

The Legend

Number 138



Newsletter of
North Gloucestershire Orienteering Club
March 2009

www.ngoc.org.uk



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Cover: Orienteering in Israel. Read "A different Christmas present!!!"
by Pat Cameron.

CompassSport banner: Legend has been awarded a
CompassSport Newsletter award for 2008. CompassSport Editor Nick
Barrable describes this as "the Oscars of Club Newsletter awards!" Eight
other club newsletters and one regional newsletter were awarded the
2008 banner. Thanks to all who contributed to Legend in 2008!

Chairman's Chat

Legend gets a CompassSport award

Congratulations to Alan for being one of the editors of club magazines in orienteering to be picked out for this award. I hope that this will encourage more of the Club to read this excellent publication.

Another New Beginning

Our February Committee meeting was held at the Oxstalls Campus of the University of Gloucestershire for the first time. What a difference to have a well lit room with plenty of space and, should we need it, all the audio-visual equipment imaginable. This was all thanks to Matt Lloyd, a Senior Lecturer in Sports Education, who took up his post in September 2008. Matt had been working in Wiltshire where he was helping North Wilts Orienteers (NWO) with Schools orienteering.

Matt approached me in the autumn to explore potential links between NGOC and his Department. This resulted in inviting the Club and Neil Cameron, in his role of BOF Chairman, to look over the facilities that the university has to offer. Alan Brown, Greg Best, Gill James and Pat Cameron all joined me and Neil for a very interesting meeting and tour. I just had no idea what excellent facilities they have. Physiological testing including a climate chamber and gymnasium are all potentially available to both us and to the Federation.

So future committee meetings will be held at Oxstalls and in the summer we hope to start holding regular Club meetings there for you all to enjoy these facilities first hand. Bob Teed is mapping the campus so we will be able to use it especially for Come-and-Try-It events. This summer we will replace our usual Street Events with ones based there, followed by the opportunity for some socialising.

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

1. Become a Sports Council's "Clubmark" recognised club.

This is being progressed thanks to the efforts of Alan & Ellen Starling.

2. We can become more accessible.

+ We need more and better publicity. Can you help us in your part of the Club's area?

Only Rosemary Steer and Gill James had done anything until Paul Taunton was invited to speak on Forest Radio with a further invitation before Triple O Severn in May. Paul offered a free run to anyone hearing the programme, but decided not to repeat the offer for the Triple O! Why can't the rest of the press be as helpful as the radio and the Ross Gazette, that is semi out of our direct area!

+ We need a regular Club base where people can find us on, say, a weekly basis.

This is now happening – see above.

3. We can attract more families and schools.

Kyla da Cunha's Map Attak Group from Ross-on-Wye is competing in the Forest-based League events. How good to see so many parents coming along with their children. Some of them indicated that they will have a go themselves once the children are happy to go round on their own.

The Future

Please do join me and the NGOC Committee in helping to make things happen.

Chris James - Chairman NGOC

2009-2010 fixtures list – call for volunteers

Volunteers to organise events for next season - 2009-2010 are now required. If you are able to help it would be greatly appreciated - we have lost one event this season due to lack of support. As an incentive, anyone who is willing to organise a League event will receive 1000 points in lieu of being unable to compete at that event on their usual course. If you haven't organised an event before and would like to have a go, all relevant help and guidance will be provided. Please contact me AS SOON AS POSSIBLE to indicate which event you would like to 'bag'. Thanking you in anticipation of a positive response.

Dave Hartley (Fixtures Secretary)
01452 863805 or
email - dave@abbotswood1.plus.com

A draft copy of the fixtures list is enclosed with this issue of The Legend.

