

# The Legend

Number 146



Newsletter of  
North Gloucestershire Orienteering Club  
July 2010

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



# NGOC Committee

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**Cover:** Club Captain Greg Best overtakes Alan Nesbit wearing BOK colours at the British Championships. *(Photograph: Gill James)*

# Chairman's Chat

## NGOC Chairmanship

*I STILL NEED A SUCCESSOR AS CHAIRMAN PLEASE.*

The October AGM draws ever closer!

## Meeting Members

In the normal course of our sport in NGOC one seems to meet the same faces if not often then at least from time to time. However this is based upon either knowing those folk or at least recognizing them. So what about the rest of you? Well for some time now I have tried to meet more members and have realized just how difficult it can be.

In the winter time many of us arrive at an event, go hurriedly to Registration and then retreat to our cars to make the final preparations to compete. We then go direct to the Start and set off. On our return to the Finish we pass via Download and head straight back to our cars. Having changed we leave having spoken to a very few others. At each stage there is very little opportunity for your Chairman or anyone else to find out who you are and make the connection with the membership list.

As a Club involved in the Participation Project we are trying to overcome the above problems by creating better opportunities to meet fellow club members. A few members are really trying hard to create interesting and worthwhile opportunities to be sociable. So why are we not getting a better response? It would be very helpful to know if there are alternative activities or timings of activities to encourage more of the Club spirit. Do please let us know your thoughts.

Now my guess is that you have possibly read my comments above and have moved on to the next article. That is

assuming you have read this section at all!? I have received so little feedback to these Chairman's Chats during my period as Chairman that I really just do not know what many of you think. Does the Chairman's Chat just help our Editor to fill the pages of your NGOC Legend, or does it add value to an excellent club magazine?

## NGOC Developments 2007-2010

Having written the above section I feel that it is time to be more positive and reflect on the changes and developments we have made within my Chairmanship.

- I have always said that our strength is staging orienteering events and maintaining a full fixture list. This has continued with our grateful thanks to many members newer to the tasks as well as the 'old faithfuls'.
- We have taken steps towards becoming a recognized Clubmark Club though progress could have been far swifter as most of the pieces of the jigsaw are in place. These include now having a new Level 2 Coach and three more Level 1 Club Coaches as well as a Club Welfare Officer.
- NGOC has been invited to join the Federation's Participation Project.
- We owe much to Matt Lloyd, Senior Lecturer at the University of Gloucestershire, for having helped us establish a base at the Oxstalls Campus in Gloucester. With our base in place we can now hold our Committee meetings there. This has proved to be more central for most of the committee members.
- We have started monthly Club evening meetings at Oxstalls on the second Monday of the month starting last September. These have given us new opportunities to share expertise and experiences for the benefits of all.
- We have the Oxstalls campus mapped and have used it for our July Street event series in 2009 and now again

in 2010. These are all helping us to build up towards a weekly series of meetings that the Participation Project encourages.

- Committee meetings have now generally been reduced to more acceptable lengths by inviting members to report beforehand and then respond to any questions rather than churn through lengthy verbal reports.
- We have involved a number of members within the committee to strengthen all that we do.
- With sail banners and many more club 'O' suits we have felt more of a club when we do get together despite what I have said in my previous section. It is very good to see these things happening since we have ensured an adequate supply of kit.
- This year we have run a series of 'Beginner's' events in Cheltenham on Friday evenings.
- The club is helping a number of the City of Gloucester Schools to stage orienteering.
- We are in the process of setting up a link with Hartpury College.

So as my period of Chairmanship draws to a close I will look forward to experiencing further development in the years to come. We must all recognize that Gloucestershire is a good sized county with a fairly scattered population apart from Cheltenham and Gloucester. Just think of Bristol Orienteering Klub with its huge population all centred on the city! However NGOC is extremely fortunate to have the Forest of Dean and the Cotswold ridge, two top areas for every level of competitor. All we need to do now is to encourage more to join us and benefit from it.

Good orienteering.

