

The Legend

Number 152



**Newsletter of
North Gloucestershire Orienteering Club
July 2011**

www.ngoc.org.uk

NGOC Committee

Chairman

Pat MacLeod 01594 528128
chairman@ngoc.org.uk

Secretary

Caroline Craig 01242 696443
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

Ellen Starling 01793 320054
membership@ngoc.org.uk

Equipment Officer

Pat MacLeod 01594 528128
equipment@ngoc.org.uk

Fixtures Secretary

Dave Hartley 01452 863805
fixtures@ngoc.org.uk

Mapping Officer

Paul Taunton 01594 529455
mapping@ngoc.org.uk

Club Welfare Officer

Gill James 01989 720122
welfare@ngoc.org.uk

Club Development Officer

vacant

Additional Members

Pat Cameron 01684 294791
pmcameron@tesco.net

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: Gill James receiving her prize from Andy Stott at the End of Season event at Brockweir on 4 June. Also in the picture is Bob Teed's new bike. Article and caption competition inside (*Photograph: Gill Stott*)

Chairman's Chat

As I write this the day after what I hope has been a successful cataract operation, the last event of our season is taking place at Aconbury, courtesy of the Duchy of Cornwall, Gill and Chris James, Kyla da Cunha and Rodney Archard.

It has been a busy season, and it is worth pointing out a few facts:

1. The backbone of our programme – the mini-league – attracted nearly 400 runners, making over 850 individual runs
2. Apart from the mini-league, but excluding the current summer street series, we have put on nearly 30 other events, from small starter events to night and regional ones.
3. We have also supported, one way or another, perhaps a dozen or so other orienteering related activities, such as providing maps to schools and Sports Challenge groups, putting on specific events for schools, and offering advice, for example to Scout Groups, on how to go about setting up some orienteering activities.

All of this happens because volunteers from the club make it happen. I estimate that a good third of our membership actively supports our programme of events, and a further 20% help out at the bigger events. Without this we would have no programme and no club, and on behalf of the club I would like to thank everyone who has helped at events over the season. As usual I would also exhort those who are not yet in the helper fold to get involved. There is no better way to support the club and orienteering than helping out at events.

Of course we also have some mini-league winners – Dave Nevell from HOC on Blue, Rachel Dennis from BOK on Green and our own Sam Harris on Orange. Congratulations to all of them, and particularly to Sam, who is new to orienteering and for at least part of the series was carrying a passenger. Sam's husband Steve was second (first NGOC member) on Green in his first season of orienteering, so an outstanding season for some of our newest members.

The development programme of starter events in Cheltenham, Gloucester and the Hereford area has also concluded. Turnout in

Cheltenham and Gloucester was variable, and it is easy to dismiss these starter series as being unproductive. Down in Southampton, though, they have been running theirs for several years and they regularly get 20-30 entries, so it may be that we just need to persevere. The Wye series on the other hand was supported regularly by a group of families who will now, we hope, go on to form the core of a new 'local' club – part of NGOC but focussed on Hereford, under Kyla's guidance. In due course we hope that they will also join in with our wider programme. We now need to come up with a programme for next season, so the coaches and I will be working on that over the summer. If you have any ideas as to what you think we should be doing to promote orienteering and attract new members, then please let me know.

Outside the forest the main point of interest recently has been the visit to the Forest of Dean of the Government's Independent Panel on Forestry. I attended their first workshop, and was encouraged by the apparent sincerity of the panel, and their willingness to listen, and also by the impassioned but objective and balanced views of the invited workshop – or at least those in my workgroup. I urge you all to respond to the Panel's request for opinions and ideas on the future of public forests, as I will be doing on the club's behalf.

On a personal note, now that I can see the map with both eyes rather than just one, I am expecting good results at the Scottish 6 days. I am pleased to say that as well as having strong NGOC representation at Oban, we have lent one of our club tents, and one of our banner stakes, to a party of Australian orienteers who are taking in the 6 days as part of a world O-tour, so I am looking forward to a particularly convivial but competitive Ashes rematch; perhaps I need to burn a few old canes, some punch cards and a map or two to make a trophy worthy of the event.

I am also very much looking forward to the new season, and the Chairman's Challenge on Saturday 10th September. As well as the usual barbecue, courtesy as ever of Carol Stewart and Jan Jones, the score event will include some Trail O-like challenges designed to test your detailed map-reading and interpretation of control descriptions. Put the date in your diary now.

