

the

June 2018

LEGEND

the magazine of North Gloucestershire Orienteering Club



Mallorca Ironman 70.3

Eleven Go To The Gower

Orchids: an orienteer's guide

Celtman Extreme Triathlon

Accessibility in Orienteering

... and much more!



contents

- 2 Editorial
- 3 Club News
- Volunteers Needed
- 4 Chairman's Chat
- 5 Accessibility in Orienteering
- 6 New Painswick Map
- 7 Pat Wins Award
- Exclusive JK Event
- 8 Mallorca Ironman 70.3
- 10 Celtman Revisited
- 12 Probably an Orchid ...
- 14 Eleven Go To Gower
- 18 Chalford Report & Photos
- 20 2019 Event Programme
- 21 Orientizz - NGOC Social
- 22 Ross Urban
- 23 League Latest
- 24 Rankings
- Committee & Contacts

cover photo:

Richard Purkis nobly agrees to re-enact his run-in at Chalford for the camera, despite having just won the Brown course!

GDPR - I mean. Seriously?

Following the recent introduction of the new GDPR rules (remember? When you got dozens of emails asking you to re-subscribe to mailing lists, which you ignored after the first three?) the club has had to change the way it does things. The first change didn't seem too onerous to me - that committee members must delete all the old copies of the membership list, and work from a single encrypted current copy. However, it seemed to cause a fair bit of disruption for others: "I've got a very useful printed copy from 1992 which I refer to all the time" was the gist of one committee member's response, and another pointed out that this new requirement would mean going through all computer back-ups and deleting old membership lists from those as well.

But things were going to get worse. BOF issued a statement detailing how GDPR was to be applied to photography at orienteering events. Notices must now be displayed informing participants that photographs may be taken, and providing a point of contact so that they can request copies of photographs and/or ask for them to be erased. If a photo is to be used for publicity purposes - in Legend, for example, or on social media - permission must first be sought from each person featured.

A committee member (who shall remain nameless!) suggested that perhaps we should ask any photo-sensitive souls to wear a sweaty, fluorescent plastic tabard emblazoned with the wording, "Don't photograph me!". I thought that perhaps such folk could orienteer with a paper bag over their head. Of course, in some cases this would seriously impair orienteering performance, but in others ... perhaps not so much ...

I'm sorry/not sorry to report that Legend is not yet compliant with this particular piece of legislation. Life is too short for that many emails. I try to make sure that you all look like svelte athletes in the prime of life, honed to physical perfection (cough). But seriously - if you don't like photos of you being included in Legend, or used on the website, please do contact legend@ngoc.org.uk or any of the committee members. It's not a problem.



Photo and caption: Paul Taunton

"One of the older NGOC members said he didn't mind his photo appearing in Legend, if the Editor thought it wasn't too BOARing!"

HUGE thanks to this issue's contributors: Greg Best, Ashleigh Denman, Chris Harrison, Alan Honey (BOK), Jim Lott (BOK), Pat Macleod, John Miklausic, Tom Mills, Hilary Nicholls, Richard Purkis, Pete Ribbans (SWOC), Steve Rush (BOK), and last but definitely not least Paul "Pulitzer" Taunton!

Pete Ward tops national rankings!

Huge congratulations to Pete Ward, for being the Number 1 ranked M45 orienteer in Britain! Pete reached the top of the ranking charts back in May, and is currently 25 points clear at the top of the M45 table. Pete said, "It's only taken 40 years!" - and it's all the more deserved for that! He is soon to star in CompassSport Magazine as the subject of the "Know Your Class Leader" feature, so watch out for it. Well done, Pete!

Club captain still sought ...

In case you hadn't noticed, the club is still minus a Captain. If you can give up some of your time to support the club in this essential role, please email secretary@ngoc.org.uk or chat to any committee member. The club is also looking for someone to join the committee to look after Marketing & Publicity, if that's more your thing. Please note that being a good orienteer is not essential for any of the committee roles.

... and a Legend editor ...

I was planning to continue editing Legend until the end of this year, but due to unforeseen circumstances that might not happen so Legend needs a new editor pronto. The main requirements of the role seem to be

access to a computer and a tolerance for reading through lots of orienteering results, so really anyone can do it. My heartfelt thanks to everyone who has sent in such brilliant articles, photos and generally helped me during the past 20 months. Talk to any committee member if you're interested in taking Legend on.

... and it's all change on the Committee

In this apparent time of change, it's great to be able to welcome new committee members. Rhiannon Fadeyibi has temporarily taken on the Volunteer Coordinator role and Steve Lee has come on board to take on ad-hoc finite committee tasks. Kim Liggett has taken on the mantle of Secretary, and Hilary Nicholls has joined as a committee member. Thanks to all of them for volunteering to help out the club.

Birthday and Holiday parkruns!

Many club members - as well as fell-running and road-running friends - joined Richard Cronin on 16th June to celebrate his birthday at Lydney parkrun. A good time (and much cake!) was had by all, and to top it off Richard got himself a new parkrun PB as a birthday present! Happy birthday, and well done!

Meanwhile, and a long, long way away, Ashleigh and Simon Denman flew the NGOC colours whilst Parkrunning in New Zealand ...



Photo: Ashleigh Denman

Sad 2018 R2T2 cancellation

Sadly, Pat Macleod has decided to cancel the planned 2018 series of R2T2 (Run, Ride, Tracks, Trails) races, which combined trail running, orienteering and mountain biking. Pat said, "These events involve a huge amount of work to plan and set up, but the pre-entry has been negligible, and I feel that our scarce volunteer resources are better spent on events which are more likely to attract more participants." Let's hope that R2T2 can make a welcome return in the near future!

volunteers needed!



Photo: Alan Honey

Some club members may not be aware that NGOC is helping to host two national championship events this year: the British Sprint Championships at Bath University (pictured left) and the British Middle Championships at Stockhill, on 1st and 2nd of September. We're supporting our neighbours BOK in putting on these prestigious races and need volunteers from the club to help out on the day. We're very lucky in having two national events practically on our doorstep, so please do come forward to help out if you can. Contact Tom Mills (chairman@ngoc.org.uk) or Rhiannon Fadeyibi (volunteer@ngoc.org.uk) to express your interest!

chairman's chat

The past couple of months have been yet another good time to be Orienteering.

Chalford was a great success thanks to all the work put in by Greg Best and who continues to work on an extended map. This was followed by our presence at the OMM Light held at Speech House where Pat Macleod provided an R2T2 for any OMM competitors wishing warm up for the following day's competition. The next day saw the successful Ross urban planned by Richard Cronin which tailored nicely into Sunday's BOKTrot.

Although our calendar of forest events has been somewhat thin over this period, not helped by the forestry restrictions, there have been some super events elsewhere.

The first that comes to mind is the Tamar Triple, Exeter University, Broughton Burrows West and Broughton Burrows East (might have been North and South but you get the picture). Everyone who I spoke to felt that the University was an excellent event. The 2 days in the Burrows were, in my opinion, outstanding. That is of course if you were not one of the people camping the night before. Thunder and lightning abounded as did the accompanying rain. Suffice to say that this did not herald the beginning of an energetic race for those who survived. This is an Army training area and has the advantages of lots of open space without too many fence lines or handrails or at least handrails you can trust which makes it great orienteering training terrain.

The next is of course the SBOC 3 days at Merthyr Mawr, Oxwich Burrows and Cefyn Bryn. What a cracking weekend! Hillary Nicholls put in a lot of work to try and engage NGOC members in a club competition and social at an enviable venue. Having

Photo: Hilary Nicholls



"Shall I?" John holds the Beer of Damocles over Chef Tom

worked closely with the SBOC organisers and sending out a number of well explained emails to our club members things were well in place to accommodate a decent response. Unfortunately we only had 10 turn out which is a salutary lesson for those who have commented that the club needs a more socially centric aspect. This said, for those that did go, it was brilliant. More technical running at Merthyr Mawr on the Friday evening and a beach for a swim, Oxwich on the Saturday, beautiful weather, technical orienteering and more swimming in the sea, however I do not wish to steal Hillary's thunder where she expands on the 3 days in her article. Sunday 2x2 relays offered really good fun and good social atmosphere.

