

The Legend

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Newsletter of
North Gloucestershire Orienteering Club
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www.ngoc.org.uk

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Cover: a new recruit at the informal at Crickley Hill on 4 February. For a larger version of this picture see the *Caption Competition* inside. (Photograph: Caroline Craig)

Chairman's Chat

In this edition I'd like to focus on events. The club exists primarily to plan and organise orienteering events for the membership and others, and our fixtures are the most important thing we do. In my last chat I said I would be thinking about how we could come up with new ideas for improving our orienteering programme, and more of that later, but I am very conscious that we also need to do what we already do as well as we can. Regrettably, we have had a couple of events lately in which we have got one or two things wrong, and I would like to apologise to all of those whose runs and enjoyment have been marred by these mistakes. We all make them, and I am sure that most of you will have a stock of stories of cock-ups and mishaps in the biggest and most prestigious events. However, we also need to learn from them, and we are taking a couple of steps to try and minimise the likelihood of our suffering similar problems in future. First of all, we will be arranging more informal controlling for all events, without necessarily going as far as appointing a formal controller for each. We don't have the resources for that, but we will provide planners with more support and another pair of legs to check courses and control sites. We have already moved some way, in terms of resources, from the old days when one person did the whole event from inception to results, and this is another step in the same direction. Secondly, we will provide better guidance on how to run the event on the day. This is designed to help cut out the little errors we all make when rushing around before everyone turns up trying to put out controls, put up tents, mark the route to the start, and so on. In the past we have had several 'How to' guides, but all have been left behind in the drive towards greater automation and better attendances. It goes without saying, of course, that I attach no blame to any of our hard pressed volunteers; rather, we have tended to forget just how much work goes into planning and organising an event, and we have left them to their own devices when we should have been offering better assistance.

So much for the current event programme. What about other events? There is a widely held view that we should have a regular weekly programme throughout the year in order to provide a regular 'reason to run', but the challenge we have is coming up with a programme which meets this requirement during the summer months without over-stretching our already limited volunteer resources, and whilst also

providing enough interest to persuade people to keep coming week after week. Street-O doesn't seem to fit the bill; we have run various evening street-O programmes over the last few years, but none has been well supported, and it clearly has not appealed to many people. We have tended to think that forest orienteering is out of the question during the summer, but maybe there are small areas we could use, with a variety of formats which would allow re-use of the same areas, and economy of effort in planning and setting out the event. By the time you read this, or shortly afterwards, look out for an invitation on the website and in your mail box to fill in a simple poll soliciting your ideas on what kinds of events you would like to see over the summer.

We do, of course, have a number of ad hoc events lined up for the spring and summer. The Military League event on Cleeve Hill went very well, despite the cold, though numbers were lower than for league events in the southeast. We did however, manage to send off about £50 to Help for Heroes, to follow up the £150 we sent to MacMillan Cancer Support from the New Year's Day event at Bixslade. On 20 May we will be supporting the Winchcombe Walking Festival with some easy courses on Cleeve Hill, and in June we will be supporting Gill Stott's orienteering activities for St Peter's school, at Westonbirt. Then in mid-August we will be running an orienteering day on Crickley Hill for the Pied Piper Appeal.

Lastly, I am pleased to be able to report that the two coaches appointed by British Orienteering in Cheltenham (Harry Searle) and Gloucester (David Palmer) are starting to look at programmes with Caroline Gay, our British Orienteering participation manager. So, there is a great deal going on. What we need now is your help in linking all of this together into a coherent programme which gives everyone something to do, orienteering-wise, throughout the year. Please use the web survey to let me have your ideas.

And finally, turning from future events to the recent past, well done to Greg Best for organising such strong club representation at the CompassSport Cup match on Cannock Chase. We always expected the competition to be tough, but the Brown men excelled, and were beaten in overall points scored for the class only by HOC. Sadly the Green Men, your Chairman amongst them, let the side down, and a combination of mispunches and wrong map pickups condemned us to last spot when the points were finally tallied up. I had three controls

very close to each other in a busy area of humps and bumps. When I was told at Download I had not punched control 11 I didn't believe them; I was sure I had been there, so must have just not dibbed properly. It was not until half way home in the coach that I realised I had actually dibbed control 10 twice, and missed 11 completely. I still haven't fathomed how I managed to think that a reentrant was a depression, how it didn't register that I had just come from that control, and that when I found myself 'misplaced' en route to control 12, how it did not occur to me that it was because I hadn't come from control 11. I blame the heat of team competition.....we need more practice at this kind of thing!

Pat MacLeod

Competition time!