MEMBERSHIP NEWS

Welcome to the following new members:

Francesca Cole
The West, Dingestow, Monmouthshire NP25 4DX.
coke88@hotmail.co.uk

Jeremy Riley
The Cottage, Westrip Lane, Stroud G15 4RT
07958 212737 jeremy.riley@moorscape.com

Change of details:

Matthew Fautley
matthew.fautley@gmail.com

Ben Rankin
17A Orchard Street, Bristol, BS1 5DX

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

CAPTAIN'S LOG

My first few months in this post were rather quiet, but lately I've received a rude awakening, as we suddenly hit the busiest time of the year, with the team competitions coming thick and fast. Last weekend was the British Championships and Relays, next weekend we have our CompassSport Cup match, and this will be followed quickly by the JK at Easter.



NGOC had a good turnout of 25 people competing in the individual day of the British Championships in the New Forest. Amongst the many good performances, the one that really stood out was Eddie McIarnon taking 8th place out of 95 in M60L. Well done, Eddie. On the following day, we fielded 4 relay teams, each putting in reasonable performances. Strangely, it was David Lee, our oldest team member, who was the only person to run 2 legs – surely something wrong here! My apologies for not organising for the club tent and banner to be up for the first day. Instead we had to use a tree stump as the gathering and changing point!

The NGOC team for the Compass Sport Cup is travelling by minibus to Exeter on 15th March. At the time of writing, there are still some spare seats for anybody interested in coming along, for what promises to be a fun social day out, with some orienteering thrown in for good measure.

Finally, the JK relays will take place on Easter Monday in Northumberland. I need to know names by 18th March at the very latest. So if you are going to the JK, please let me know if you would like to compete in an NGOC team.

Greg Best

FORTHCOMING EVENTS

Date	Event	Location	Map reference	Organiser
7 Mar Saturday	League 5	Blakeney Hill	SO 667067	Andy Stott 01291 689471
14 Mar Saturday	League 6	Kidnalls	SO 634032	John Coleman 01594 528151
28 March Saturday	Informal	Standish	SO 838087	Colin Parsons 01242 570216
4 April Saturday	League 7	Cleeve Hill	SO 989275	Alan&Ellen Starling 01793 320054
10 -13 April	JK Weekend			
25 April Saturday	Informal	Symonds Yat	SO 573118	Pat MacLeod 01594 528128
2-4 May Bank Holiday	Triple O Severn	Forest of Dean	-	See flyer or website for details
16 May Saturday	League 8	Cranham	SO 882130	Lin Callard 01453 843793
6 June Saturday	End of Season Novelty	Moseley Green Mass Start at 1400	SO 666061	Paul Taunton 01594 529455

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 £3 Junior £1 Non-members £3

League Events: Registration 1130-1230 Starts from 1230-1330

Senior £4 Junior £1

Competitors who are not members of any club £5

Night Events Registration from 1800 – or when it's dark!

Senior £4 Junior £1

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

Saturday 21 March	Event 5. Eastnor Park
Saturday 18 April	Event 6. Frith Wood, Wellington Heath
Saturday 20 June	End of Season event. Old Hills

Courses: yellow, orange, green and blue

Registration: 1200-1300 Starts: 1230-1400

Adult/family: £4 Junior: £1

More details: www.harlequins.org.uk/MADO

Important: The League event at the Kidnalls has now been definitely rearranged for Saturday 14 March.

A different Christmas present!!!

This year Neil and I went to Israel for Christmas to see our grandchildren. To add to the attraction of seeing everyone, we added orienteering. There was a 2-day event, on the Friday and Saturday just after Christmas. We had late starts on the Friday. There were basically 6 courses: short, short+, medium and medium+, long and long+. I did short+ which covers the age range W35-75, so it was good for me. Neil did the medium course which is aimed at the M35-50 age group, similar to our blue, or a longer green, whereas the short+ was like a shorter green though the lengths were 3.8 kms and 4.2 kms.

The terrain is very different from our own, as is the weather! It is really much more technical and physical than similar courses at home. We had a lot of fun and my Day 2, which was supposedly the more difficult of my courses, I was able to complete whereas day 1 I didn't – in fact I believe all the controls were in before me!!! I did manage to find the finish.