On the other side of the coin, and things have not progressed too well with the forestry commission.

Despite agreeing to give us options for parking this has not materialised. Both NGOC via Greg and BOK have been pressing for some response and we hope this will soon be forthcoming. A brighter note can be found in that we are covered by our BOF insurance to both travel and park on forest tracks. Hopefully this will alleviate some of the FC's concerns.

Between trawling through the implications for the club regarding insurance issues, insurance cover for independent orienteers and GDPR it is fair to say that we are pretty much up to the back teeth with bureaucracy. When

one committee member is singled out to sign an NDA where he could be held personally accountable for some minor oversight in the security of data (what little we hold) things have gone from annoying to lunacy. Your committee is doing all it can, as a small volunteer group, to ensure we meet requirements, hitting the key measure of showing intent. This is very time consuming. If anyone would like to join us, as a committee member without portfolio to assist, you will be very welcome. Contact me at any time.

Finally and back on a brighter note, Pat is working on a large forestry area last used in circa 2002'ish. Lightning Tree Hill has been used for the British Championships many years ago

and we now hope to recommission the area for 2019.

Tom.

accessibility in orienteering

by John
Miklausic

My friend Jonathan Brough has an interest in orienteering. He is 30 years old, and has been quadriplegic for 11 years after contracting meningitis while training as a ski instructor in Canada.

Following bible study me and Jonathan discussed orienteering and looked into TrailO, what is involved, and the frequency of events. We also looked into how accessible the events are.



All photos: John Miklausic

A year on I have contacted several event planners, mostly foot orienteering, urban, or street orienteering with mixed results on course accessibility.

In the Summer urban NGOC successes have been Bishop's Cleeve, Gloucester city, Winter street Stroud, Tewksbury. Also BOK have been helpful in checking Westonbirt arboretum and Wells urban are suitable for wheelchairs but unfortunately Jonathan has been unable to make it on some occasions.

Trail orienteering events are far less frequent, so far Jonathan has taken part in Dursley and Clifton downs (BOK events), some TempO trail orienteering training with Tom Dobra (British TrailO team member and coach) and JK TempO 2018.

In the future if the forestry commission will allow (Pat MacLeod and myself put out some flags where the 2015 trail orienteering british championships where held in January in preparation for an NGOC league event that was postponed) this area could be used again. Also hopefully a good number of foot orienteering events will be suitable for wheelchairs which might encourage other wheelchair users to take part in these events.

There are more international fixtures than domestic trail orienteering fixtures, and according to Tom Dobra there are only 2 of 3 slots taken for the GB para olympic class so potentially Jonathan could be representing GB soon.

Jonathan read Media Studies at the University of Plymouth and has been involved in making films for TV. He is a committed sportsman, having recently become involved with Boccia (similar to boules) and Special Olympics Gloucestershire. He remains a keen skier, taking on Black runs during a recent trip to Chamonix. You can find him on Facebook, Youtube and his blog at thornburycommunityservices.co.uk



Brand New Painswick Beacon Map!

by Greg Best



Photo: Google image search

I have often found when Painswick has a great deal of orienteering at Painswick that I somehow manage to get badly confused. Nothing unusual there, I hear you say! Perhaps not, but one or two others had mentioned to me that they thought the current map is getting long in the tooth and needed re-mapping. Since we are blessed with full lidar coverage of the area, I agreed that this would make sense.

With a league event scheduled there for September, I set myself the task of having it completed in time for Christophe Pige to be able to plan on the new map. As Chalford had taken more of my time than I expected, the start of this project was much delayed, meaning I only had a couple of months to make the new map. This is a much shorter period than I was used to, but after a concerted effort and 15 days surveying, it is now ready. One of the draw-backs of the delayed start was that I had to assess the vegetation in June with the luxuriant summer growth distorting my view. I have tried to imagine how this will be in winter, and only time will tell if this was successful...!

The new map does include a few complex detail, as a result of iron-age fortification and years of quarrying. Hence, the lidar data was essential in being able to represent this accurately. What's more, I have chosen to use the scale of 1:7500 to allow this detail to be more easily legible. My hope is that this will mean the area will now be really quite suitable for a sprint or middle-distance race, as well as a normal long-distance event.

A major problem when planning events at Painswick has always been how to avoid the golf course. The course is squeezed into a very narrow strip of open land and this is potentially quite dangerous, as the same strip of land is also very popular with the public for recreation! We only found out recently that no golf is played there on Sunday afternoons, so it makes great sense that all of our Painswick events from now on should be held at that time. In my opinion, this greatly improves the area from an orienteering perspective, as we are now free to roam wherever we wish, without risk of upsetting the golfers or them killing us!

The largest of these is the extension into an adjacent nature reserve, owned by conservation charity World Land Trust. I am also hopeful of eventually being allowed to extend into the runnable woods at Prinknash Abbey. First, I need to talk nicely to the resident monks to ask permission, so I hope they're not the silent type! If they do allow us to pass through their woodland, it will open up the possibility of being able to use their large car park for parking, as we did for the Coopers Hill Galoppen a couple of years back. The shortage of parking has always been a limitation for events at Painswick, so this would be a bonus, particularly for larger events.

As I'm sure you won't be able to wait to use the new map in September, here's a little game of spot the Difference to keep you occupied in the meantime ...



Photo: Richard Purkis

Pat Macleod receives his well deserved Certificate of Recognition for services to Orienteering. As many will know Pat dedicates an astronomical amount of time into developing the sport. His initiatives such as R2T2 (Run, Ride, Track and Trail), Map Run and so many others has helped the club to raise its membership and its overall profile within the sport as a whole. Whilst doing this he is one of the club's most active mappers and as if that was not enough he is also equipment officer. The club is very fortunate to have such a devoted member without whose commitment we would not have the range of events that we now provide. British Orienteering received nominations for Pat from several different sources.

- Tom Mills



exclusive JK event ...

There was an extra "closed" event at the JK this Easter, arranged by Joe Taunton (currently NOC) for the other members of the Taunton family. It was an indoor orienteering course set at Tixall Gatehouse, the Landmark Trust property where we were staying. Joe prepared a hand-drawn map, then hid one set of paper control markers, in cupboards and behind furniture around the house. There were three different handicapped courses, the main difference being that Samuel (M21) had to run up and down the steep narrow stone spiral staircase that connected the three floors of the house a lot more than Ros and me. Touch-free punching was used by a simple method: Joe shadowed each runner to make sure they visited all the controls! The handicapping was excellent, allowing me to win in 6mins12secs – though the prize, a large easter egg, was shared by the whole family.

