

The Legend

Number 132



If you go down to the woods today . . .

Newsletter of
North Gloucestershire Orienteering Club
March 2008

www.ngoc.org.uk

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Disclaimer

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

Cover: . . . you just might be lucky enough to see a wild boar as did our Membership Secretary at League 5 at Mallards Pike on 16 February. It was only a brief encounter as wild boars are very timid and they will not hang around. *(The photographs - more inside - are of a boar kept by a farmer on the outskirts of Cheltenham; a free NGOC "Buff" will be given to the first reader whose photograph of a wild boar in the Forest of Dean is published in Legend!)*

Chairman's Chat

A Top Three Club!

Statistics are quoted for a great many things these days, and I am delighted to share with you all that NGOC is one of the top three clubs for the number and quality of the events it puts on in a year. Just recently we staged the very successful Compass Sport Cup. As I write this 'Chat' we are about to run the Knockalls Event having just put on 2 events last weekend in the Forest of Dean. And so it goes on. Our thanks must go to those hard working members of the club that make it all possible.

Involving More Members

One of those events mentioned above was the Mini League 5 at Mallards Pike North. Gill & I invited our fellow club members living in Herefordshire, Worcestershire and Shropshire to help us. We were delighted that a number responded positively and came along to help on the day. We were in effect an NGOC-North Group. It was so pleasing, not only to have a positive response, but to be encouraged to repeat the exercise. I am sure that there are many more members out there just waiting to be personally asked and encouraged.

On Sunday 27th April we will be involved in the Forestry Commissions' Dean Outdoors Festival being staged in the field behind the Speech House. This is to encourage people to discover the wealth of opportunities in the Forest and to return to them in the future. Bob Teed is extending the Mallards Pike map to include the Arboretum so that we can arrange some simple courses. Do come along and be involved in encouraging others to take part in the fun.

Moving Forward

Since introducing myself in January I have been busy working at moving the club forward on other fronts. At our January

committee meeting I invited Celia Watkinson, the British Orienteering Development Officer for the South West, to talk to the committee again about Club Mark. I have subsequently met Jo Walker the Active Gloucestershire Club & Volunteer Development Officer. We again talked of Club Mark for NGOC and becoming the Focus Club for orienteering in Gloucestershire. We have moved ahead of many clubs by having a Club Welfare Officer in the making. By the time you read this Gill James will have been recognised as such.

The fact is that much of our funding for orienteering will come to us only if we become a Club Mark Club but very little will come our way if we are not. In Gloucestershire we are the only orienteering club and provided we work towards Club Mark then we will be what is called the Focus Club for our sport. Again there are funds available to run training courses and make links to schools and other organisations.

Working with our neighbouring clubs

I sincerely believe that we must all work together to stage and promote our splendid sport. For too long we have had orienteers living in every area but belonging to different clubs and so not recognising each other. We need to get together and work as members of the orienteering community. Of course we can compete in club teams on appropriate occasions. My neighbouring Chairman, Mike Farrington of Harlequins OC (HOC), commented that Herefordshire has 2 club chairmen but no club. However we do have orienteers in Herefordshire and Worcestershire albeit spread thinly across the sparsely populated counties. So surely it makes sense to get to know each other and to work together to stage events. Watch this space!

Good orienteering

Chris James - *Chairman NGOC*

Street Orienteering in North Gloucestershire

Would you like to be the one to set up a street orienteering course in July this year?

We have various street maps of some of the different areas available and would like to run some events in July on Wednesday evenings. I have one offer for one of the earlier Wednesday evenings but am looking for another 4 volunteers to set up a street 'O' in their area. In the past, we have used maps of Tewkesbury, Hatherley, Charlton Kings, Lydney, Brockworth/Hucclecote, Cheltenham SE, Cheltenham W and perhaps others.

Would it be possible this year for some new people to help those who have already set up a street 'O' so that they can get a chance to see what is involved. These are purely fun events and can be a lot of fun to set up finding answers for clues in your area. You certainly find things you've never noticed before.

We have quite a few experienced street 'O' planners who will be delighted to share their expertise with you! Please take me up on this and get in touch saying your preferred area and date.

The dates available are Wednesdays 2nd, 9th, 16th, 23rd and 30th July.....and if we have a great demand, we could extend it back to the tail end of June.