Chris James - *Chairman NGOC*

## Have you ever had a similar experience?

*"... And then the simple explanation dawned on him. This was the wrong tree.*

*"As he realized this, his self-possession forsook him completely. With frantic haste he began to circle round, thrusting through the undergrowth, peering with staring eyes at the ground carpeted with last year's leaves on which the light fell from his lamp. Again and again a tall, slender trunk lured him on to a fresh disappointment. He seemed to be bewitched. The place appeared to be full of beech trees--as in fact it was, being a beech wood. And with each failure he became more wildly terrified and distraught. All sense of direction and position was gone. He was just blindly seeking an unknown tree in a pitch-dark wood.*

*"Suddenly he realized the horrid truth. He was lost. He had no idea whatever as to his whereabouts. He could not even guess in which direction the track lay, and as to his hideous but precious burden, he might have strayed half a mile from it. He stopped short and tried to pull himself together. This sort of thing would never do. He might wander on, at this rate, until daylight or topple unawares into the pit and break his neck. There was only one thing to be done. He must get back to the path and take a fresh departure.*

*"As this simple solution occurred to him, his self-possession became somewhat restored and he was able to consider his position more calmly. Producing his compass and opening it, he stood quite still until the dial came to rest. Then he turned slowly, so as not to set it swinging again, until the luminous "lubber-line" pointed due west. He had only to keep it pointing in that direction and it would infallibly lead him to the path, which ran nearly north and south.*

*So, with renewed confidence, he began to walk forward, keeping his eye fixed on that invaluable direction-line."*

(From Mr Pottermack's Oversight by R. Austin Freeman, published 1930.)

NOT the Western Night League - this is Mr Pottermack trying to relocate a sack, containing part of a body, which he has dropped when disturbed by other people in the middle of a lonely wood at night. Put briefly Mr P has killed a man who has been blackmailing him and dumped his body down a well. He gets away with it but he later discovers that the woman he wants to marry is already married - to the blackmailer. Only Mr P knows that she is now a widower as the police think that the blackmailer has simply disappeared so a body must be produced for him to be declared dead. Since the body is not recoverable Mr P buys an Egyptian mummy (apparently easy to come by in the 1920s and 30s), dresses it up in clothes purportedly belonging to the dead man and leaves the body in a disused quarry to be discovered in due course.

Now if you have had a similar experience please write it up for Legend before handing yourself in to the nearest police station.

There is an orienteering feel in another part of the book as well. The character this time is Dr Thorndyke, a Sherlock Holmes-like figure:

*"On leaving the station precincts, Thorndyke set forth with the confident air of one who is on familiar ground, though, as a matter of fact, he had never been in the district before; but he had that power, which comes by practice, of memorizing a map that makes unvisited regions familiar and is apt to cause astonishment to the aboriginal inhabitants."*

# Oxstalls summer series

Wednesday 7 July	Sprint novelty training
Wednesday 14 July	3 courses, including one Norwegian style
Wednesday 21 July	Multi-choice memory event
Wednesday 28 July	One-hour score event

*Start times 1800-1900*

Oxstalls Campus  
Oxstalls Lane  
Longlevens  
Gloucester

The main car park entrance is in Oxstalls Lane. For full travel directions visit:

<http://www.glos.ac.uk/travel/Pages/oxstalls.aspx>

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## **WESSEX ORIENTEERING CLUB - CADDIHOE CHASE 2010**

**including the South West Championships September 25<sup>th</sup>/26<sup>th</sup>**

**Location.** Wareham Forest using parts of the area not used for several years. A completely revised map of two parts of the forest will be used. Grid Ref 895910. Post Code BH20 7PA. Typical Dorset forest which has seen many changes over recent years. Includes interesting areas of intricate contour detail and challenging areas of open and semi mature forest.

Organiser: Ian Sayer ([ian.sayer68@ntlworld.com](mailto:ian.sayer68@ntlworld.com)) or 01202 484523 before 9.00 p.m.

Planners: Day 1 Roger Crickmore. Day 2 Richard Arman

Controller: John Warren (Wimborne)

Full details and entries: [www.fabian4.co.uk](http://www.fabian4.co.uk)



# The British Championships



*(Photographs: Gill James)*



# Cleeve Regional Event – 23 May

*by Neil Cameron (planner)*

This was the first time for several years that I had planned an event larger than one of our Club mini-league events. I was therefore very pleased when David May of SLOW (who now lives near Chepstow) agreed to act as my Controller. David is very experienced, is an IOF Senior Event Advisor and like me, keen to strive for the highest standards, and I benefited a lot from his guidance during the planning.

I think being mentored is one of the best ways of learning and of refining your existing skills and I hope the club can continue to extend its efforts in mentoring as it's doing with inexperienced club event organisers.