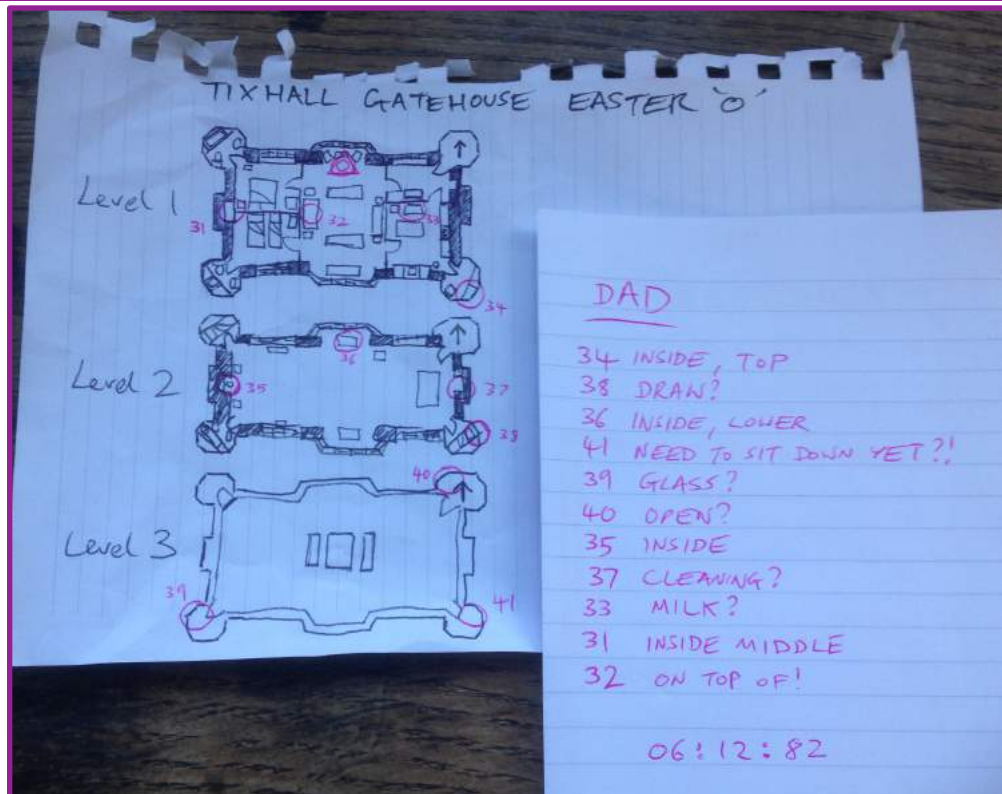


Photo and report by Paul Taunton

mallorca ironman 70.3

by Richard Purkis



The swim start on the beach

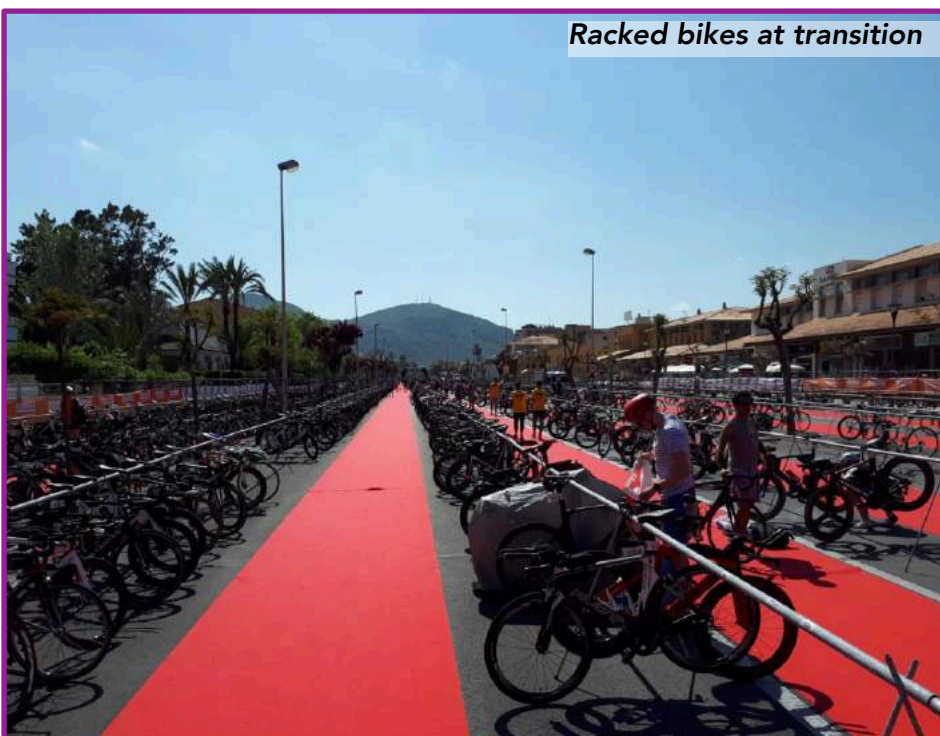
I know I'm not the first on this club to enter dip their feet into the world of triathlons and I'm sure I won't be the last. Back in May I competed in what they claim is the world's largest Half IronMan event so I'd thought I'd tell you how I came about entering such a race and how it went.

now and then when there were no orienteering events on. Before I had had the chance to compete in my first triathlon race, I found out that members of the club were planning on entering the 2018 Mallorca IronMan 70.3. This sounded like fun and was appealing as I knew wouldn't be alone in doing it. With it being a year away, it would give me time to train for it given at the time I was a fairly average cyclist, and I was looking for a new challenge and something to look forward to in 2018.

Fast forward to May 2018. There were 16 of us in the group from Tewkesbury Tri Club competing (10 individually, and 2 relay teams). When we flew out to Palma I got an impression of just how big this event was by seeing the number of bike boxes that had been taken on the plane including mine. The race was the other side of the island starting and finishing at Port d'Alcúdia.

Some of you will know that for the past 19 months I've been training with my local triathlon club. It started because I had been doing swimming as cross-training in 2016 when I had a hip injury and had noticed I was swimming at the same time as the triathlon club were having a coached session. In the end I joined them as I thought I could learn a lot, not just with swimming but how to stay injury free.

I found the tri club's running sessions weren't for me but I was now swimming regularly and doing a long cycle every



Racked bikes at transition

your bike to transition zone and seeing that many bikes racked was amazing. I could also tell that I would be up against some serious competition, looking at the sheer number of top-end bikes racked beside mine (which is fairly average). I sorted out my transition bags and race day gear then tried to get some sleep.

The race began at 7:00 but with around 3500 entrants a mass start is not possible. Instead it was beach start with 6 swimmers running into the water every six seconds. The course was 1.9km long, forming a rectangle out to sea. After extrapolating the time from my recce I thought that 32:30 was achievable so

opted for the start pen 32:30 - 35:00. Lluc then 45km flat-ish back. I found I couldn't keep up with the fast bikes on the flat but caught a lot of them back up on the hill and was very pleased when I rolled in at 3:00:35 - bang on my initial target of 3 hours.

5-10 mins earlier. **I found I made the right decision as was swimming with people roughly my pace and recorded a time of 29:45 - 5 mins under my initial 35 min target. Well chuffed. Good start.**

My transition was fairly speedy onto the bike. I settled into a nice rhythm at an effort level that felt comfortable. The course was 90km with 23km flat, 22km up and down via the mountain village of

I had a massive adrenaline surge starting the run, overtaking people with ease. It was a 3 lap flat course round the streets of Port d'Alcúdia. Settled into a nice pace and the first 10km went by and I was still on for my target time of 1:25. My mistake though was I ate another gel at this point and with no Active Root (a ginger-based sports drink) to calm my stomach, like I had on the bike, I started to feel sick. At this

point though I thought that it could be heat exhaustion so I kept taking water and had another two gels. Pace was slipping now all the time and I was very relieved to finally reach the finish 6:20 over target but it could have been worse.

Excluding transitions I was only 1:40 over my target time which I am very happy with for my first attempt as there are many places where things can go wrong. Lots of lessons learnt if I ever do another one which I am tempted to do as I felt I didn't perform to my full potential. Maybe a race later in the calendar though as it would give me more time to work on my cycling once the weather and light is better. I haven't "caught the bug" as the say, I still prefer finding flags so expect to still see me at o events in the future.



Not stopping for anything ...

The stunning bike route



What is Ironman 70.3?

For those who feel the word "Ironman" alone is enough to make us need a sit down, it is:

a 1.2 mile (1.9km) swim ...

immediately followed by a 56 mile (90km) bike ride ...

immediately followed by a 13.1 mile (21.1km) run.

A "Full Ironman" race covers double these distances. The "70.3" bit of the half-Ironman's title refers to the total race distance in kilometres.

