*

MEMBERSHIP NEWS

Change of details:

Ted Beddis:

tbeddis@googlemail.com

Emily Carpenter:

emily.carpenter@doctors.org.uk

Tom Mitchell:

tommitchell@doctors.org.uk

Bill Smith:

Silkstone110@hotmail.co.uk

John Wickson:

johnwickson1@googlemail.com

Changed your email address, phone number or postal address? Don't forget to tell the Membership Secretary!



JK Relays. Alternative club tent. Back row: Paul Taunton, Rebecca Nesbit, Sam Taunton, Laurence Snowden, Rose Snowden, Alan Nesbit, Chris James; Front row: Gill James, Joe Taunton. Photograph: Gill James.



JK Relays. Laurence Snowden setting off in the Ad Hoc relay. Photograph: Paul Taunton

CAPTAIN'S LOG

Harvester Relay Report

On Saturday 21st June, five intrepid NGOC'ers set off for the wilds of South Wales to take part in the Harvester Relay. The annual overnight relay competition for the foolhardy took place this year on Merthyr Common, a bleak and inhospitable moorland, offering complicated orienteering, fine views of the Brecon Beacons and Black Mountains, but no comforts of any kind. By contrast, last year's event offered pretty Chiltern woodland and the cosy village local in which to "prepare" for the night's activity, but none of that this year.

Arriving a little before darkness descended, tents were erected in the designated area, a rock and thistle infested slope of a campsite, surrounded by dangerous quarry cliffs, 1800 feet above sea level. The purpose of the tents was to allow team members to grab an hour or two of sleep before or after the allocated leg. The unfortunate early runners get next to no sleep and have to orienteer in the dark. The lucky later-leg runners get much more sleep and orienteer in the light of the morning. Why is it I always end up with the long night leg?

The final details contained many fear-inducing security warnings, such as: "if lost, do not head north, as this will result in almost certain death by falling off a cliff", "must take your mobile with organisers number programmed in". With this information digested, the first leg runners set off at 1:30 am. John Fallows did very well, handing over to myself at 2:40. After finding the first few controls with a minimum of fuss, complacency set in and I soon found myself badly lost a couple of times, needing to make large detours to relocate. I eventually handed over to Gary Wakerley around 4:30 am, by which time the birds were up and singing and darkness was gone. I was mortified to see on my download ticket that control 10 had not been dibbed, meaning I and the NGOC team were thus disqualified! I felt certain that I had visited the control, but the controller accepted none of my pleas. Perhaps drowsiness had overcome me and I sleepwalked past the control – who knows!

Gary, Paul Taunton and Tim Brett all had very good runs, but all to no avail, as the disqualification stood. The moral of the story must surely be that next year the captain cannot be trusted with the long night leg – let him have the short, easy day leg instead (or not come at all)! Had I not been unfairly

disqualified(!), the NGOC team would have finished a creditable 13th of 33 entries on the B course.

The nice bacon butties, cakes and cups of coffee put on by the organisers provided some consolation to us, before striking camp and heading for home at around 9 am.

Swimming to the Finish Control

I spent the May half term camping at Eskdale in the Lake District with my family. One of the benefits of the internet is the ability to search for orienteering events in other regions you might be visiting. Thus I found a summer evening informal event being put on by WCOC in Wasdale, only a few miles from our campsite. I was impressed by the simplicity of the event – true one man organising. The course I did required some quite technical navigating, so that was good practice for the Harvester. I found my way successfully to the last control only to realise that the Finish was located on a small island 5 metres away from the shore of Wastwater! The previous couple of days of rain had totally submerged the stepping stones to it, so there was only one option: to wade across to dib the Finish, water up to the thighs, and then wade back to the shore again! Clearly this informal event did not have a nit-picking controller !

South West Summer Relay Series

This is a series of low-key relays held by various clubs in our region over the summer, generally in parks and similar. The organising clubs and dates of the remaining relays are as follows:

BOK (Bath) 5 July
Devon 19 July
WIM 26 July

Paul and Joe Taunton require one extra person to complete their team for 5th July. For handicap purposes, this person needs to be female (any age) or male, aged 50 or more. If interested let me know. If anybody else is interested in taking part in any of these relays, let me know and we can try to make up a team or two.

Greg Best

captain@ngoc.org.uk

01242 516053

The orienteering blog of Jason Twinge (M45) of Droitwich Spa

Mad Hoc brings you another exclusive - a fascinating insight into the mind of one of the club's most dedicated orienteers!

Tues: Spent four hours rearranging my map collection by alphabetical order of the name of the area. At half past nine had a crisis of confidence over whether areas beginning with "The" as in "The Wrekin" should be classified under "T" or not. Had a cup of cocoa in my Wilf's mug and decided that they should be arranged in alphabetical order of club. Dozed off before I could make a start.

Wed: It's a disgrace! The committee have decided against my suggestion for a five-day street orienteering festival in Droitwich Spa next summer. Am I the only visionary in the club? What could be more appealing than the thought of running on the same tarmac as the saintly Ashley Giles? I detect the hand of Belinda Bartmann in this rejection.