Pat MacLeod

Severn Area Rescue Association



Chris and Gill with Mervyn Fleming

On Sunday May 8th 2011 Chris and I spent a memorable morning with SARA. We arrived at their Beachley Headquarters just before 10am, just as they were launching lifeboats SARA 1 and SARA 3 on to the Severn. We were greeted by their Chairman, Mervyn Fleming and his team. Mervyn showed us over the extended building which will house a conference and training room as well as larger storage areas for the lifeboats and their gear. As a charity, they cannot take out a loan or mortgage to complete any work or indeed buy new equipment, so are dependent on contributions from the public.

We were fitted out in the “dry suits” ready for going out in SARA 1. On being asked my shoe size, I was told it would not be possible to find something small enough. The suits, which have the wellie boots built in, looked as if they would fit someone 10 foot tall and, indeed, my feet were lost in them. Very interesting actually getting the suits on as you had to push your head through a very tight rubber neck and then both

hands through very close fitting rubber cuffs then the very fetching helmets too. We definitely kept our bodies dry, though the spray certainly flew whilst out on the river.

Our instructions were to follow all commands given to us and to hold on with at least one hand at all times. The two lifeboats were carrying out an exercise, first of all rescuing a casualty, “Bob”, direct on to the craft from the river and then we moved into the River Wye which was slightly calmer so that “Bob” could then be rescued again on to a stretcher which had been lowered into the River and then turned at right angles before being loaded across the two seats on which Chris and I had been sitting. “Bob” was then transferred from one lifeboat to the other. We then returned at high speed back to base! Chris said that I had a grin from ear to ear the whole time! The lifeboats were then taken off the River and hosed down until they were needed.

These volunteers do a wonderful job and liaise with the coastguard, the fire service, police and ambulance service to ensure that we are all safe whether we are out on the river, walking in the mountains, caving or should we have the misfortune to have floods like those that affected Tewkesbury and Gloucester so badly in the recent past. SARA was the last rescue service to leave Tewkesbury.

Our experience came as a result of being given a SARA Experience Voucher following Mervyn coming to talk about the Service at the Ross & District Walking Group AGM. It was raffled to the whole group to raise funds for SARA and the draw took place on the banks of the Severn when we walked to see the Severn Bore last August. A small boy who was passing with his mother pulled out the winning ticket for us. Mervyn also gave a talk at the AGM of the North Gloucestershire Orienteering Club in November.

Gill James



(Mountain bike flyer)

Suckley Hills 4 hour MBO Score Event

Leigh & Bransford Village Hall, Leigh Sinton, Malvern, Worcestershire.
Sunday 21st August 2011
Map Ref: S0 774516

The event is organised by Offroad Cycling, affiliated to BMBO (British Mountainbike Orienteering), the mountain bike arm of British Orienteering.

Event Area

A compact area of rolling hills just 8km x 10km with an excellent network of bridleways, abandoned roads, a disused railway line and newly negotiated permissive paths linked by quiet country lanes.

Map

The A3 pre marked map based on Landranger mapping enlarged and modified to show relevant field boundaries, hedgelines, fences and permissive paths.

The map showing control positions & the competition path network will be provided at the start.

Event Format

Registration: 09.00 - 10.30. Starts: 09.30 - 11.00

Score event - 4 hours with penalties for lateness.

Control cards and pin punches will be used.

Please read the BMBO MBO Rules and Guidelines for further information: www.bmbo.org.uk

Parking

Parking in the village hall car park.

Entries

All entrants MUST be full or associate (no charge) members of British Mountainbike Orienteering to provide civil liability insurance. The

standard British Orienteering foot O insurance does not include mountainbike events.

Go to www.bmbo.org.uk and obtain a BMBO membership number before attempting to enter, AND BRING THIS NUMBER WITH YOU.

Entry Fees

BMBO Associate members. £9.00

Full BMBO members. £7.00

Youth 13 to 16. £4.00 (must ride with an adult)

Online entry at www.bmbo.org.uk

Closing Date Thursday 18th August at 11pm .

Entries by telephone, post (or email will be accepted at mbo@branchline.demon.co.uk) up to midnight on Saturday 20th August with payment at registration. These entries will be charged as “on the day” entries.

On the day entries are £12.00 for BMBO Associate members & £10.00 for full BMBO members.

Rules

BMBO rules apply. All Competitors must wear a helmet.

Competitors are also recommended to carry: waterproof top, first aid kit, compass, cycle computer, puncture repair kit, spare inner tube & tools.

Results

Provisional results will be displayed on a results string, and final results on the BMBO website.

All proceeds will be donated to *Practical Action – technology challenging poverty*, so regret no prize giving.