Celtman Extreme Triathlon

by Chris Harrison



Photo: Celtman

A year ago I wrote a piece for the magazine about the Celtman Extreme Triathlon in Wester Ross. I'd taken part and battled extreme Scottish weather and finished, however there was unfinished business.....

Celtman involves a 2.1 mile sea swim, a 124 mile hilly bike ride then a 26 mile off road run across the hills. *[Editor's note: This is the same as a full Ironman.]* There are no feed stations on the bike leg, you have to provide your own support. If you reach a point 11 miles into the run before 11 hours has elapsed you get to complete the 'high' course which takes in two Munros in the final 15 miles of the run, for this you receive the blue finisher's shirt. If you fail to meet the 11 hour cut off you complete the same distance but on a low level course and receive a white shirt. Last year however the weather was so bad the organisers decided it was simply too dangerous for anyone to tackle the high course so everyone followed the low course. I failed to reach the 11 mile cut off within 11 hours so received a white shirt, those making the 11 hour cut received the blue shirt even though they did not tackle the Munros.

More information on Celtman can be found here <https://cxtri.com/>

The entry for 2018 was submitted last autumn and I was lucky enough to get a place. Like many races these days the organisers operate a ballot system and Celtman was oversubscribed four times. This year Norseman, the Norwegian equivalent of Celtman, had 4000 entries for 200 places. When I competed in Norseman in 2008 I simply entered online, without any fuss, and got a place, how things have changed.

I believe this type of event is all about the bike and to improve my chances Victoria and I had a week in cycling Mallorca in March and two weeks cycling in the Alps in May, where I concentrated on big long climbs to build endurance. I also invested in a new bike, for those interested a Pinarello Dogma F8W, this is a high end road bike with SRAM eTap gears (basically blue tooth gear change rather than cables). I have tri bars fitted and 'blips or switches' on the tri bars that allow me to change gear without having to move my hands. A huge part of cycling fast is aerodynamic efficiency so every time you move off the tri bars the drag increases. The reduction in

drag riding in a peloton can be as much as 40%, in most triathlon races though drafting is banned.

So, the event. Loch Shieldaig looked inviting as we arrived in transition at 3am however the wind was starting to pick up. Nevertheless my swim time was better than last year at 1 hour 5 minutes, helped by the incoming tide pushing us towards the finish. Not brilliant but swimming is my weakest discipline.

The bike leg started well but it started raining after about 25 miles and the wind was against me. Despite the course following the coast road and turning increasingly east the wind remained a problem. At 80 miles my average speed was well below what I needed and I said to Victoria that unless the wind direction improves the blue shirt looked unlikely. However I knew a 90 degree turn east was coming and things should improve. Then it got difficult.... At the turn I found myself pedaling directly into the wind again and the next few miles were uphill, the average speed continued to drop. It's very easy for your head to drop in these circumstances, it was still raining, my hands were so cold that I couldn't use

the blips on the tri bars to change gear, I had to use the main switches on the levers, if I had a puncture my hands were so cold I wouldn't have been able to fix it and the wind was getting stronger by the mile. I just kept telling myself we're cycling a loop so the wind must soon be with me. When I crested the next hill I pushed as hard as possible for the next 10 miles, the wind seemed less of a problem and I was able to travel at 20mph or so downhill.

At the next 90 degree turn west I was suddenly being pushed along by the wind and I was able to sit at over 20mph for mile after mile. In the end I averaged 17.4mph for the 124 miles, this was over 7 hours of pedaling but I had given myself 2 hours and 10 minutes to run the 11 miles to the cut off. It was at this point that Victoria discovered how lucky I had been. As she loaded my bike and clothing into the car she could hear a psssss noise, the rear tyre was punctured. Some of you may know the viewing point on the A832 that looks down the valley to Kinlochewe, this road had been resurfaced three days earlier, I say 'resurfaced' but it was actually a smear of wet tar and chippings. I was flat out on this section downhill with a tail wind so probably doing over 40mph, I suspect I punctured on the chippings but the puncture was slow enough not to be an issue, at those speeds it is never pretty if there is a sudden complete tyre deflation.

Those of you who know me as an orienteer would probably rate my running as 'significantly better' than my navigational skills and under normal circumstances this



Photo: Chris Harrison

Chris and Victoria after their joint efforts on the run - note Chris's blue shirt!

run would not present a problem. However I had 124 miles of hard cycling in my legs and the route took in a huge climb, partly through heather, and I was worried as my Garmin was showing 2mph going up the climb. Once again though I knew the course and that there was an equal descent so I pressed on and then sprinted down the other side of the hill and ran steadily along the flat to the 11 mile point. As I arrived Victoria was waiting for me and the smile on her face said it all, I think I had about 20 minutes to spare. Assuming I could get to the finish the blue shirt was mine! However the weather had deteriorated throughout the day and the organisers decided to close the high course for safety reasons. The first 41 runners did follow the high course the remaining blue shirt runners used the low course.

For the remaining part of the race you

have to have a buddy runner, this is for safety reasons. Victoria was my buddy for the remaining 15 miles and she pretty much led the way as I felt increasingly sick. Sometimes on these long distance races I get an upset stomach from all the sugary fuel I take on board during the race, just one of those things really. Sometimes the nutritional plan works, sometimes an identical plan doesn't.

We made it safely to the finish in 14:49:36. I was actually the only M60 (or as Celtman say, Male Vintage) in the race so I did win my age group :o) When I looked at the results for all previous Celtman races there have only been 2 other M60 blue shirt finishers, both in the first race in 2012, so I am very proud of this achievement.

Without a doubt it was the preparation for the bike leg that made the difference, it only goes to show what you can achieve when you really put your mind to it and you have the time to invest in such an activity, retirement helps!

Thank you Victoria, best support team in the world xx

Victoria and I are now both looking forward to getting back to our sport of choice, orienteering. Only my recurring Plantar Fascia problems could get in the way. If anyone can explain to me how I can complete Celtman with only minor muscle soreness but one orienteering event has the capacity to leave me unable to walk the next morning I would be most grateful.

See you in the woods, Chris.

"probably an orchid" ...

by Paul Taunton

A close up view of an unusually pale common spotted orchid on unimproved grassland. Photo taken 13th June 2018



The "League Latest" report in last September's edition of Legend included a photograph of a pink flower, captioned by the Editor as "probably an orchid". Yes, it looks like a common spotted orchid to me.

Orchids are found in many of the areas that we use for orienteering and not

surprisingly their protection sometimes affects our events. In areas designated as reserves, such as the Cotswold Commons and Beechwoods National Nature Reserve, we are often restricted to holding events in winter when flowers are dormant, or sometimes we have been asked to avoid particular parts of our areas in the summer.

Although such environmental restrictions are often viewed by orienteers as excessive, this is not necessarily the case: the red helleborine, one of the country's rarest

orchids, thought to remain on at most THREE sites in England, has in recent years flowered within one of our mapped orienteering areas! I have searched - but have yet to spot it.

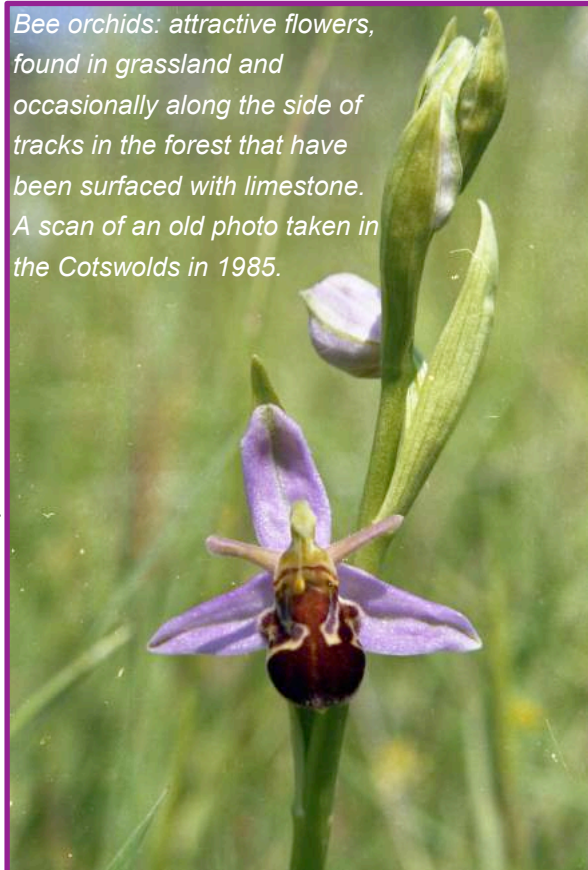
Perhaps if I tell you a little more about our native orchids you will feel more kindly disposed towards L and o w n e r restrictions?