I was fortunate that the club agreed to have a professional mapper do the necessary map updates, and doubly so that he decided a full re-map was as cost-effective as the updates I knew would be required. Mind you, despite a brand new map delivered five months before the event, further updates were still required, mostly minor, but one major change was to address where areas of gorse (and even a small copse!) were cleared a few weeks before the event.

I was also very grateful to have great support from Paul Taunton who printed coloured maps for me at various scales to use while resurveying or planning. More importantly, he reworked the non-A4 map into two versions – a landscape layout map for all but the longer courses, and a portrait layout map for the longer courses.

I was very lucky on the day to have one of the hottest and sunniest days possible, making putting out controls a sheer delight, even at 5 in the morning! I also had excellent support from Eddie McLarnon and Roger Coe who helped put out the controls, and from them, Dave Jones and some youthful competitors who helped me collect them in again.

What did I learn?

- Purple Pen is a superb armchair planning tool
- I was correct not to put out SI boxes in such a public open area until on the day. If so many site tapes went missing (some several times), what would have happened to SI boxes on stakes?

- I should have pre-prepared a control collection plan which was different from the putting out plan as the optimum routes change for different purposes.
- Don't get distracted when putting out controls. I could not find one particular tape which had caused me problems earlier when placing it, and it took some minutes before I decided exactly where the control should be (fortunately, correctly). I then forgot to hang a kite on the SI stake. Interestingly, when David found the kite missing and called me to tell me about it, he forgot to dib his Controller's dibber at it and someone had to go out to do that, neatly proving the distraction point!
- Even with an experienced controller, a few competitors will be negative about a control site, not because the flag was in the wrong place but because they believed the map was inaccurate nearby. Having approached the control several times from different directions and sometimes with only a black and white map, I don't fully agree with them, but broad shoulders is a necessary planner's attribute!
- Much of Cleeve Common is an SSSI and quite a lot of liaison was needed with their Conservation Officer, Ellie Phillips. However, Ellie was realistic and practical and I was pleased to do my best working with her to avoid competitors tracking over the many rare plant clumps on the Common.
- Arrange to print coloured maps you use when going on planning visits (I don't have a colour printer and had to use black and white maps which can be tricky!)
- Using yellow tent pegs and tape to mark control sites was not a good idea (none of the buttercups, dandelions or gorse were in flower when I placed them!)

Finally, my thanks to my wife Pat who helped me on many site visits acting as a scribe to record my thoughts and actions, and occasionally challenging me as to whether I was where I thought I was or to suggest better alternate sites.

## FORTHCOMING EVENTS

<b>Date</b>	<b>Event</b>	<b>Location</b>	<b>Signposted</b>	<b>Organiser</b>
11 Sep Saturday	Chairman's Challenge	Shaw Common	SO681260	Chris James 01989 720122
18 Sep Saturday	League 1	Mallards Pike North	SO651127	Alan & Ellen Starling 01793 320054
10 Oct Sunday	Regional	Knockalls	SO561119	Pat MacLeod 01594 528128
16 Oct Saturday	Informal	Symonds Yat	SO572128	Kyla da Cunha 01432 840515
6 Nov Saturday	League 2	Blakeney Hill	SO667067	Alan Richards 01249 713542
20 Nov Saturday	Informal	Nine Wells	SO594132	TBA
4 Dec Saturday	League 3	Standish	SO838087	TBA
18 Dec Saturday	Western Night League (WNL) 1	Parkend	SO608079	TBA
<b>2011</b>				
1 Jan Saturday	New Year's Day Score	Mallards Pike South	SO652086	Neil Cameron 01684 294791

Enquiries to Organiser or Fixtures Secretary – Dave Hartley 01452 863805

For latest details check the NGOC website at [www.ngoc.org.uk](http://www.ngoc.org.uk)

### **NGOC Registration and start times**

Informal Events: Start times 1230-1400  
 Senior £2                      Junior £1                      Non-members £3

League Events: Registration 1130-1230      Starts from 1200-1300  
 Senior £4                      Junior £1  
 Competitors who are not members of any club £5