Colin Palmer

01531 633500. (07906 964702 on the day only).

mbo@branchline.demon.co.uk

Woodview Christmas Tree Farm, Raycomb Lane, Coddington, Ledbury.
Herefordshire. HR8 1JH

Caption Competition



Mapping maestro Bob Teed turned up for the End of Season event on the new bike that he built himself. All good captions will be printed in the September issued of Legend – just send yours to legend@ngoc.org.uk

(Photograph: Gill Stott)

Gill James's winning ways in Brockweir

Gill James stormed round the hour score course at NGOC's end of season event in Brockweir, winning herself a bottle of local cider (it is rumoured that she chose this tippie in the knowledge that her hubby is beer man...). Gill scored 130 points visiting 8 controls, just 10 points (1 control) behind an M40.

Bob Teed arrived in style on his newly motorised mountain bike. The bike was confiscated for the duration of the competition to avoid the temptation to cheat. Bob may have left his watch on the bike as an odometer as he was 32 minutes late back - or he may have had an altercation with a badger up by Cows Hill. There were 32 competitors and two courses, either 60 or 90 minutes. John Fallows (180 points) did a double act, competing but making sure he was back in time to rapidly assemble the results for prize giving. He deserved extra points for that but didn't get any. Thanks John.

Roger Coe gained a fresh pair of legs having spotted a long lean pair from a scantily clad Chepstow Harriers lady and came equal 4th with Chris James 240 points – both top scorers for NGOC. Patrick Woodisse was the first NGOC orienteer back for the 90 minute course, 3rd overall with 481 points. The overall winner (510 points) was a new kid on the block – a local, John Wooton, who spotted the ad in the Parish News. Whilst washing up afterwards he explained that he was a keen Mountain Marathoner and so he was rapidly taken to one side and given the next season's list of events and club details.

Many thanks to all those who helped on the day – as ever to Carol who managed all the entries, John, Gary, Roger, and Steve Harris and Sam who did the parking.

Gill Skott



(Above) Tom Mills receives the plate for winning the BOK Army Championship handicap. (Photographs: Hazel Blackstone)

(Below) Pat MacLeod is presented with Commanding Officer's Cup for contribution to the overall activities of BOK Army.



BOK Army Champs – it's an NGOC stitch-up

Bristol Orienteering Klubb (BOK) send a contingent to the Wednesday Army orienteering events and this includes some members of NGOC and other clubs. At the end of the season there is a BOK Army Championships event held for these civvies at The Rising Sun in The Royal Forest of Dean. A 60 minute score event is followed by lunch, speeches, prize-giving and raffle at the aforesaid hostelry. Good weather was guaranteed for Wednesday 22 June by organiser Tony Noott - and Tony is man of his word. Dark clouds were in evidence on the way to the Forest but it kept dry for the event - and afterwards.

The course, round Moseley Green, was very enjoyable, gave a wide variety of route choice (this writer saw hardly anyone else whilst running round) and was, sensibly, too long for anyone to complete within the hour. We'll gloss over the fact that, after a good first two controls, there was one control that I couldn't find and then I misjudged the time back: I had to miss out a couple of controls that I had hoped to get on the way in and was still late; also I could see the pub in the distance and ran straight towards it only to have to push through very high stinging nettles to climb a high fence to fall in to the pub garden. Various parts of my body were tingling for the rest of the day. I didn't even win anything in the raffle despite being given an extra strip of tickets by mistake.

Results. First was NGOC stalwart Tom Mills Chairman, second NGOC Chairman Pat MacLeod (who, by coincidence, worked out the results) and third Greg Best (yet again NGOC). But wait a minute, when he gets home "Honest" Greg Best studies the results and realises that he has punched a control twice and that the computer had also counted it twice. This means that Dudley Budden from BOK is now third and it is no longer a clean sweep for NGOC. "What a nice change to see honesty. If I'd had the luck to end up 3rd, I'd have said nothing and kept my head down and hope no one noticed!!" *(A.M. from Wales)*

Not content with a place on the podium for the day's event Pat was also awarded the Commanding Officer's Cup for contribution to the overall activities of the BOK Army gang.

After all expenses £120 was raised by the event, which will be added to the £30 already in the BOK Army bank account and sent to the Help for Heroes Charity.

A big thank you to all who helped put on this event.

Alan Brown

P.S. The first Military League South event for next season is scheduled for Wednesday 28 September at Woolmer – put it in your diary now! More members of “BOK Army” are welcome: there is no membership fee and you don’t have to be an old codger – you just need to have some Wednesdays free.