Most of us are familiar with orchids as pot plants consisting of a single flower spike bearing several large, complex, sometimes brightly-coloured blooms.

The fifty-odd species of native orchid found in Britain are not as immediately striking as these, but the structure of each of the small individual flowers on

the spike is just as complex as their showier relatives. And although the flower spikes of some species such as the musk orchid are tiny, perhaps just 50mm tall, the unusual shape and complexity of the flowers warrants a closer look. There are a few native species that can occasionally produce an impressive flower spike up to a metre tall and others with quite large flowers.

Bee orchids: attractive flowers, found in grassland and occasionally along the side of tracks in the forest that have been surfaced with limestone. A scan of an old photo taken in the Cotswolds in 1985.



One distinctive example is the bee orchid, which has a flower which looks like a large bee resting on a pink flower.

Most species of orchid are very sensitive to their environment and will only thrive if all the factors affecting their growth are correct. These may include the underlying geology, aspect, light levels controlled by shading by other vegetation, grazing, moisture, presence of appropriate fungal partners in the soil and probably other factors too! Nevertheless, some orchids, such as the common spotted are indeed relatively common, and may be found in vast numbers where conditions are right.

Most orchids have a short flowering period, so unless you visit a suitable site during the right



Tiny green musk orchids amongst grass and larger clover flowers at Cleeve Hill. Photo taken 14th June 2016, during preparations for the Harvester Relays.



Flower spike of the greater butterfly orchid, in a small sunlit patch near the forest edge at Knockalls Enclosure. Photo taken 31st May 2017.

photograph, are probably the areas where you are most likely to see orchids. Some species such as the common spotted vary in colour, with paler and darker forms being found. You may also see pyramidal, fragrant and bee orchids in these open grassland areas. And possibly rarer species too? **Interestingly, when Pat planned the Harvester on Cleeve Hill, he was forbidden to site controls in depressions to minimise footfall in locations where concentrations of musk orchids were present.**

You are less likely to see orchids in our forest areas, though butterfly orchids are sometimes found in partial shade under beech trees over limestone. They flower regularly at Knockalls in June/July. In deeper shade nearby you might find the bird's nest orchid, not a particularly attractive flower, but easier to find than many, as they are often found in otherwise bare areas and the flower spike sometimes persists as a dry stem for the entire year.

Flower spike of a lizard orchid, on a road verge also populated with many common spotted and pyramidal orchids, close to a road bridge crossing the M4 near Bristol. Photo taken 13th July 2013.



couple of weeks you won't see them. Another quite large species, the twayblade, is green, so you are likely to overlook it. Unlike daisies, even the commonest orchid species are not found everywhere all year round – it's always a challenge to spot them. So even if many flower spikes are present on a site one year, it may be that very few are present if conditions are slightly different the following year.

Our open grassland areas overlying Cotswold limestone, such as Minchinhampton Common where Vanessa took the previous



Three flower spikes of the bird's nest orchid, in deep shade under beech trees at Knockalls Enclosure. Photo taken 16th June 2012.

Each orchid flower, if fertilised, can produce millions of tiny seeds that are widely dispersed by the wind, but new flowers take many years to develop from seed. The lizard orchid is relatively common in Europe but appears only erratically in

this country. I saw several robust spikes up to 700mm tall on a roadside on the outskirts of Bristol in early July of 2013 and 2014 but have been unable to find any since. The individual flowers are particularly unusual, having the appearance of tiny lizards with 50mm long curly tails!

PRIZE COMPETITION!

A lizard orchid has, in the past, been seen somewhere on National Trust land at Minchinhampton Common. A bottle of wine is offered to the first person to find one in Gloucestershire in the next few weeks and let me know where it is, so that I can verify it!

Remember to look where you tread!

Paul Taunton

All photos: Paul Taunton coll. What a visual treat they are!

Eleven Go To Gower

by I Need Blyton (aka Hils Nicholls)



All photos: Hilary Nicholls

I was looking forward to a weekend away on The Gower. Our family holidays had included a number of 70's summer trips to the area's caravan and camp sites of which I have very fond memories. And this time the visit would include my favourite hobby of orienteering. I couldn't ask for much else.

I'd paid in advance on Fabian4 for all three events and received an email the day before warning of the risk of adder bites, advising runners to wear full leg cover. I thought they'd better warn the adders that Richard C might get his camera out!

I travelled down with Tom Mills, NGOC's Chairman, on the Friday afternoon. After a close shave with some sheep before Lydney, we made it through the M4 Friday traffic and arrived at Porthcawl with loads of time to spare.

The first event of Swansea Bay Orienteering Club's (SBOC) Midsummer on Gower weekend was at Merthyr Mawr Warren, next to the beach. *I should add at this point that I have never orienteered on sand or in sand dunes, and was certainly going to find out how different it was the hard way.*

Gill Lock had planned four courses –

Green, Light Green, Orange, Yellow. Tom and I were among the first runners to venture out onto Green. Wearing the o-shoes I use for the forest was my downfall: two thirds of the way around I felt a blister forming on my left heel and I struggled to keep up my fast walk momentum in the latter stages of the course. I found out that not only did I need to use a different pair of shoes, but also to approach sand dune orienteering with a completely different mentality to forest. Oh, how important is the ability to read contours! It was a useful training exercise.... but most importantly good fun. I took three times as long as the winner, but I hadn't come last which made a change. I enjoy map reading so much that it doesn't dampen my spirits when I finish low down the list – happy and smiling still! Richard Cronin was NGOC's highest finisher: 8th out of 51.

Back in the car, Tom and I started our journey to The Gower with a brief stop off on the outskirts of Swansea to eat fish and chips in a car park – boy, you know how to treat a woman, Tom! We then made our way to Oxwich campsite on the southern edge of The Gower peninsula, with a stunning view over the bay.

Chris & Gill James were already there, having driven over the day before in their camper van. Ginny & Simon Hudson had already pitched their tent and were out for dinner; Bob Teed set up in his camper van, as well as the Tett family of four creating a home from home next door. It was such a shame that Vanessa, Reuben and Seth couldn't come in the end due to the youngest's broken arm – they would have enjoyed the swimming pool and ice-creams.





Ann Mitchell's adder-bitten ankle

Simon for the kettle and electric coolbox. I was too impatient for my equipment to work.....

best result of the day, finishing in an impressive 10th place out of 81 finishers.

An early morning start by Kim Liggett (NGOC Club Secretary) saw her arrive at the campsite in time to set up her tent before Event 2 at Oxwich Burrows, planned by Steve Jones. A 15 minute easy stroll from the campsite, down the lane and through some ferns. I pause here to say unfortunately, due to the blister, I did not run this course, preferring to save myself for the relays the next day. *It was*

One SBOC member was very glad she'd heeded the pre-race warnings. An adder took a liking to Ann Mitchell's gaiters and she ended up in hospital having tests. Luckily there was only a trace of venom in her blood and she was given two courses of antibiotics. She wishes she had run faster! But on a serious note, we're given advance warnings of risk, and advice, for a reason.