Please don't let me down and lets have some great street orienteering this summer.

Thanks

Pat

Please contact me at pmcameron@tesco.net

FORTHCOMING EVENTS

Date	Event	Location	Map reference	Organiser
8 March Saturday	League 6	Moseley Green	SO666061	John Coleman 01594 528181
21-24 March	JK Weekend			
29 March Saturday	Informal	Nine Wells	SO613147	Andy Stott 01291 689471
12 April Saturday	League 7	Cranham	SO882130	Alan & Ellen Starling 01793 496447
26 April Saturday	Informal	Standish	SO838087	Lin & Jeremy Callard 01873 859452
10 May Saturday	League 8	Kidhalls	SO634032	Roger Coe 01594 510444
14 June Saturday	End of Season event	Cleeve	SO989275	Colin Parsons 01242 570216
7 August Thursday	CROESO Day 4	Wentwood	-	Organiser = Roger Coe 01594 510444 Planner = Paul Taunton 01594 529455

Enquiries to Organiser or Fixtures Secretary – Bill Smith 01452 610924

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

League Events: Registration 1130-1230 Starts from 1230-1330
 Senior £3 Junior £1
 Competitors who are not members of any club £4

Night Events Registration from 1800 – or when it's dark!
 Senior £3 Junior £1

Dibber hire at League Events £1 – free for juniors. Buy your own dibber – enquire at Minileague Registration

MADO (Malvern & District Orienteers – part of Harlequins) Mini-League:

Saturday 15 March	Eastnor
Saturday 26 April	Castlemorton Common
Saturday 21 June	Old Hills

More details: www.mado.org.uk



Captain's Log

NGOC Relay Teams

All those members with e-mail should have received a reminder from me to send in their entries for the JK and the British Championships before the closing date. So far I have heard from 20 people who would like to run in the JK relays and three for the British Relay Championships, as shown below. **Please let me know as soon as possible if you want to run in an NGOC team in one of these events and your name is not shown below.** The teams below are not fixed and no order of runs is implied – I have simply divided people up as best I can, according to age classes. Let me know if you have any particular preferences over which class you would prefer to enter, which leg and with whom!

- **JK Relay, Eridge Old Park, near Tunbridge Wells, on Monday 24th March.**

M Short	Ivan Teed (M21)	Matt Stott (M21)	Edward Nesbit (M21)	N/A
W Short	Rebecca Nesbit (W21)	Judy Nesbit (W45)	Gill Stott (W50)	N/A
M Short??	Ian Coe (M21)	Steve Williams (M50)	?	N/A
M165	John Fallows (M50)	Rodney Archard (M60)	Paul Taunton (M55)	Total 165
M165	Neil Cameron (M60)	Alan Nesbit (M45)	Chris James (M65)	Total 170
M165	Andy Stott (M45)	Bob Teed (M65)	Roger Coe (M60)	Total 170
W165	Pat Cameron (W60)	Ros Taunton (W55)	Vicki Archard (W60)	Total 175

- **British Relay Championships, Culbin near Forres, on Sunday 20th April.**

M/W60	Neil Cameron (M60)	Pat Cameron (W60)	Chris James (M65)
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Any more volunteers? We had 9 teams running the JK last year at Caerwent and 8 in 2006 in Staffordshire, so we ought to be able to make 8 full teams again as it's not too far? Agreed Scotland is a long way for a weekend though!

Compass Sport Cup Qualifier

Thanks to the 47 club members who ran, mostly competitively, for the NGOC team in the CSC at Sallowvallets on Sunday 13th January. The final club positions were:

BOK	2367
HOC	2331
DEVON	2155
NGOC	1900

As you may have guessed we don't qualify for the Final! Well done to the 25 in our club who scored for the club (shown below) and to all the others for helping to boost our team. A special mention must go to the only two juniors who ran for us, Lawrence Jones (M12) and Joe Gidley (M20) both of whom finished high in our points table.