Informal Events June to July

These are 60 minute Score Events and the circles on the maps represent locations where questions have to be answered - so please remember to bring a pen or pencil. Starts will be between 7.00 and 7.30pm.

Date	Venue	Grid ref	Event	Organiser	Phone
Wed 29 June	North Gloucester (the area around Oxstalls)	SO847193	Street	Caroline Craig	01242 696443
Wed 6 July	Tewkesbury (Morrisons Supermarket)	SO900329	Street	John Fallows	01684 290256
Wed 13 July	Bishops Cleeve (bus layby in front of Cleeve School on Two Hedges Road)	SO963270	Street	Carol Stewart	01242 514988
Wed 20 July	Cheltenham (parking at Bournside School)	SO931210	Street	Sam Taunton	01242 224553
Wed 27 July	Oxstalls	SO847193	“Special” Mass start at or just after 7pm	Neil & Pat Cameron	01684 294791

FORTHCOMING EVENTS

Date	Event	Location	Signposted	Organiser
10 Sep Sat	Chairman's Challenge	Danby Lodge	SO666066	Pat MacLeod 01594 528128
1 Oct Sat	League 1	Minchinhampton	SO858013	Alan Richards 01249 713542
15 Oct Sat	Informal	Blakeney Hill	SO666066	Pat MacLeod 01594 528128
5 Nov Sat	League 2	Mallards Pike South	SO652086	Roger Coe 01594 510444
26 Nov Sat	Informal	Sallowvallets	SO608116	Alan & Ellen Starling 01793 320054
3 Dec Sat	League 3	Flaxley Woods	SO707144	Tom Mills 01452 760451
17 Dec Sat	WNL (Western Night League) 1	Sheepscombe	SO902100	Greg Best 01242 516053
2012				
1 Jan Sun	New Year's Day Score	Bixslade	SO608116	Neil Cameron 01684 294791
7 Jan Sat	WNL 2	Symonds Yat	SO572128	Dave Hartley 01452 863805
21 Jan Sat	League 4	Danby Lodge	SO666066	Peter Ward 07790 669460

Enquiries to Organiser or Fixtures Secretary – Dave Hartley 01452 863805

For latest details check the NGOC website at www.ngoc.org.uk

NGOC Registration and start times

Informal Events: Start times 1230-1400.

Senior £2 Junior £1 Non-members £3
Yellow / light green / blue courses

League Events: Registration 1130-1230 Starts from 1200-1300

Senior £4 Junior £1
Competitors who are not members of any club £5
Yellow / orange / green / blue courses

Night Events

Registration from 1800 – or when it's dark!
See www.westernnightleague.org.uk

Map Memory

NGOC rep in Australia Maggie Jones has sent us this article that she wrote for her Aussie club Uringa. Maggie recently took on the role of training officer for the club and in order to jolly everyone along to her training events, Maggie has started writing articles on the techniques that they are working on in the sessions. This first article is on map memory – hopefully NGOCers will find it interesting.

Uringa website: <http://uringa.nsw.orienteering.asn.au/>

Efficient use of the map

As the new training officer for Uringa I was thinking about what might be useful for orienteers from the club, some of whom are very experienced and some newer to the sport. At the recent State League 2 at Hilltop I experienced, once again, that frustrating trade-off between looking at the map frequently and being accurate but slow, and looking at the map less frequently which means I can run faster but risk the occasional spectacular error. I wondered whether there was a more scientific approach to map reading on the run.

A recent article posted on the O-training.net website by Jan Kocbach, looked at a study using a GPS tracker and an accelerometer to track how often orienteers looked at their maps when they were running. He quotes from the oksana.blogspot.com:

'At a training camp with the Norwegian team before the 1999 WOC, they did a simple study of the number of times each runner looked at a map on a leg. The best men in the world that year — Petter Thoresen and Bjørnar Valstad — read the map more than 20 times on a 400 meter leg. Hanne Staff, who has been the best woman the last few years, read the map 15 times, while the worst of the women in the test read the map just 5 times'

He points out however *'It is definitely not as simple as just looking at your map frequently. Most (if not all) runners need to slow down in order to read the map due to (1) the need to keep the map steady and (2) the need to see the ground/terrain. Relative speed reduction during map reading is usually bigger in terrain with bad runnability compared to terrain with good runnability'*.