I'd been reading my book outside in the shade at the local shop/café waiting for my 'colleagues' to pass by after their runs. They found and joined me for a few minutes R&R. *Another tent (and another NGOC Committee member) to join our group – John*

hot. I imagine the image of ice creams on the sandy beach at the end of the course helped many push through!

While all around were hot and sweaty on their courses I chatted for a while at the Start and then had a wander around to the lovely sandy beach which was filling up rapidly with families and water sports. An ice lolly from one of the two beach shops disappeared quite promptly whilst I was perusing the interesting menu of the AA Restaurant of the Year for Wales 2018: Beach House which was right on the beach at Oxwich Bay. I hadn't bought any suitable clothing!

Richard Cronin again achieved the



With an hour or so daylight to spare, I'd managed to put my tent up. A number of decades had passed by since I'd performed this activity so I was quite pleased with myself. A new airbed had been acquired ... but I'd forgotten to check the pump valve. Luckily Ginny came to the rescue, ably assisted by Chris and Bob. Note to self: check before you leave & buy one before next time. Finally, I moved all my worldly possessions into the tent including my suitcase. And then to sit down with a cider and have a natter around the camp table ...

I had a relatively comfortable night. There were some strange noises, but I found out in the morning it was in fact Ginny & Simon pumping their airbed up as it had completely deflated! *I also worked out that the noise that I had heard earlier that sounded like a dinosaur roar was in fact the noise of the roof of a camper van opening and closing, thankfully...*

Saturday

Note: always camp with friends with campervans with an electric hook up – so much easier to get that first required coffee in the morning. Thank you, Chris & Gill, for the coffee, and Ginny &

Fallows arrived, having run on the Burrows.

The afternoon was our own, be it off for a walk, having a swim in either the campsite pool or in the sea, relaxing on the campsite. It was a beautiful day in a beautiful place – good for the mind. As the afternoon progressed, more orienteers arrived to pitch up for the evening and for the SBOC barbeque: BOK, SWOC, UBOC, ERYRI to name a few. We all gathered around and started up our barbeques – it was quite a picture!

Simon Hudson and Tom Mills took on the mantle of barbecuing NGOC's food – thank you both, and to Gill James who made up some salad in her 'kitchen'. NGOCers Tom Cochrane and Richard Cronin turned up after their foray around the headland to join us for food.

Then into the next field along for a game of rounders which rounded off the evening very nicely and encouraged good sleep, so much so I was last to rise Sunday morning...

Sunday: Thank you again for my morning coffee! **The final event on the Sunday: 2x2 Relays on Cefn Bryn** planned by Megan Carter-Jones



Team NGOC (minus Bob)

and Ben Mitchell (very good, young, British orienteers who run for our national squad). Cefn Bryn is basically the high ground in the middle of The Gower: open moorland with marshes, gorse, and ferns growing rather too well.

Another warm day. We all had to meet up before the mass start for instructions. Myself and Ginny formed our two-man team. Before we left the campsite, I had my blistered heel strapped up by 'Nurse Gill'. I ran legs one and three and Ginny legs two and four. Courses were handicapped based on age class and varied from

1.9-3.5km. We all lined up for the start and were given our first sealed map. When I finished the first leg, I had to tag Ginny who already been given her first map. While Ginny ran the second leg, I downloaded and cleared, received my second leg map, and recovered from the heat before Ginny returned too promptly and tagged me to start the third leg by which time, thankfully, a bit of a breeze had got up which made it more bearable. Phew!

The hardest part was trying to find controls in depressions in two foot high fern growth! Pacing turned out to be extremely important.



Chef Tom!



Hils will try anything ...



Relaxing at the BBQ





Ginny punching at Cefn Bryn ...



Cefn Bryn undergrowth ...



...and some nicer terrain!

Having been warned in the details about wild horses and sheep, a few of us were surprised to bump into a wandering person who kept exclaiming: "Get off my land!"

It won't surprise you to hear that we didn't win .. but we did enjoy the camaraderie. SBOC had set up a prize giving at the end which included random raffle prizes as well as winners and placing trophies/prizes.

It was great fun to take part in an event and be one of a team for a change. If you haven't taken part in a relay yet, do

have a go when the opportunity arises. There are relays at the annual Easter JK, the Peter Palmer relays in September for juniors, as well as at many of the big events. There are also specific relay events/competitions.

And so, back to the campsite to change, pack up camp and drive home. What a thoroughly good weekend in a beautiful place with likeminded people. I hope you will join us on the next occasion.

Hilary Nicholls
NGOC Committee Member

GOWER RESULTS SUMMARY ...

Well done to all 11 NGOC members who ran, ate and drank their way through the Gower social weekend! On Friday at Merthyr Mawr West, Richard Cronin was our top performer, finishing 8th on Green, with Tom Cochrane in 15th, Tom Mills 33rd, Bob Teed 45th and Hils Blyton 49th.

Richard C continued his good form into Day 2, with a top 10 finish at Oxwich Burrows. Tom Cochrane was 29th, also on Green, with Ginny Hudson 52nd, Tom Mills 56th, John Fallows 59th and Bob Teed 79th. Gill James was 9th on Light Green and William Tett 4th on Yellow.

Top NGOC'ers in the Day 3 Relays

were "Tom and Ted" (Tom Mills & BOK's Ted Macdonald) in 12th place, "Coch-Cro" (Tom Cochrane & Richard Cronin) in 20th and "Kew Oh!" (Kim Liggett & Andy Rimes) in 22nd. Sadly "orienteeriNG Occasionally" mispunched - no doubt worn out by all that socialising! (Well prioritised, girls!)

Thanks to Margaret & Niall Reynolds of SBOC who organised the weekend, as well as their many Club volunteers in all guises, and also to Carol at Oxwich Camping Park who was the best, most accommodating host.



The relay prizegiving

chalford rural urban

It goes without saying that all NGOC League events are great orienteering days out with excellent courses. But the Chalford "rural urban" on the 29th April was particularly memorable.

As reported in the last issue of Legend, the Chalford league event introduced a new format to the world of orienteering - the rural urban. Essentially an urban event, on a large-scale map, but in an exceptionally picturesque and historic rural village. Competitors enjoyed courses which took in the winding, steep network of paths between quintessential Cotswold stone cottages, as well as visting the lovely canal path and varied areas of newer build.

Planner/organiser Greg Best put on the standard range of colour-coded courses from Brown to Yellow. The "rural" part of the event description really kicked in with the course climbs: runners on Brown faced an estimated 315m over 8.3km, Short

Green had 180m and the Orange course certainly wasn't a pushover with 175m of climb over 3km.

In total, 169 runners came along to enjoy the beautiful scenery and unique location. In his post-event report, Greg Best said, "The idea of mapping and holding an event at Chalford has been lodged in my head for about 5 years now. The original inspiration came from Gill Stott's 2012 Christmas Treasure Hunt, set in St Briavels' myriad of lanes and paths. I started wondering if I could find a similar rural area with a huge network of rights of way. I poured over maps of Gloucestershire before identifying Chalford as the place I was looking for. I felt certain that I had discovered a gem of an area, with great potential for urban orienteering."

"Urban orienteering can never be properly technical, so maximising route choices to keep people thinking is key. Chalford's ample contours will have added to the challenge of finding the best routes. A quick look at Routegadget seems to show that people have chosen to go a number of different ways, which is pleasing to the planner in me! There is plenty of scope for other events on this large map, so look out for the next one!"

Huge thanks are due to Greg for his patience and persistence in bringing his event idea to fruition. He was supported by a large team of volunteers, not least of whom were Sophie and Cathy, who made the splendid cakes on offer as post-run nutrition. Thanks to all of you!