In the last edition readers were invited to think of pub names with an orienteering flavour:

The Dibber and Compass
The Scratch and Brambles
The Hill and Coronary
The Controller and Mispunch
The Punch and Run-in
The Start and Finish
The GPS and DSQ
The Relocation Arms
The Step over the Line
The Long Beep Arms
The Rock and Ruin
The Boar and Fast-split
The Stream and Junction
The Mud and Brown Arms
The Crag and Fracture
The Follow and Cheat
The Legend Editor's Head

The River and Wet Arms
The Fall for Yourch Arms
The Long-O and Physio
(Neil Cameron)

The planner's head (on a platter)
The box and dibber
The last (or lost) control
The headless chicken
The Slough of Despond
The thin controller
The Pit and Platform
Hope springs eternal
The Harvester Moon
The DISQ and the DNF
The long way round

(Carol Stewart)

The Cranham Event: Lessons Learned

NGOC Minileague Number 5 of 2011-12 held on 18 February 2012

It's worth stating upfront that as organiser of the Cranham Minileague event, it was one of the worst orienteering events I've ever attended!

I spent something like one working week on the Cranham event prior to the event itself (presumably this is fairly typical). This involved the planning, examination of the possible control sites on the ground and then taping out of the courses. This is part of the enjoyment, not only because of the activity itself, but also because it's an opportunity to put something back into the club. As planner I'm surveying the location and imagining how this set of four courses will play out with the participants, and indeed ensuring (within the guidelines) that it's both physically challenging and interesting. To find on the day that the plans do not pan out as expected is disappointing. Nevertheless, presiding over a near-fiasco has given an insight into the pinch points in the planning process and possibly how to alleviate them. Hopefully the suggestions below will have value for the organisation process in the future.

I sympathise with those who were affected by the problems which arose on the green and blue courses. Fortunately (and there *is* a positive side) it has been possible through the robustness of the SI software and the ingenuity of John Fallows and Pat MacLeod to rescue the affected courses to the extent of providing the 2011-12 Cranham league event with competitive results, for which see the website.

The method of laying out the courses for this event consisted of my placing, weeks beforehand, at each of the control locations a roughly half metre streamer of red-and-white lane marking tape. In retrospect this can be criticised for not being specific enough: each streamer could and should have been marked with the control number and the date.

On the day this contributed to problems encountered by my helpers. The green course was particularly badly affected and has ended up as a markedly shorter route than planned. So my particular apologies go out to the "greens" who had to experience the frustration of a course

that was effectively invalid from beyond control 7, because of a mislocation of the green 8 control. There was a knock-on effect of the misplaced green control, because it had been positioned some 100 or so metres further to the east at the blue 3 location. This meant that blue 3 could not be correctly sited by the (different) delegated helper but at a location where an old red electrician's tape marker from a previous event made a somewhat plausible siting.

The plan adopted for laying out the controls was based on my experience of setting up a Minileague event at Painswick 18 months previously. This had been my first event as planner. That event required 44 controls of which I laid out 20 (the blue course) and my two other control helpers laid out the rest. The whole setup was laid out in a timely fashion.

Cranham is a notably more difficult area than Painswick and although there were myself and three other experienced orienteers to lay out the 42 controls there was a stronger sense of time pressure. In fact, the blue course was slightly delayed in starting for this reason. The spare time that ought to have been available for myself, as planner, to resolve queries about ambiguous control positions simply disappeared.

The control sticks we use to support the control boxes are light but exceptionally unwieldy. In effect it's not feasible to carry more than 10 around at once when moving across country. My view is that this contributed to the time pressure and the consequent potential for making mistakes. My layout team started their task at about 08:30 and ideally should have finished by 10:00 to 10:30 to regroup and discuss any problems encountered.

These observations lead to some very simple suggestions about the laying-out strategy which will aid the process of meeting the planner's intentions:-

- ✧ always mark the control site tape with the control number and date
- ✧ use lane marking tape: it's highly visible (more so than electrician's tape)
- ✧ maintain a permanent stock of lane marking tape

- ⤴ no more than 10 controls per control helper
- ⤴ start at first light or as soon after as practical. This would have been about 08:00 on the 18th
- ⤴ aim to regroup after two hours to sort out the inevitable problem sites
- ⤴ having too many helpers is better than too few

In addition, the club might benefit from reviewing the use of the existing control sticks and consider purchasing ones like those used for the recent Compass Sport Cup at Breerton which looked like easily portable light fibreglass wands. I also understand that the old style sticks we used before SI were very easy to carry, possibly up to 20 at a time. Perhaps these could be pressed into service if they still exist.