2130: Drafted my letter of resignation from the club.

2230: Had some cocoa in my Wilf's mug and tore up my letter of resignation.

Thurs: Phoned the Mad Hoc office to enquire into the whereabouts of the extendable dibber that I ordered a few weeks ago. It turned out that the company supplying them has gone into receivership. Consoled myself with the thought that I should soon be getting delivery of my decimal compass. Rearranged my map collection in order of date.

Sun: Disaster. Travelled all the way to the Beryl's Bottom District event only to find that I had neglected to swap my training

shoelaces over to my special super-lightweight foot-and-mouth-proof racing shoelaces. So gutted about carrying the extra weight that I ran off the map and lost twenty minutes. Belinda Bartmann was bad-mouthing Droitwich Spa as a premier orienteering venue. What does she know?!

Mon: Another great disappointment. By an unfortunate coincidence, the suppliers of decimal compasses have also gone bust. I was reassured by the Mad Hoc office that my Wilf's Big Mug was on its way. Looking forward to having 10% more cocoa at bedtime. Rearranged my map collection in order of scale.

Wed: Just back from the COD evening event at Booley Fields. Event was ruined by the use of a faded orienteering kite not conforming to IOF Standard 14.7b (Colour specifications). Wrote a strong letter of complaint pointing out that the course should be voided and my time of 118 minutes expunged from all records. Rearranged my map collection in order of great circle distance from Droitwich Spa Town Hall. Spilt cocoa on the stairs.

Thur: Appalling luck continues. The lady at the Mad Hoc office told me that Wilf is suing the manufacturers of the Big Mug. All stocks will have to be destroyed! As a result, I am totally overstocked with cocoa. Wrote to Ashley Giles to try to get extra local support for the Droitwich Spa O-Festival. I know I can count on the "King of Spain". Rearranged my map collection in order of resemblance to Belinda Bartmann after she's been run over by the Bromsgrove bus. Felt much better after that. Cocoa, then bed.

Thanks to Dave Nevell, Editor of AD HOC (the journal of Harlequins Orienteering Club), and "Rocky Knoll" for permission to reproduce this item.

Orienteering in July

Come and have a go at orienteering with NGOC

Suitable for all fitness levels, age and abilities

Everyone welcome!

Wed 1 July	Orienteering around Oxstalls campus
Wed 8 July	Street orienteering starting from Oxstalls campus
Wed 15 July	Orienteering around Oxstalls campus
Wed 22 July	Have fun improving your skills at Oxstalls
Wed 29 July	Street orienteering starting from Oxstalls campus

At the University of Gloucestershire Oxstalls Campus, Oxstalls Lane,
Gloucester.

Time 6.30 – 8 pm

Prices: Adults: £1, Children: free

For further information contact:

Greg Best 01242 516053

captain@ngoc.org.uk

www.ngoc.org.uk

(If any Legend readers would like a supply of flyers for these July events to distribute or display (e.g. in sports clubs, at work, to friends, noticeboards elsewhere etc.) please contact Greg. This would be particularly useful in areas close to Gloucester.)

UKCC Level 1 Certificate in Coaching **Orienteering**

17/18 and 24 October 2009

Venue: Kingston Maurwood College, Dorchester

Cost: £200 (note grants may be available for BOF members)

Course information :

The UK Coaching Certificate Level 1 is the first rung of the coaching ladder. Emphasis is on planning and delivering fun, rewarding and motivating sessions for all. This course is aimed at anyone who has an interest in introducing newcomers or helping others improve their orienteering skills. This might range from offering ad hoc coaching at local events to more formal dedicated coaching sessions.

Over the three days of the course candidates will learn and practise delivering a range of activities. Throughout there will be some assessment activities and by the end of the third day if you are assessed as having met the required competencies you will be awarded the UKCC level 1.

For more information see the information pack and application form on the British Orienteering website www.britishorienteering.org.uk. Click onto developing orienteering and then coaching.

Course Tutor: John Tilsley

Contact for information: vicky@britishorienteering.org.uk

Minileague winners 2008-9

Blue:

Winner :**Andy Monro** EBOR - 4148 points

Top NGOC: **Andy Stott** (8th) - 3464 points

Top junior: **James Wilkinson** HOC (20th) - 2799 points

30 ran in 4 or more events

Green:

Winner **Colin Parsons** NGOC - 4082 points

Top non-NGOC: **Mike Farrington** HOC (2nd) - 3912 points

Top junior: **Sam Wilkinson** NGOC (6th) - 3581 points

4 ran in all 8 events; a further 28 ran in 4 or more

Orange:

Winner: **Sandra Bumblauskaite** NGOC - 4459 points

Top non-NGOC: **Carol Farrington** HOC (3rd) - 3809 points

Top junior: **Tristan Powell** NGOC (2nd) - 4149 points

10 ran in 4 or more events.