Jeremy Callard	93
Laura Rutty	92
Joe Taunton	88
Heather Findlay	88
Ian Jones	82
Alan Richards	82
Paul Bryce	81
Neil Cameron	79
Margaret Jones	78
Lawrence Jones	78
Rodney Archard	77
Joe Gidley	75
Greg Best	74
Pat Cameron	74
Alan Brown	72
Gill Stott	72
Vicki Archard	70
Ellen Starling	70
Chris James	70
Steve Williams	69
Paul Taunton	68
Shimona Starling	68
Lin Callard	68
Janet Jones	68
Tom Mills	64
Total Score	1900

Dean Outdoor Festival

The Dean Outdoor Festival is being held from 10.00 to 16.00 on 27th April this year, with parking in the Speech House Fields. There will be several outdoor activities available to try, including archery and a climbing wall. NGOC hopes to include a short come-and-try-it orienteering course around the Arboretum. Search for the Festival on <http://www.active.visitforestofdean.co.uk> or see the NGOC website nearer the date for the latest news!!

Paul Taunton captain@ngoc.org.uk

MEMBERSHIP NEWS

Change of details:

Alan & Ellen Starling:
01793 320054
alanandellen@googlemail.com

Heather Findlay:
andyconnelly@yahoo.co.uk

Paul Bryce:
paul@bryces.net

Richard Broad:
Ric.broad@virgin.net

Rachel Tuffin:
racheltsmail-nav@yahoo.co.uk

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

Attention all Organisers!

British Orienteering changed its insurance cover last year and now requires clubs to keep a record of everyone involved with an event - not just the competitors, but also all volunteer helpers and anyone shadowing juniors or running in pairs or groups. For events where there are published results the only change will be to include the names of everyone in pairs or groups, and to keep a record of all helpers and others - such as those shadowing juniors - who don't appear in the results. Please make sure that every runner fills in a registration form so that their details can be included in the results. Notices to this effect will be provided for the event kits.

For events such as Informals, where no results are issued, organisers must now record the names of everyone who enters, as well as the names of all helpers. British Orienteering will keep and archive all results it receives and clubs are asked to keep lists of event helpers etc for 5 years. As I already take copies of event results to submit with levy payments I've volunteered to hold the club records, but I need you to make sure the results are complete and to give me helper names from your event plus a list of participants from Informals. Thanks!

Carol Stewart

Club Welfare Officer

As a sports organisation receiving government funding, we are now required by law to have someone in place for the protection of vulnerable adults and children, if we are to continue to receive such funding. To this end, I attended a course on Safeguarding and Protecting Children on 29th January and have now received my Sports Coach UK Certificate, and await receipt of my enhanced CRB clearance.

The majority of people on the course that evening were teachers and coaches from a variety of sports, with me being the only orienteer. Much of the evening was spent discussing what was acceptable, unacceptable and/or illegal when dealing with young people or vulnerable adults, in competition or coaching situations. The subject matter covered such topics as being alone with an

individual child or group of children, bullying, and abuse. Much of the content, I felt was down to good old fashioned common sense – sad that so much legislation does not allow it these days! It was great to hear that British Orienteering is one of the two sports in the forefront of dealing with the Welfare of Children and Vulnerable Adults. Being Club Welfare Officer does not mean that I will necessarily be able to sort out any problems on the spot, but I will know a man (or woman) who can. I will be the initial point of contact.

Gill James

February 2008

Development Evening at Henleaze 31st January 2008

Pat Cameron and I attended a very interesting evening on the development of links between orienteering clubs and schools in the south west. There were also representatives from QO, SARUM, and BOK. Celia Watkinson, our own Regional Development Officer, took us through the work she does with schools and explained how the links work through School Sports Partnership, the Community Sports Network etc. Dudley Budden explained the work he carries out mapping School sites throughout the region and he and Celia have sent us a list of schools that have been mapped. These should all be registered with British Orienteering. We also saw an interesting video which gives an introduction to orienteering and is available direct from British Orienteering.

We even had a little quiz where we split into groups to match up initials such as SSP with its description of “groups of schools working together to develop PE and sports opportunities for all young people”. Unfortunately we did not have time to ‘run’ the little ‘O’ course Celia had set up in the room.

Gill James

February 2008

International Orienteering!

After 7 months of enforced rest from orienteering following a shoulder operation, and having entered the Scottish 6 days W60L before getting a date for the operation, I set out on each day knowing I had to take it slowly and carefully to avoid a fall and doing more damage to the tendon. Perhaps I should have tried to change to the short course, but being ever the optimist, I thought – let's go for it. I still enjoyed it in spite of the deterioration in the weather on the last day and the long walk back from the remote start/finish – not helped by being one of the last to start.