Writing as a “newbie”, it seems there's a requirement for some more detailed guidance for the setting up of courses on the day of the event, along the lines of Carol's existing “manual” but more like a sort of MOT list. This would consist of a series of actions to be ticked off. A small map of the start lane layout relative to the master control, check box, start box, map boxes and start flag might also prove useful. These could be added as an addendum to Carol's Minileague notes, or as a separate list for checking off on the day.

Finally, I was impressed by everybody's phlegmatic, and good humoured, response to this event. I'm very appreciative of this: anything else would have made the day even more uncomfortable. Orienteers are clearly a very adaptable bunch.....as required by the sport itself.

John Shea

Alan goes orienteering all by himself

or

BOK makes Alan go Green

Alan's New Year resolution for 2012 was to go orienteering as much as possible. He had made a very good start by going to the NGOC event on 1st January and an Army event on the 4th but what could he do at the weekend? Suddenly he remembered Chairman Pat's nice new orienteering calendar and found that there were two events that weekend: a night event at Symond's Yat and something called "BOK Nav Race: Purdown", Alan didn't like night orienteering as the only time he had tried it he spent most of the time falling over things and hurting himself. So he decided to switch on his computer and find out where Purdown was.

While his computer was warming up and making strange, clunking sounds Alan went into the kitchen to pour himself a large glass of cold, creamy milk. And in the larder he found a large currant bun in a paper bag. Pondering the meaning of the big letters A-N-N on the bag he started to eat.

At his computer and sipping his milk Alan discovered from the BOK website that Purdown was in Bristol and that Registration was only about a mile from Bristol Parkway station. "I like trains," he thought, "so I could easily walk from the station to the event and have a trip on the train as well, and it would be very green."

It wouldn't be very expensive as Ann wouldn't be coming. Ann had said that she would only be going to NGOC events this year because she wanted to spend more time sewing. "What a boring, girly thing to do," though Alan, "when she could be having fun in the mud and brambles and having a train trip as well! Sometimes you can even see a steam train at Bristol."

Alan was a bit nervous about going all by himself but Saturday morning saw him rush off to Cheltenham station where he caught a very fast train, first stop Bristol Parkway. It was all very exciting. Getting off the train and studying his 1:50,000 O.S. map sheet 172 very carefully Alan set off to find Registration at something called UWE. After a very pleasant walk, including going through a nice little village and across a

very green field, he arrived at UWE, which a large sign told him was the University of the West of England. Ooh. He could see Registration from a long way off because of the gaily-coloured BOK banner in the car park; and the first people he saw were Chairman Pat and his friend, Bob, who had just arrived by car. Pat kindly let Alan leave his rucksack in his car while all three of them went to Registration. When Alan found out that they were all doing the Green course Alan decided that he was going to try to beat both Pat and Bob.

It was just a short walk to the Start at the north end of Purdown which is what is called a country park. Someone had explained to Alan that a country park is just like the real countryside but that people can walk where they like and enjoy themselves without being bothered by farmers waving shotguns and shouting "Git orf my land!" Alan didn't see a single person with their trousers held up by string and wearing green wellies.

The three chums all started a minute apart. Pat went first and was so fast that Alan didn't see him again until the finish. The first control was along a path and then through some "white" but it didn't look very "white" to Alan as he picked his way carefully over the fallen branches. But after control 4 it was along a path and then out in the open. Unluckily, the path was rather muddy and it made Alan's new white trainers very dirty. "Bother!" said Alan very loudly and he quickly looked round to see if anyone had heard him. Perhaps it was a good job that Ann wasn't there as he would have been told off for using language as well as getting his trainers dirty.

Alan carried on round the course and thought he was doing quite well. A popular route to Control 10 was along a little lane and halfway along the lane was a man sitting in a parked car who said to everyone who ran past "A bit further - on the left." Alan wondered why anyone would sit in a car telling people where the next control was. Anyway, the man's left was the orienteers' right and this last thought began to make Alan feel very confused so he forced himself to concentrate very hard on the map. Everything was going swimmingly until he got to Control 14. The direct way to 15 was through a narrow strip of "dark green" and he hoped to force his way through but chest-high brambles made him retreat and climb back up a steep hill and run the long way round. 15 was just in sight when Alan saw a couple of runners who had saved a

lot of time by finding a way through the dark green. "Bother again!" he said, but very quietly this time.

Alan eventually reached the last control and thought he would sprint hard to the finish to impress any boys and girls who were watching. But he found it was a very steep climb and he had to walk instead and felt very annoyed when several people overtook him. "Oh Bother!" he said, for the third time that day. But he felt better at download when he found that he had beaten Bob, even if Pat had beaten him by a long way.