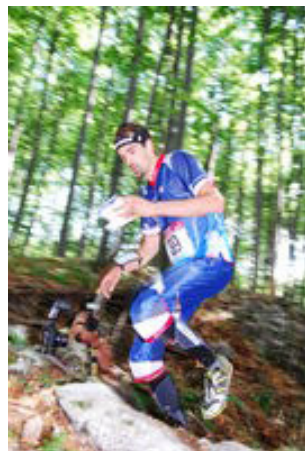
So far, not surprising. But, and this is where it gets interesting, he does make a distinction between short duration map reading incidents and long duration map reading incidents. These were new terms to me but here is what I think they mean:

Long duration map reading is designed to help an orienteer get a general feel of the terrain and the major features;

Short duration map reading is designed to link the terrain you are running through with your map, check direction and for ticking off features on your route to the control.

The aim therefore is to be efficient with the long duration map reviews and to practice the short duration map reviews.

Short duration map reviews can be made more efficient with some simple mechanical changes. Having quick and easy access to the right part of the map whilst on the run is important. Nick Dent, NSW orienteering coach, points out the difference between elite runners and clubbies, or even beginners. Elites run with the map held in front of them, folded right to the area being run, and nearly at chest height; club runners often carry their maps loosely or only folded roughly, and at hip to knee height. At the other extreme some beginners like to tuck their maps in their pockets! Look at these pictures of the current top three orienteers in the world, Daniel Hubmann, Fabian Hertner and Thierry Gueorgiou, and see the size and positioning of their maps:



Getting your map accessible and in the right position, showing the right bit of the map therefore is essential to efficient short duration map reviews.

Have you noticed that skilled orienteers seem to know, without hesitation, what routes to take? Visualisation of the route between controls has been described as seeing an 'invisible track', from the detail of where your feet are next placed, to the route to take through the immediate area to the entire route to the next control. This can only be done if the map is understood first thematically, the purpose of the long duration review.

Long duration map review efficiency is down to the standard map memory capacity. This sounds simple, but if you don't have a photographic memory, this is a skill that needs to be practised. Firstly, the thing to remember is what the long duration map review is designed to achieve; a general feel for the terrain and the major features. And here is the surprising thing. It appears that what constitutes a major feature is not simply track and stream but specific contour detail. As the US Orienteering Federation points out in their lesson plans for junior orienteers:

'On most orienteering maps, the majority of information is contour information. Contours are the most important and most likely ignored, features on a topo map'.

This makes sense to me. I feel more comfortable when I have tracks or features to help navigate, but actually when I am on a line feature it is the contour details, the shape of the land on either side that helps me know, even on a clear track, where I am.

Many people find understanding contour detail difficult. You don't have to leave your home to work on your understanding of the map; terrain visualisation can be done at leisure on old maps. Make sure you know the basic contour and earth features. Do you find it easy to understand which way the land is falling? Some simple tips for this is that water runs down hill (generally), that even in Australia gullies have thicker vegetation, vegetation on top of a hill tends to be easier run than at the bottom, that crags are generally at the top of hills, boulder fields at the bottom. Spot the contour intervals; generally these are 5 metres so try

to understand how high an incline is with relation to say, your house, your local hill, your eldest son!

Long duration map review also allows you to move from retrospective map contact – where you know where you are at all times, by checking off features as you pass them – to visionary map contact – where you know where you will be in 100 meters time. There is an interesting discussion with Thierry Georgiou on this in an article written by Martin Lerjen, ‘Analyse your map reading in orienteering’ at

http://www.arua.ch/bilder/0706_VisionaryHeadstart.pdf

Practising at home on old maps will help, but it won't replicate that trade off you get between brainpower and leg power out on the course. Next time you are time poor but want to get some training, try this: find a hill and do hill reps leaving a map at the bottom and a piece of paper and pencil at the top. Give yourself 30 seconds at the bottom of the hill to look at the map and then run up and draw as much as you can remember. Keep doing this until you run out of breath, or time, or until you feel your replicated map is better than you could have done on OCAD!

Happy orienteering.

Margaret Jones

Article first published on Uringa website:

http://www.uringa.nsw.orienteering.asn.au/uringa_training_activities.htm

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Brashings

SWOA website

www.sworienteeringassociation.co.uk now has an RSS feed. If you click on the icon on the home page and subscribe, you will get notice when updates and additions are made. Useful when SINS and Galopen results are added.

AGM - date for your diary

Monday 7 November 2011.

Have your say!

Are there any matters that you would like the Committee to consider? Contact the Club Secretary, Caroline Craig, or any member of the Committee. The next Committee meeting is on Monday 12 September at 1930.

Articles for Legend

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