We reluctantly decided that our annual trip to the White Rose would have to be missed for 2007 as we were due to leave for Australia on 1st September. After a couple of weeks travelling in the Margaret River area of Western Australia we boarded the Indian Pacific train to travel from Perth to Adelaide and then on to the Barossa Valley in anticipation of an informal orienteering event in the Adelaide Hills. We had been invited by the organizers to join them for a picnic lunch after the event – a very enjoyable experience as everyone sat down together and shared a picnic in glorious sunshine. Of course, our compasses were a little erratic down under so we vowed to hire for the next few events! I even saw a couple of kangaroos on the hillside during my 'run'. It brought back memories of seeing a wallaby whilst out near Henley-on-Thames. They can still run faster than me!

The next event we attended was at Bendigo, where Chris took part using a composite map which showed the old gold mines on part and the rest was a modern orienteering map. I had picked up a virus, so sat reluctantly in the car in a day which just got hotter. We did manage to have a cup of tea with friends we had made at the Scottish, who had just arrived home in Bendigo the day before the event. The next day we were entered for a 3 hour maxi team event near Ballarat and whilst I set out with Chris, had to give up and return to the finish where I was able to help clock the finishers. Two guys actually managed to collect all 30 controls in just under an hour. We were given a bar of Cadbury's chocolate for travelling furthest to the event! Food and drink was provided in the total cost of entry and the local members provided a veritable feast, with hot and cold dishes to enjoy.



Our next orienteering event was in Hawke's Bay in New Zealand. We travelled towards Cape Kidnappers, then turned on to a farm track and drove for 5km before reaching the parking area. We found that the colour coding system is very different from here with white (tracks and paths), yellow (more like our light green), short red (technically difficult), medium red, and long red! Chris entered the medium red, to looks of amazement from some of the youngsters. I entered the short red – it was tough, very steep terrain and some very brambly patches. There is huge eradication of brambles initiative going on in both Australia and New Zealand. When I finished, I was invited to join a group for lunch which Chris joined a few minutes later, having had a tough but enjoyable run. Whilst talking to the group, we asked if they could let us have information on a good walk for the next day. "Yes" said Alan, "come along for a cup of tea at my house on your way back to your motel and I will let you have a map." He gave us a copy of the Kaweka Challenge Map – a two day orienteering event and suggested we do a circular walk taking in the Mackintosh hut, though he expected it would take us about 6 hours to complete. "No problem" we said, so armed with his map and transponder we set off to have a quiet night in. Another orienteer had invited us to go Scottish Country Dancing in Napier after the walk, which we thought might just be possible.

We set off driving on dirt roads for about 40 miles before reaching the parking area, where there were Department of Conservation signs and a 'long drop loo'. We had seen a single set of tyre tracks on the way and could only conclude that they belonged to someone from the DoC as the loo smelt of disinfectant! We set off on our walk along a forestry track until we found the first orange triangle which marked our route. We then zigzagged 300 metres down a cliff to the river below, where to my consternation the only means of crossing was a three-wire bridge; as you can see from the picture I am well on the way to the other side!

Then it was 300 metres up the other side and a further 100 metres to reach the hut. We had begun to wonder if we should turn back as it seemed much longer than anticipated. After a picnic lunch, we decided to carry on and go up and down through a few more gorges and across one scree slope to get back to the car park. It had taken us almost 7 hours to complete! No energy left to go to the Scottish Dancing. When we returned the map to Alan next day, I said I was a bit apprehensive when I got to the wire bridge and his response was "Oh, I forgot to mention that"!

Our final 'O' event was near Christchurch, a much less steep area, but a very wet one. We took along our friend who had never orienteered before so I thought a yellow course would be good. However, finding it was closer to light green, I don't think he will participate again. We thoroughly enjoyed ourselves, again meeting up with new friends from the Scottish. We also met Claire Heppenstall who knows Chris's daughter Jenny and our own NGOC Poole Family.

We had more fantastic walking in South Island, and the sights and memories will be with us for a very long time. And the dreams of going again.....