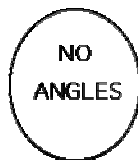
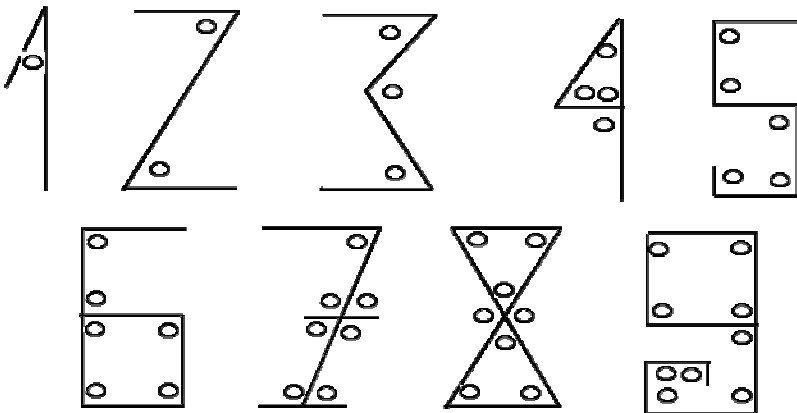
Night Events      Registration from 1800 – or when it's dark!  
 Senior £4                      Junior £1  
 Full details: [www.westernnightleague.org.uk](http://www.westernnightleague.org.uk)

# Fun with numbers

The numbers we all use (1, 2, 3, 4, 5, 6 etc.) are known as "Arabic" numbers to distinguish them from "Roman numerals" (I, II, III, IV, V, VI etc). Although these numbers were made popular by the Arabs they were originally used by early Phoenician traders to count and keep track of their trading accounts.

Have you ever thought why 1 means "one", and 2 means "two"? The Roman numerals are easy to understand but what was the logic behind the Phoenician numbers?

It is the number of angles: if the numbers are written down (see below) on a piece of paper in their older forms, it is easy to see why. Each angle is marked with an "o"; No 1 has one angle, No 2 has two angles etc. while "0" has no angles. This is all explained in an ancient Phoenician manuscript.



(From Cornwall Orienteering Club's "Punch", who sourced it from "Dr Malka's Orthopaedic Pages" on the web)

# Attracting Newcomers in Cheltenham

The Cheltenham Beginners Series has now been running for the last four weeks. The events have been held on consecutive Friday evenings in the Cheltenham area and there are white, yellow and orange courses in safe areas offering simple orienteering. There is just one event remaining now. The purpose of the series is to allow newcomers to try orienteering, and then hopefully to attend some of our regular events. This may lead eventually to new members in the club. As we received a grant of £500 from British Orienteering to support the series, we have been able to offer free participation to everybody.

After a slow start, it is very encouraging that the number of participants is growing steadily. The first event was held at Bournside School and attracted just 15 people. 20 people came to each of the next two events at Pittville Park and Cox's Meadow. The fourth event was again at Pittville, where the numbers jumped to 40. There has been a good mixture of families with children and adults taking part. While some people have come to all of the events, many have come back to try it a second time, at least.

Publicising the series well, so as to attract some newcomers to come and give it a go, was essential. Publicity was in the form of posters displayed at various locations in Cheltenham and at some offices, on-line listings (e.g. Runners World, BOF, Almost Athletes, two other outdoor leisure websites), plus flyers to hand out. I also sent a press release to The Echo, the local paper, which unfortunately, they did not publish!

I have spent a lot of time making new maps and updating existing ones for the series. The Pittville Park and Bournside School maps both needed some updating. Cox's Meadow is a new area for us, but is a nice small area for simple low-key events of this nature. Crickley Hill Country Park is also a new area for us, and the map, while not yet complete, will allow white, yellow and orange. The intention is to be able to hold mini-league events there, when I finally complete the map.

To avoid the likely scenario where participants come along, enjoy themselves, then go away and forget about orienteering, we have been collecting email addresses from them. In this way, we have more chance of holding on to some of the newcomers by keeping them informed of other club events and activities.

Even though I have had plenty of help from other club members on the Friday evenings, organising this series has meant a great deal of hard work for me. However, I do think it is very worthwhile to see new people trying and enjoying our sport. I particularly think that the format of a weekly series of events held close to each other is a very good way for people to form the habit of coming along.

The final event of the series will be held at Crickley Hill Country Park on Friday 9<sup>th</sup> July, starts between 6 and 7 pm.

Greg Best



*Above:* Greg (wearing the new “Ask me for help” tabard) with three (or four?) new orienteers.