We met really nice people – one of whom is the chairman of the Israeli Orienteering Federation. Neil was asked, as our Chairman, to present the medals to the winners and each was also given an umbrella with an 'orienteer' and "Israel Orienteering Federation" printed on it. The umbrella was red, and nice and bright. The symbolism of it is this is the rainy season here – maybe lasts all of 4 days! While we were out the weather was beautiful, really warm, although it does get colder quite early in the afternoon.

We spent the weekend in Tel Aviv and explored a lot of places we hadn't visited before, and again the weather was great, lovely and warm. It had been really cold for a couple of days after we arrived but seemed to change for the orienteering and then stay good.

We have orienteered here before and it really doesn't get any easier, but is a lot of fun. So anyone interested in an unusual Christmas present, feel free to ask us for the contact details. Their 'O' season is similar to ours – September to May, and they do try to have orienteering somewhere each weekend – Israel is small enough to be able to travel the whole country in a day although it is a bit far for a single event!

Pat Cameron

Schadenfreude at Parkend

About 90 punters braved the freezing weather and the control descriptions to turn out for the New Year's Day 2009 score event at Parkend. The control descriptions were inspired by an article in the September 2007 SINS and the planner was pleased that at least two top orienteers lost about ten minutes each on the one control that was actually off the map (although directions were given from a point near the edge). In case anyone else wanted to set up a similar course the descriptions were:

Old wriggly tin	Several bits of broken tree
Next to old mine workings	Nowhere special
Group of deciduous trees	South side of mineshaft
Nice mossy patch	In line with earth bank
Contour line	Feature
Hollow	Down the pit
Southern dip	Depressing place
Squiggle in stream	On the slope
Bosky place	Amongst the bracken
Round about the top	West along the ditch that runs north of the boulder (just off the map)
Deep hole	Nearly off the map
The middle one	Contour and grid line junction
A blue plastic bag	Concavity
One of several flat bits	Small pile of bricks in a very dark wood
Old galvanised water tank filled with rubbish (south side)	
North side of path junction	

Some competitors had their own suggestions for interesting control descriptions, the best being Lin Callard's "centre of circle". Another time, perhaps, these sorts of descriptions can be combined with a black and white photocopy of an out-of-date large-scale O.S. map.

Possibly due to the sub-zero temperatures very few runners lost points for staying out past the 60 minutes.

Thanks to my wife Ann, Bill Smith and Matthew King for helping stage the event.

(Photographs and double caption competition overleaf)



Caption Competition first picture: New Year 's Day at Parkend. Send your entries to the editor. The best will appear in the next issue of Legend.

Photograph: Paul Taunton



Caption Competition second picture: New Year's Day at Parkend.
Photograph: Paul Taunton

ROUTE GADGET

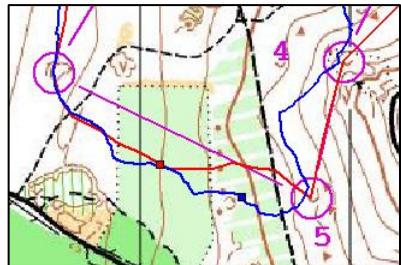
The bounds of technology are forever extending. SI punching was introduced a few years ago and the NGOC league eventually joined in. Now it's gone a step further and you can play with orienteering on the web.

A meet in the pub after an event often involved the drawing of your route on a crumpled-up and wet map making it difficult for others to even read, let alone appreciate, your superb choice of route from controls 3 to 4.

RouteGadget is a web site, which allows you to draw your route so that other people can see it on the internet. You can view other people's routes and, here comes the good bit, because all of the split times for the event are available, it's possible to view yourself 'running' against the other competitors. Even though you don't actually run at the same time as the other competitors, the computer 'starts' you all at the same time so you can see your own progress and whether a particular route choice was beneficial.

For those who have a GPS device (there are a variety of wristwatch units available) it is possible to upload your precise route onto the RouteGadget map. Whilst this can save you a bit of time, it might prove a bit embarrassing when you have a nightmare control!