All photos: the editor



2019 event programme

You might be thinking that we've only got half way through this year, so why are we worrying about next year. Well, if you look at the BOF Fixture list, you'd probably expect to see all the big events for next year already lined up, but you might be surprised to see how quickly it is already filling up with lower level events. In order to ensure that we can fit in our programme around the big events as well as our neighbouring clubs' programmes, whilst also taking into account the growing

constraints we face on access to some terrain, it is important that we put down our markers early. So, over the last few days the self-styled Development and Fixtures Subcommittee has met to draft an initial programme for 2019. What follows is a summary of a lot of discussion and analysis, very hot off the press, and so very prospective, published both to give us something to work towards, for permissions etc, and to let you have a chance to comment if you wish to.

As background:

1. The 2018 league so far has been very successful in terms of entry numbers, but by general consent has also been a bit fragmented, with an early forced cancellation and a long gap through the late spring.

2. Attendance at the regular Thursday evening events (either maprun or traditional SI races) has been disappointing - significantly below last year. It's not clear why this should be: attendees rate these events highly, both maprun and SI, so they should be attracting people. R2T2 hasn't taken off, with pre-entry almost non-existent, leading to all events being cancelled.

3. Constraints on access to the forest have increased significantly, and despite a lot of effort we have seen no sign of movement from the Forestry Commission towards relaxing the bans

The 4 event strands:

Strand	Aimed at	2019 programme
NGOC League	Existing orienteers, and providing development path for newer ones. Also athletic club members - at whom the 10k trail is aimed	12 events: 7 classic forest races, 2 middle distance forest races, 2 purely urban, Chalford/Toadsmoor as a 'mixed' race. Of these ideally half at Regional level if possible. Same format as 2018, but with a 10k trail race - a very long yellow - run in parallel, separately organised, as an R2T2 replacement.
Weekday series	Already active or wannabe active adults, as well as providing regular events for club members, and building interest in maprun as a resource light capability	Winter series: November - March, first Thursday evening of each month, Maprun only, format probably score, but could be linear. Summer series: April - October, up to and usually 2 per month, one SI, one Maprun, all linear courses, no score courses.
Junior and beginner series	Providing follow on/development opportunities for the schools programme	TBD, but based on a regular series of park type events on weekday afternoons
All the other stuff we do	Everyone	The usual New Year's Day, Galoppen and Chairman's Challenge events, plus 3 Western Night League events, plus at least one larger event if possible. In 2019 this will be a National level warm up event for the Southern Championships, probably either a middle distance or an urban race.

on night orienteering and track parking.

4. Our partnership with Active Gloucestershire, aimed at developing orienteering in schools, is beginning to take shape, but needs to be managed so that we are not drawn into doing a lot of work for potential long term but no short term benefit.

Out of all this emerge 4 event 'strands' (see table above). Dates and potential venues have been identified for most of these events, and will be published shortly as a draft fixture list for next year.

This is an ambitious programme, and it will require all of us to do our bit to help make it happen. We aim to schedule at least one more planner/organiser course, probably a controller course, and we need to ensure that prospective planner/organisers also attend an event safety workshop if they have not already done so. The other thing we'll need is some help with mapping.

We now use 3 basic map formats for our events – traditional forest maps, detailed urban maps, and urban 'stick' maps for maprun.

The first of these takes quite a lot of effort to create, but less to maintain, and you don't have to be an expert cartographer to help do

that. Below is a sample of part of Knockalls Enclosure that we aim to use next year for a middle distance race. It shows what a largely non-mapper has done to make an initial assessment of the state of the area. This allows us to work out the feasibility of using the area, and the amount of work needed to update the map.

You may have read an article in an earlier edition of legend on how we generate base maps for urban areas. Once this is done, you start with the "Before" image shown opposite, and it



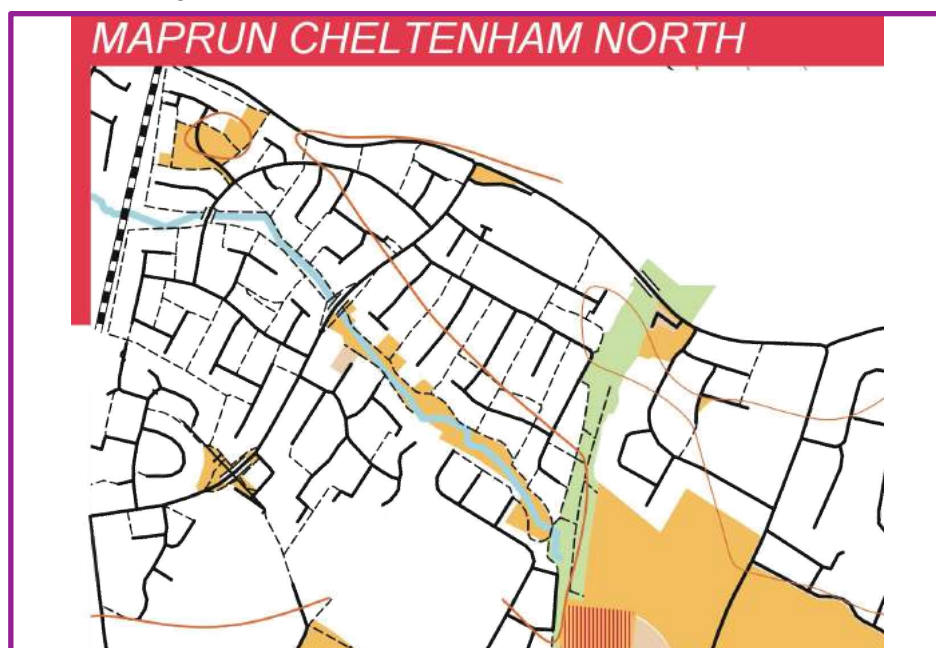


For stick maps (see example below) the process is easier still, provided you know how to use Google Earth, Maps and Streetview. You still have to check that the base data (in this case Open Street map) is reasonably good, and update it if needed, but thereafter producing a maprun map is very straightforward apart from one key step which requires OCAD 11, and which I can do for anyone who wishes to generate a maprun map.

The event programme is the raison

d'être for the club. We have been evolving it progressively over the last few years, and in my view this is a further evolution, designed to appeal to existing orienteers, already active potential orienteers, and the young. Let us know what you think about it, on facebook, via email to anyone on the committee, or better still face to face at upcoming events.

Pat Macleod
Development Officer



becomes a relatively straightforward process to develop the base into a usable urban map (the "After" image). Again, not a high level of mapping experience required.

orientizz - ngoc social

It was a typically British Spring evening. 9 intrepid orienteers made their way into the saloon and took their places. Was this a good idea.... ?

It was the first of two quiz evenings spent eating and drinking at The Feathered Fish bar in Cheltenham. We decided it would be best to increase our chances by having just one team of 9 made up of: Greg Best, Richard Purkis, Rhiannon and Peter Fadeyibi, Paul and Ros Taunton, Steve Williams, John Fallows and myself.

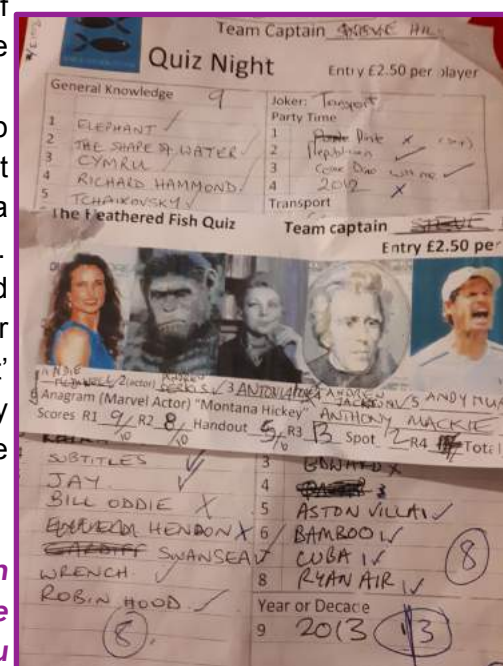
Well, the Quizmaster, Paul Wheeldon, wasn't giving us an easy evening but we were well equipped with two extremely knowledgeable couples in the Fadeyibis and Tauntons who knew such things as

the biggest producer of oil in the world. And who'd have guessed the colour of Bridget Jones' soup was purple?!!! None of us.....