## **Caption competition results**

"Some competitors complained about the lack of a finish funnel from the last control (31) to the finish".

"I've heard of a control-picking exercise, but this is ridiculous".

"Are there symbols for a wheelbarrow and a trombone, because the control is between them".

*(All from Neil Cameron)*



# Long walk in progress – part 5

*(Continued from the May 2010 Legend. In February 2008 your Editor started walking, in numerous stages, round the UK coastline.)*

## **The adventure of youth hostelling**

When I was planning my coastal walk I rejoined the YHA, taking advantage of my BOF membership discount, but the guide book they sent gave very little information useful to someone who just wanted to turn up and get a bed – they were concentrating on people who booked in advance using a London telephone number. So I left them out of my plans and let my membership lapse. I had first used the YHA when I walked the Pennine Way in 1978: walking on my own I had planned just to camp but, on the first day, I met two chaps from Sheffield who had booked for three but “the third man” had dropped out at the last minute so I filled his place. The hostels in the 1970s were in some “interesting” buildings and some of the wardens were “interesting” people.

***The sink and the cardboard box.*** One of the first we stayed in was one of the old, original Co-op stores. Here the warden was working on the plumbing and the plughole in the first sink in the gents’ washroom was not connected to any pipe work but there was a hole in the floor which also doubled as a hole in the kitchen ceiling. Now, most people would think that just leaving a small, brown cardboard box in a sink is not the surest way of discouraging anyone from using that sink. Not this warden. I went into the washroom, briefly wondered what a small, brown cardboard box was doing in a sink and started to perform my ablutions at the next sink along. Next new arrival at the hostel comes into the washroom, looks at the cardboard box, pauses briefly to allow a few cartoon-like question marks to hover above his head and then throws the box onto the floor, puts the plug in, fills up the sink, has his wash, pulls out the plug and disappears. I am just finishing my wash when the warden rushes in: “Who did that? I’ll make him pay for all the damage! I’ll have his membership card suspended.” My turn for hovering question marks until the warden explains and I look under the sink. Naturally we were all roped in to mop up the water in the kitchen.

**Breaking the rules.** A few days later we stayed at another hostel on the edge of a small town. The kindest description of the warden I can think of is “an old dear” but “harridan” might be more accurate. One of the chaps I had teamed up with didn’t want to cook in the hostel kitchen but fancied fish and chips. We asked “mein host” if the town boasted one of these establishments. There was a grudging admission that such a place existed and we set out. Having only just finished our daily Pennine Way stage it seemed quite a trek and there was hardly a part of the town we didn’t see. We found a fish and chip shop (*and* about five others *and* a curry house) but they were all closed. Then the penny dropped. It was a Monday and they weren’t open because people would be eating the cold meat left over from their Sunday roast. Back at the hostel we bought food at the hostel tuck shop where it was difficult to buy what we wanted; she only seemed to want to sell us cheese (“I was thinking of your protein”) but we eventually got there and, being quite peckish by this time, cooked and ate in double quick time. But not quick enough, we had just about finished when “mein host” reappears and tells us off for being in the kitchen after the time when, according to the rules, it should have been vacated. I wouldn’t have minded if she hadn’t been responsible for our wild goose (or cod and chip) chase – surely she must have known they would be closed?

**Eating out (not).** A year later another warden caught me out with a variation of the same trick. Whilst signing in, the warden asked me if I wanted to partake of the evening meal which was being prepared for a large school party. Not feeling tempted by either the proffered delights of egg and chips or the charming company I declined and intimated that I was going to treat myself in one of the couple of pubs I had passed in the village where there were menus promising good food and fine ale. So I sallied forth into the quiet, peaceful atmosphere of the street to the first pub and gazed longingly at the menu displayed outside. But I didn’t go in because my eyes too soon alighted on the small print: “lunchtime only”. Of course, the next pub was the same (it was tourist area, for goodness’ sake) so I slunk back to the hostel and ate a large, greasy, cold pork pie from my rucksack. Once again, the warden must have known about the pubs – even if he was TT and didn’t patronise such dens of iniquity it was a small village and he would have heard from other “guests”. There was a crumb of comfort, though: eating in the dormitory was against all rules and regulations.