Good Orienteering

Gill James



Attendance at Tom Mills' League 4 event at Symonds Yat in late January was boosted by a strong turnout from The Helicopter Club. Tom was told by club official Brenda Nicoll that she had never heard such positive feedback from a non-flying event as members normally moaned if there were no helicopters about! The event was said to be seriously beneficial to them all and several were considering going again with their families. As a thank you to NGOC The Helicopter Club now carries links on their website to NGOC and British Orienteering. To find out about The Helicopter Club visit www.britishhelicopteam.co.uk

Brashings

In the bin

Have you often cursed those old, faded, orange and dirty white kites used in informals? Following agreement at the last committee meeting they will soon be in the bin and be replaced by some rather more visible examples.

More dibbers please

The committee has also agreed to the purchase of 20 more dibbers (we ran out of dibbers to hire at a recent mini-league) and 10 more SI units.

Legend on the web

This edition of Legend is also available online on the NGOC website www.ngoc.org.uk . If you are happy to receive Legend this way, or would like to be emailed a copy, please let me know at legend@ngoc.org.uk .

2008-2009 fixtures list

Get your bid in early and plan an event on your favourite area. Don't worry if you're new to planning - you can help/work alongside an established planner. Contact:

Bill Smith 01452 610924

fixtures@ngoc.org.uk

or

Roger Coe 01594 510444

randvcoe@btinternet.com

(Based on data supplied by British Orienteering to assist in the preparation of the Whole Sport Plan the 19 events staged by NGOC in 2006 put us 3rd of 120 clubs in terms of events staged, although we were 34th in terms of membership numbers.)

Orienteering on Youtube

Watch eleven year-old Alex's introduction to orienteering at <http://www.youtube.com/watch?v=OZOI9kKuA4I> . It lasts five minutes and explains the basics in a clear and humorous way. Or just search on "youtube orienteering" to find this and other examples.

NGOC seeks new caravan

The NGOC caravan (used at larger events for the download and transporting equipment) is getting rather old and rusty and looking forward to retirement. If you have, or know of, a suitable replacement, please contact Equipment Officer Pat MacLeod on 01594 528128, preferably at a weekend.

Please don't turn up too early

Make life easier for organisers of our events! Don't pressure the organiser to open registration and start earlier than the times advertised, which are:

League:	Registration	1130 - 1230
	Start	1230 - 1330
Informal:	Start	1230 - 1400
Night:	Registration	1800

Orienteering Suffragettes?

If you watch antiques programmes on TV you may have seen recently a Suffragette medal with ribbon. The colours are the same as NGOC, i.e. **Green, White & Violet**, standing for **Give Women the Vote**. NGOC Treasurer Carol Stewart, who is responsible for the latest design of kit, claims any resemblance is entirely coincidental.

Newsletters from other clubs

Would any members like to see the newsletters I receive from other clubs? (I send out Legend to a number of other clubs and receive theirs in return. Any particularly interesting articles I pass on to the relevant committee member or, if of wider interest, I ask permission to reproduce in Legend.)

Get your name in print

Your editor intends to spend most of the spring, summer and autumn backpacking. Although he hopes to be home for the odd week and use the time to publish Legend, as well as mow the lawn, this is the ideal opportunity for someone else to have a go for a few editions. Publication dates are flexible. Contact Alan Brown at legend@ngoc.org.uk or 01242 580096 if you are interested.

British Orienteering discounts

Don't forget that British Orienteering members' discounts are available for a range of products and services - I have recently saved over £70 at Cotswold Outdoor on backpacking gear (and I could have saved another £25 towards the end of last year if I had remembered the discount at the time!). Discounts are also available from Field & Trek, YHA, Avis Rent a Car, CompassSport magazine and others. Check your membership renewal paperwork for more details.

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 31 March 2008.

£150 to OXFAM

£150 from the proceeds of the New Year's Day 2008 event at Kidnalls have been donated to OXFAM.

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.

Have you paid your subscription for 2008?

Contact Membership Secretary Matthew King if you have any queries about how much to pay or who to pay it to. membership@ngoc.org.uk or 01242 226195

Back page

Your Editor sporting his NGOC buff as a scarf and as a hat; buffs can also be used as wristbands, balaclavas, hair bands, pirate hats etc. There are still a few buffs left: contact Carol Stewart treasurer@ngoc.org.uk or 01242 514988 or at an event. *Photograph: Mrs Editor*