Unhampered by our lack of soup knowledge we powered on to win first place by four points. The prize a Feathered Fish voucher for drinks/food. Two weeks later, minus the brains (and Greg) we revisited – to polish off the bar tab! And, as expected, we finished 'a bit' further down the pecking order, slightly hampered maybe by the free refreshments.....

We'll have another Quiz Social in the next couple of months, maybe this time west of the Severn. If you know of any pub quiz nights, let me know. And hope to see you there :))

Article & photo: Hilzz Nixzz



Quiz 1 - the winners!



Vanessa Lawson reins in the starters - including a raring Bob Teed

Photo: Pete Ribbans

NGOC's Ross-on-Wye urban on 5th May was selected as part of the prestigious UK Urban League, which resulted in a quality field across all courses. Planner Richard Cronin made the most of Ross's picturesque and historical town centre to create interesting route choices for this urban event. A total of 225 competitors took part, with some making a weekend of it with the OMM Lite in the Forest of Dean and the R2T2 event at Speech House.

(W45) had a good run to take 4th spot in a close Women's Vet category, and Ginny Hudson (W55) finished a superb 2nd in Super Vet. Ros Taunton (W65) took 12th place in Ultra Vet. Rebecca Ward continues to go well and won the Junior class by almost 5 minutes.

Congratulations to organisers Gill & Chris James, planner Richard Cronin and controller Pete Ribbans (SWOC) for an excellent event, and huge thanks to the stalwart team of helpers.

Ben Potter (BOK) took the day's top honours with victory on the M21 course in a time of 49:07. Ben Mitchell (SBOC) was a very close second, with just 10 seconds separating the two. NGOC's Richard Purkis finished an excellent third, with Tom Cochrane 5th. Andy Monro (M45) finished 4th in the very competitive Men's Vet class, and Andy Stott (M55) was 17th on Super Vet. Ian Prowse (M65, 11th) and Bob Teed (M75, 3rd) were our top finishers in the Ultra and Hyper Vet categories. Reuben Lawson (M12) had an excellent run to win the Men Young Junior, with brother Seth (M10) finishing 5th.

Megan Carter-Davies (W21, MWOC) was the unsurprising winner of the Women's Open, ten minutes clear of her nearest rival. Vanessa Lawson



Photo: Pete Ribbans



Photos: Jim Lott



Many thanks to Pete Ribbans (SWOC) and Jim Lott (BOK parent) for generously allowing use of their photographs. You can see more of Jim's photos on his Flickr albums: www.flickr.com/photos/mgmetrojim/albums/72157666706470847

Due to the onset of summer vegetation and the peak National-level event period, there has been only one League event during the past three months, at Chalford on 29th April.

Greg Best's demanding courses certainly required peak performances, with considerable amounts of height gain across all courses.

On the Brown course, Richard Purkis (M21) took first place with an impressive time of 56:02, beating Richard Mawer (M45, BAOC) and Owain Jones (M35, BOK) into second and third places. Tom Cochrane and Richard Cronin (both M21) were NGOC's next finishers in 5th and 6th places.

Clive Hallett (M55, BOK) positively flew

around the Blue course to finish in 46:36, over three minutes clear of Andy Monro (M45) in second place. Christophe Pige (M45) had a good run to finish in 6th, with Paul Lane (M60) also making the top 10.

Scott "I'm just having an easy run today" Johnson took the top spot on Green, marginally ahead of Alison Simmons (W60, BOK). Hannah Bradley (W45) had a good run to finish 8th.

Laura Britton (W35) won Short Green in 34:16, over 9 minutes clear of Andy Pedder (M60) in 2nd. Claire Garai and Jess Miklausic (both W35) were the top two on Orange, whilst Seth Lawson (M10) was a clear winner on Yellow.

The next League event is on 14th July at Coopers Hill. It's a Regional level event, and with Andy Monro as planner it'll be one not to miss!

Sheila Miklausic at Chalford



Photo: the editor

league standings after 4 events

Brown:

1	Nick Gracie	BOK	M45	2705
2	Owain Jones	BOK	M35	2013
3	Richard Purkis	NGOC	M21	1865
4	Keith Agmen	BOK	M35	1663
5	Anders Johansson	NGOC	M45	1593

Blue:

1	Paul Horsfall	NGOC	M35	2958
2	Nick Dennis	BOK	M55	2624
3	Russell Finch	SWOC	M50	2621
4	Mike Goldthorpe	SOC	M60	2594
5	Robert Atkins	HOC	M35	2555

Green:

1	Alex Evans	NGOC	M55	2072
2	Dave Hartley	NGOC	M65	1842
3	John Fallows	NGOC	M60	1832
4	Steve Harris	NGOC	M40	1802
5	Martin Evans	BOK	M55	1759

Short Green:

1	Roger Coe	NGOC	M70	1798
2	Peter Maloney	NGOC	M70	1796
3	Laura Britton	BOK	W35	1277
4	Jack Giltrap	UBOC	M21	1222
5	Andy Pedder	NGOC	M60	1008

Orange:

1	Claire Garai	NGOC	W35	3026
2	John Wickson	NGOC	M70	2019
3	Rose Taylor	HOC	W12	1893
4	Reuben Lawson	NGOC	M12	1660
5	Sam Roderick	NGOC	M15	1106

Yellow:

1	Seth Lawson	NGOC	M10	2098
2	George Gracie	BOK	M11	1890
3	James Agombar	NGOC	M10	1879
4	Katie Agombar	NGOC	W10	1795
5	Sam Horsfall	NGOC	M4	1727

rankings

NGOC's national ranking Top 10 on 30th June 2018 were ...

1	Richard Purkis	1993	M	8009
2	Peter Ward	1970	M	7921
3	Tom Cochrane	1986	M	7754
4	Andy Monro	1969	M	7682
5	Richard Cronin	1989	M	7620
6	Lawrence Jones	1996	M	7521
7	Ian Jones	1966	M	7402
8	Andy Creber	1958	M	7365
9	Andy Stott	1959	M	7331
10	Andrew Hartley	1988	M	7304

There's been little change in our club Top 10 since March. Richard Purkis and Pete Ward are still flying high in the rankings (at 67th and 92nd respectively in the national standings), with Tom Cochrane and Andy Monro not far behind. Ian Jones and Andy Creber have switched places in 7th and 8th - partly due to Andy rupturing his Achilles tendon, which has unsurprisingly curtailed his running activities somewhat. Our top-ranked female runner is Georgia Jones, 14th in the club.

committee & contacts

Chairman:	Tom Mills chairman@ngoc.org.uk
Secretary:	Kim Liggett secretary@ngoc.org.uk
Treasurer:	Carol Stewart treasurer@ngoc.org.uk (01242) 514988
Membership Secretary:	Simon Denman membership@ngoc.org.uk
Mapping Officer:	Paul Taunton mapping@ngoc.org.uk (01594) 529455
Equipment & Development:	Pat MacLeod equipment@ngoc.org.uk (01594) 528128
Fixtures Secretary:	Stephen Robinson fixtures@ngoc.org.uk (01594) 841743
Welfare Officer:	Rhiannon Fadeyibi welfare@ngoc.org.uk
Permissions Officer:	Greg Best permissions@ngoc.org.uk (01242) 516053
Committee Member:	Richard Purkis purkisrichard@gmail.com
Committee Member:	John Fallows john@greyeye.co.uk (07971) 782729
Committee Member:	Hilary Nicholls
Committee Member:	Steve Lee

All contents are copyright NGOC and Judith Austerberry unless explicitly stated otherwise. You may not use, copy or in any way reproduce the contents of Legend without the express permission of the editor. This issue of Legend was brought to you by white Magnums and Vaughan Williams' Fantasia on a Theme by Thomas Tallis. Please would someone turn the temperature down now?