In addition to viewing the routes and the animation of the race, you can compare the distance you ran with others. This can help in analysing the route choices of others and identifying the best.

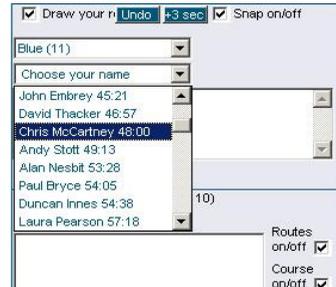


The image on the right shows part of the Sallowvallets map from the recent league event for the blue course. The two courses shown are those of Tim Britton and Paul Bryce. The 'wiggly' nature of the blue course is because it has been

recorded by GPS. The red and blue squares indicate the positions of the runners as the race progresses.

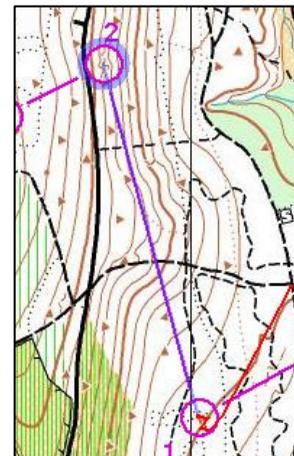
To visit the web site, click on the [Routegadget](#) link from the NGOC website and this will take you to a list of NGOC events. Select one of these and you can then view other people's routes or draw your own – which is very easy.

Tick the “Draw your route” box at the top right, select which course you were on and then pick your name from the list. The first control will be highlighted to show you that's where you should be heading.



Click in the start triangle, move the mouse to the first place you changed direction and then click the mouse again. Your route so far will be shown in red and a direct line to the control shown in a nice shade of mauve!

Move the mouse to your next change of direction and click again, and so on



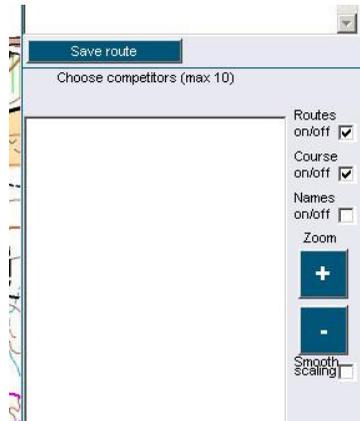
until you click close to the centre of the control circle. Once you've 'reached' the control, it will be de-highlighted and the control 2 will be highlighted ready for you to draw your route to that one. Continue the same process for each of the controls on your course and don't forget the finish.

If your course goes off the screen, you can reposition the map – simply click and hold the left mouse button and then move the mouse. The bit of the map that was visible will be moved with you and then, when you release the mouse button, the whole of the screen will be redrawn. Finally, click on the 'Save route' button and it's all done.

At any time whilst drawing your route, you can zoom in or out using the buttons on the right. However, as you zoom in, the picture does become slightly more blurred, much as an M65 would see the normal map!

Don't worry if you make any mistakes, there is an 'Undo' button to wind back your route so that you can redraw it.

At present, relatively few people use the RouteGadget site, possibly because they don't know it's there or they don't know how to use it. It is both interesting and fun to see where other people have gone – give it a go! If you do have any problems connecting to the web site or using RouteGadget send me an e-mail and I'll try and sort it out.



John Fallows

john@greyeye.co.uk

Alzheimer's eye test

Count every "F" in the following text:

FINISHED FILES ARE THE RE
SULT OF YEARS OF SCIENTI
FIC STUDY COMBINED WITH
THE EXPERIENCE OF YEARS...

How many? Wrong, there are six - - no joke. Read it again! Really, go back and try to find the six "F"s before you read on.

The reasoning behind follows: The brain cannot process "OF".

Incredible or what? Go back and look again!! Anyone who counts all six "F"s on the first go is a genius. Three is normal, four is quite rare. Send this to your friends. It will drive them crazy and keep them occupied for several minutes..!