Prizes of Ultrasport vouchers will be presented at the Chairman's Challenge BBQ on 12 September.



Gloucester Park Permanent Orienteering Course. Mark Boyce (right) shows Leader of the Council Paul James (left) the map at the official opening. For Mark's article about the course see the May 2009 Legend



Gloucester Park Permanent Orienteering Course. Getting ready for the opening ceremony. Photograph: Carol Stewart

NGOC Win Army Harris Relays

In a spectacular success the dark horse NGOC DoDo's romped to a decisive victory in the Ad Hoc mixed team section of the Army's Harris Relays*, 7 minutes ahead of their nearest rivals. Apart from heading up this 24 team group they also achieved a better time than the Army Vets consisting of some well known "fleet of foot" competitors. In a very fast time Joe Taunton picked up 24 controls (and was in 9 minutes ahead of anyone else in the team), Tom Mills picked up 15 controls with the nomadic O celeb' Alan McKenzie on loan from SWOC picking up 11 controls. "I hope there is money in it" said one member of the team "wot with the price of pipe tobacco and slippers going up all the time".

**For those unfamiliar with a Harris Relay, this is very much a teamwork event. The event consists of a group of compulsory spine controls (in the above case 10) which all team members have to get. Then there are the elected controls which the team have to split amongst themselves (in the above case 20). Immediately after starting and collecting 3 maps, the team study the map and then have to decide which of the elected controls is allocated to whom. In an ideal situation, a balanced team with a good plan of attack will achieve the objective of all members finishing at the same time. A good method of memorising helps as does the ability to flex the plan whilst out on the terrain.*

Wednesday Army League

It is worth noting by anyone who has Wednesdays free that a large number of civilians attend the Army League. Amongst these are several NGOC members. The cost of travel is managed on a shared car, shared cost of petrol and other transit expenses e.g. bridge tolls that are incurred. The price of entry to the events is a very reasonable £2.00 making the day very affordable. Make this your mid-week break.

The following is from the May-June 2009 edition of BOK NEWS:

After a concise briefing at an Army Harris relay, together with the statutory "request" Any Questions?, a voice from the back asked if he could go over the transport arrangements? Certainly, came the reply. "You get on the mini-bus here and when it gets to the other end, you get off."

Brashings

Fixtures list for 2009-2010

A fixtures list for the new season is included with this edition of Legend; a printed copy is being posted to all members. Registration for league events will be from 1130 to 1230, starts from 1200 to 1300; courses will close at 1500.

Yellow courses at league events

All 2009-2010 league events will have a yellow course to cater for beginners.

Legend in colour

The May edition of Legend was printed in colour only on the front and back pages. However, because the black and white pictures inside did not look very good and only a small amount of money was saved on the printing (and because of adverse comment from John Burrows) it has been decided to revert to full colour printing.

JK 2010

This is to be held in Devon and NGOC is planning to have two teams helping. The first team will organise the prize-giving - up to 10 people will be needed to make the ceremony run smoothly and quickly. The second team will be available to help in a way yet to be decided. Any volunteers please contact any member of the Committee.

Cleeve Hill Rangers at AGM

Before the start of our AGM in October we hope to have a 30 minute talk by a Cleeve Hill Ranger about the projects being carried out on the hill.

Professional looking flyers

British Orienteering can now produce professional looking flyers to order for your event. This is easy to do and printing/delivery is very quick.

www.britishorienteering.org.uk/developing/publicity.php

Latest guidelines for event organisers

Organisers should check the latest rules and guidelines for events on the British Orienteering website:

www.britishorienteering.org.uk/event/rules.php

Legend Editor wins at Brown Clee Hill. First ever win. Probably last ever win

Full results on the red course are:

Pos	No.	Name	Club	Age Class	Time
1	828	Alan Brown	NGOC	M55	48:40
2	784	Jamie Parkinson	DEVON	M18	54:36
3	806	Julian Trump	HOC	M60	78:57
4	847	David Schofield	IND	M60	112:51
5	7	Rebecca Reynolds	EPOC	W45	123:38
dnf	824	McCoshan family	HOC	Â	Â
dnf	842	Derek Lloyd	WRE	M70	Â

4.825 kilometres, 40 metre climb, 14 controls

Orienteering slang

Do you know any good orienteering slang or informal phrases (e.g. "elephant tracks"), even if you have only heard them once? Send them in to the editor with a dictionary-style definition and/or amusing anecdote about their origin and get your name in lights in the next Legend!

Have your say!

Are there any matters that you would like the committee to consider? Contact the Club Secretary, Pat Cameron, or any member of the Committee. The next Committee meeting is on Monday 7 September 2009.

Articles for Legend

We are always looking for articles on anything to do with orienteering; digital photos are especially welcome. Send your article/pictures to legend@ngoc.org.uk or Alan and Ann Brown, 10 Brizen Lane, Cheltenham, GL53 0NG. Thanks to everyone who contributed to this edition of Legend.

Back page

Greg Best at the end of season Novelty Event. *Photograph: Paul Taunton*