Another comfort was that there were no schoolboys in my room – although the young lad who booked me in wanted to put me in the one spare bed in a room otherwise occupied by the school party. He looked quite astounded when I objected to this idea and couldn't quite grasp the concept of peace and quiet in the one remaining room with the other few "ordinary" punters.

***Another small town - another food and drink problem.*** The hostel was above a Quakers' Meeting Room. I was walking Wainwright's Coast to Coast by myself and joined a queue waiting for opening time. The lady warden opened up on time (she appeared to live just across the road rather than in the hostel) and about a dozen of us trooped in. We had all chosen our beds and were settling in when she walked in to tell us the best places for food etc. (I was changing my trousers at the time which gave her a bit of a shock). Anyhow, she was very helpful and told us some good cafes to eat and where to find them. Any questions? I asked if any of the pubs provided food (*this was the late 1970s*) and was told in an aggressive manner: "Food in pubs is expensive!" So I had to find a place all by myself.

***You want to camp!!!???*** One hostel in the Somerset countryside had large grounds and the YHA guidebook said that one could camp instead of staying in the house. It was a lovely place but the warden was very reluctant, muttering about "being in an Area of Outstanding Natural Beauty" and "I'm surprised they allow it" etc. etc. etc. Again, according to the guidebook, at some hostels one did not have to book a meal in advance - just turn up and ask. Again, such a request threw some wardens into a state of shock, but a meal of some kind was eventually, if grudgingly, provided. If I remember correctly, there was a nationwide standard price for meals but the actual amount and quality of meals varied greatly.

***Wrong way up!*** One of the chaps I met on the Pennine Way told me that at one place where he stayed several days with his local hostelling group the warden was very particular about the way the crockery was stacked. Of course, they got it wrong the first evening as they had put the cups the "right way up" and the warden came in to check and insisted that all the cups were placed upside down to keep the dust out. So the next few days they dutifully stacked the crockery in the approved manner – until, just before they left, they turned everything they could see the "wrong" way up. This was very daring as one had to

hand over one's membership card on arrival and it was only given back on departure if one had behaved oneself. The YHA guidebook pointed out very forcefully that people who broke the rules could have their cards "suspended". I could never go into a new hostel without looking round the reception area/warden's cubbyhole to see if there were any cards dangling by a piece of string from the ceiling.

**Stay away in the day.** Another strict rule (what is that saying about rules being for the guidance of wise men and the enslavement of fools?) was that hostellers had to be out of the hostel by a certain hour and would on no account be allowed back in until the given hour for being allowed back in. I had reached Chepstow from Land's End after a week's walking and, as I was having a "day off" from walking I thought it would be a good idea to visit the laundrette. Being, by this time, very rule conscious, I approached one of the staff and asked if it would be alright if I brought my laundry back and left it on the table just inside the door of the gent's washroom (I should explain that this was in a permanently unlocked outbuilding and that there was no need to even have to put a foot inside the building). The hostel was "out of bounds until 5 o'clock". I explained that I didn't really want to carry my laundry into the pub at lunchtime and round the castle in the afternoon. "We will be mopping the floor and it will be wet." "OK, thank you for being so helpful." Luckily, out in the real world, there was a very helpful lady in charge of the laundrette who told me to go for a coffee while she looked after my washing; when I got back my washing was all ready for me and I snuck back into the hostel and dumped my washing on that table. I got away with it, phew! I could not have faced the shame of seeing my membership card hanging from the ceiling in that little cubbyhole in Chepstow.

**Original thinking.** Yet another hostel on the Pennine Way and there I am handing over my membership card, thinking it hasn't been "suspended" yet, it's surely only a matter of time. I must concentrate on what the warden is saying: ". . . you are in the room at the top of the stairs 'Ingleborough'". Suddenly sounding very defensive in an aggressive sort of way: "We don't number our rooms in this hostel – we give them names!" Me (says): "What a good idea!" Me (thinks): "is it such a big deal?"

**Art lover.** On the edge of Dartmoor I was shown into the very large dormitory by the warden and saw that nearly every space on the walls

had been covered with large reproductions of well-known paintings. I expressed my appreciation and was told that he had bought them gradually with the money from the donations tin left on the desk. Then I made my mistake: “Is that one by Monet?” “It doesn’t matter who painted it if it’s good painting! Makes no difference at all! A good painting is a good painting, who cares who . . .” (*long rant*). Me (thinks) “Why don’t you just say you don’t know?” Me (says) “Of course, I agree entirely with everything you say.”