The British Championships 2009

Having been woken at 4.30 am by a quartet of crowing cockerels at the chosen caravan site, we enjoyed a leisurely breakfast before heading 15 minutes up the road to Hampton Ridge for the Individual Championships. Chris had a stint manning the BOF tent so, having received my sticker for visiting the tent, I had time to wander and see friends and family. Having sneaked a look at the results, I noticed that some people had missed control 3, so I was aware that I needed to really concentrate on that one in particular. The club members' start times were quite spread out over the day so I acquired advice on "lots of gorse bushes, watch for the woods, etc" and not just from NGOC!

My start time was 8 minutes before Chris on course 20, having both been elevated in the age rankings this year and I reckoned he would probably still pass me very early in the race, probably by control 2. I set off to my first control, a gully, over the open ground and could see clearly where it would be, then on to the second, a shallow re-entrant and three, a ditch – navigation spot on for the first three controls, unusual for me, so feeling quite pleased with myself so far I set off for number 4 up the wrong piece of open ground and therefore the wrong side of the hedge, curled back into the control and as I start to leave, here comes Chris from the direction I should have chosen!! Ah well, it was good while it lasted.

The going favoured the runners and the sun was shining so I enjoyed making my way through the woods and across marshy land, then came the tough bit, up over heather. I decided to go round the hill rather than over, but it turned out to be no easier and I took a long time to reach control 7. Straight to 8, but then a real drop down the hill to 9, steeply back over the top and down the other side to 10 which was very visible in its re-entrant. Feeling more confident, but tired by now, I set off back up the hill to find a gully on the other side. How many paths had I crossed, there seemed a lot, but there it was and I could also see to the next control, a water hole, safely through those off to number 13, another re-entrant. Things were getting better, off to find the next control situated between two knolls, or was it? On another course the two knolls were apparently described as two thickets. I ended up at the foot of the hill, not my control, blast, out to the path, back up the hill and there it was between two gorse bushes! Back down

the hill to the penultimate control, quick chat with Janet on the way, conscious that our suffragette colours might have made my wanderings over the hillside between controls 13 and 15 visible to spectators, I trotted to the finish pleased with my time, but knowing that others would have run the 5.5km much faster!

I did enjoy the course and the weather just made it a great day to be out. I think that the whole event was well organised and whilst it was quite a walk from the car park to the assembly field, with the dry weather there was no worry over cars getting stuck in mud, and the assembly field was well laid out and compact. Only comment: perhaps more loos in the assembly field and less in the car park field. There was the usual very long queue to negotiate for the ladies.

It was lovely to get back to the caravan and have a shower and a glass of wine whilst comparing notes over routes and split times. I did find two controls faster than Chris, which makes my tally over 6 years to about 10!

Sunday, the cockerels were having a lie in, did not start crowing until 6am! Still, we set off for Beaulieu in sunshine for the relays, arriving to find that we were going to be lucky enough to park near assembly as the estate managers were concerned that visitors to the motor museum might not find parking spaces. Fortunate for us, as it happens, as we had to take the BOF tent home ready to go on to the JK at Easter.

We found the NGOC tent, that sail banner is a real bonus and stands out from the crowd, and our team mates. Judy had already set off on our W50 team first leg, but when Ros went to get her map for leg two she was turned back as I had her emit block and she had mine. She then had to find me but all was thankfully sorted out in time for her run. Judy came back, having enjoyed her run and Ros set off, so I duly went to get my map and wait in the holding pen. I had warned them that it was likely that prize giving could be underway by the time I returned. The layout of the changeover area was much better organised than on some other occasions, as we could clearly see our team mates coming in and had a separate area in which to stand to be 'tagged'. It was good to see the children picking up the abandoned envelopes from the start lane.

Help, where was the start triangle on the map as I set off following the tapes up the hill to a gate. I then spotted it on the map, phew! Again, I enjoyed my run, knowing that Judy and Ros were not expecting me to outrun the whole field. In spite of a bad route choice to number 2, where I met David running from the right direction, I felt that overall I did ok. The brashings were a bit sore on my long suffering feet, which were still recovering from an injection which will hopefully sort out plantar fasciitis. I did have one scary moment when a lad of about 12 or 13 went to jump over a piece of marsh, coming over to the side where I was, disappeared up to his waist. He soon scrambled out and went on running, confirming to my shout that he was ok. The sting in the tail was the run uphill to the finish! Panic, the NGOC tent was being dismantled, so at least they did not see me creep up the hill feeling as if I was going backwards! However, I was encouraged up the hill by Henry and Brenda Morgan from POTO and from our friends in HOC. And the prize giving had not commenced!

Greg, I'm happy to be in a team at the JK, providing my team mates do not expect miracles, only that I finish.

Gill James

Brashings

League event at the Kidnalls now arranged for 14 March

The League event at the Kidnalls has now been definitely rearranged for Saturday 14 March.

NGOC closes two pubs - university campus next to go?

Two or three years ago NGOC started holding committee meetings in The Apple Tree at Minsterworth, then at The Severn Bore and now at Oxstalls Campus of the University of Gloucestershire. The Apple Tree has been closed for a while and Paul Taunton has just noticed, from the local paper, that The Severn Bore has also recently shut. Will the NGOC jinx make it three in a row?

Stanley Unwin explains Orienteering:

"OL ist die Abkürzung für Orientierungslauf, eine abwechslungsreiche und faszinierende Sportart in der Natur. Dabei werden eine, speziell für den OL angefertigte Karte und ein Kompaß benutzt, um Wege zu rot-weißen Posten, die im Gelände verteilt sind zu finden.

"O is the abbreviation for orienteering, a varied and fascinating sport in nature. There is a specially prepared for the O map and a compass used to way too red and white items, which are distributed in the terrain to be found.

"Diese Posten sind auf der Karte eingezeichnet.

"These items are marked on the map.

"Der Weg zwischen den Posten kann frei gewählt werden.

"The path between the items can be chosen freely.

"Als Nachweis, daß die Posten in der vorgeschriebenen Reihenfolge angelaufen wurden, ist bei jedem Posten die Kontrollkarte mit der dort befindlichen Kontrollzange zu zwicken. Der große Maßstab der Spezialkarte und ihre vielen Details erleichtern das Erkennen des Geländes, der Kompaß hilft die Richtung zu bestimmen.

"As proof that the item in the prescribed sequence were begun, with each item is the control card with the inside control pliers to pinch. The large scale of the discount card and its many details to facilitate the recognition of the terrain, the compass will help to determine the direction."

(Actually it's an automatic translation by Google of a German website. Thanks to Paul Taunton for this item.)

Another winner!

As well as Legend winning a newsletter award from CompassSport for 2008, NGOC Mapping Officer Paul Taunton has won a spot the control competition in CompassSport. The prize is two free entries to the OO.cup in Slovenia.

Three Peaks South Wales trial, Saturday 28 March

The Three Peaks Trial is an organised challenge walk arranged each year by the Cardiff Outdoor Group. The walk was first held in 1963 and was designed for walkers who wanted to test their powers of endurance and skill at map reading. Over the years the event has been modified so in 2008 there is a choice of four routes. For more information visit <http://www.cardiffoutdoorgroup.org.uk/3pt/3pt.htm>

Better than the Buff

Someone has bettered the "Buff", a tube of material which can be used as a hat, scarf, wristband etc, and which was introduced to the club in NGOC colours by Paul Taunton. According to the free METRO newspaper the Magic Scarf is the ultimate credit crunch item. Also a tube of material, it clings to the body and can be used as nine different items, including a dress, hood, boob tube, muff, shrug and, of course, scarf. It comes in 100 different colours, can be worn by women up to size 16 and costs just £6-50 online. How about one in NGOC colours?

Action: Paul Taunton

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 27 April 2009.

Articles for Legend

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

Disclaimer

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

Back page

A long queue for download on New Year's Day. *Photograph: Paul Taunton*