***Things that go bump in the night.*** I am sleeping in the top of a bunk in a large dormitory and, as I turn over in the middle of the night, something large falls on my head. I grab hold of it and gradually realise that it is a wooden pelmet from above the window. The pelmet is as light as balsa wood and I just put it to one side hoping that I don’t disturb anybody else. I drop back to sleep wondering whether or not to report it in the morning – will the warden give me a refund or charge me extra for vandalising the hostel and “suspend” my card.

***Please understand before one of us dies.*** Soon after joining the YHA I bought life membership as it was inexpensive and saved the hassle of renewing each year - or so I thought. After previous experiences I should have realised that they would not let me off so lightly. Each year they would send me my membership card - but with someone else’s details; each year I would send the card back and ask for a correct one; each year they would send me a corrected card with a compliments slip annotated “Apologies”. One year I was even able to identify the other chap they got me confused with. Being a helpful sort of person I supplied them with this information and tactfully suggested that they amended the details on their computer as it would save both of us trouble in future years. As usual I got my amended card and compliments slip and, as usual, the next year I received my card with the usual wrong details. By this time I was married and since keeping my wife in the state to which she was accustomed did not include the YHA I decided enough was enough. I can’t remember exactly how I phrased my letter of resignation but I believe I somehow questioned their competence. It must have been quite strongly worded as I didn’t get my usual apology, in fact, I never heard from them again.

*Alan Brown*

# Brashings

## **2010-2011 Fixtures List**

A hard copy is being posted out to all members. There are still some empty spaces in the "Organiser" column: the man to contact is Dave Hartley 01452 863805.

## **Risk assessments**

These are now required for all events. Fixtures Secretary Dave Hartley will remind all organisers near the start of the season and give guidance on completing the assessment.

## **Points bonus for organising League events to be discontinued**

At the June Committee Meeting it was agreed to scrap the 1000 points bonus for anyone organising a Mini League event as it had somewhat distorted results and had not brought in vast numbers of new organisers.

## **AGM**

The provisional date for NGOC's Annual General Meeting is Monday 8 November. We are hoping to get a speaker from SARA (Severn Area Rescue Association).

## **NGOC Runner in Winning Team at Harvester!**

Teams from Sheffield University won both the "A" and "B" races at the Harvester night/day Relays at Eridge Park near Tunbridge Wells in Kent on May 9<sup>th</sup>. Joe Taunton of NGOC ran the second (long night) leg for the ShUOC team in the "B" race, which they won by almost 30 minutes.

## **Wear your Buff!**

A day out walking and I'm wearing my buff to keep the strong sun off my neck. After four or five hours I take it off to get some air. Another ten minutes and a passing seagull bombs me - I receive a direct hit on my hat and down the back of my neck. Grrrrr.

### **Lyme disease - a reminder**

We do not want to discourage readers from enjoying the great outdoors this summer but it seems a good time for a reminder about Lyme disease. A poster from Lyme Disease Action (LDA) is enclosed with this Legend. For more information visit: <http://www.lymediseaseaction.org.uk>

### **British Orienteering Club Newsletter**

The second edition of the newsletter is enclosed with this Legend.

### **First Aid courses suitable for outdoor sports**

When? Saturday 2 and Saturday 9 October 2010

Where? University of the West of England

Who? Anyone interested in outdoor sports, especially orienteering

Contact: Katy Dyer 0117 968 4173 or [family.dyer@blueyonder.co.uk](mailto:family.dyer@blueyonder.co.uk)

More details on the BOK website:

[www.bristolorienteeing.org.uk/docs/misc/First\\_aid\\_courses\\_2010\\_advert.pdf](http://www.bristolorienteeing.org.uk/docs/misc/First_aid_courses_2010_advert.pdf)

### **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 18 October at 1930.

### **Legend - email or Royal Mail?**

Please contact the Editor if you prefer to receive Legend by Royal Mail rather than email (or vice versa).

### **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](mailto: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.

### **Disclaimer**

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

# SW Relay Series



At the annual BOK Adams Avery relay in Leigh Woods on Sunday 4<sup>th</sup> an NGOC team (Pat MacLeod, Bob Teed and Paul Taunton) was placed 5<sup>th</sup> of the 12 entries. Why don't YOU make up a team for one of the remaining events in the South West Relay series throughout July?