Snuggling down in his seat in the express train back to Cheltenham Alan thought that the day had been good fun - and he could always try to beat Pat another time. Going on the train had been tremendous fun after all and he would like to do it again. But would he be allowed? The trouble with girls, he thought, is that they are all so bossy and interfering and like nothing better than to spoil boys' fun. With this disturbing thought he dozed off, to wake up just as the train was pulling into Birmingham New Street.



New Year's Day 2012. To the start, full of hope

A Novice's Introduction to Mapping

or

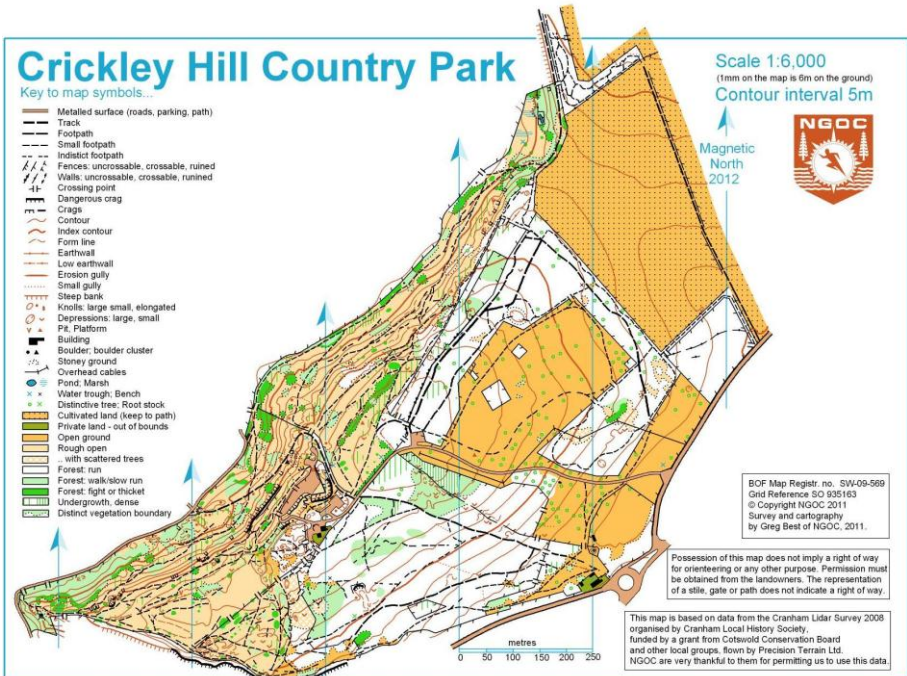
Steep Contours and Steeper Learning Curves

It all began back in 2009. NGOC's legendary mapping guru, Bob Teed, sent out a global email to the club, asking for a volunteer to carry out the "small project" of mapping Crickley Hill Country Park. Bob said that this compact area would suit a novice mapper, and this was enough to tempt me. So, I asked Bob for more information, and he encouraged me to believe that my knowledge of orienteering techniques would be all that was needed, and that the job would not take long. Naively, I agreed to take it on. After all, it should be all done in a couple of months or so.

Bob provided me with a base map that he had derived from the OS map. The idea was that I should survey the area to check and correct the base map and then gradually fill in all the extra detail that an O map requires.

So began my on-the-job training, DIY style. Learning how to do the survey; how to interpret the terrain and represent it on a piece of paper; how to use OCAD for drawing the map. I soon realised that this process was going to be both trickier and more time-consuming than I thought. Although the area is relatively small, I found it particularly difficult to get the contours to reflect the intricacies of the steep Cotswold escarpment. After struggling for many months, Alan Brown informed me that he had a book about O mapping. I immediately accepted his offer to borrow this, and although written before computer-aided drawing became the norm, the book has been invaluable, and a great source of useful information and tips. By the way Alan, you will eventually get your book back!!

After numerous trips to *The Hill*, uncountable hours criss-crossing on foot, aching legs from climbing up and down the contours, and many hours sat in front of my computer, the map began to take shape. It was even used for two development events in its partially complete form, the thought being that novice orienteers might not notice the inaccuracies. One final push, and I would have it complete, I thought.



Then, two years after starting the project, Pat MacLeod started talking about the availability of free Lidar data for the area (see the last edition of Legend for more details about this). With Pat's help, we investigated the benefits and practicalities of using Lidar. I finally made the dramatic decision that the best plan of action would be to scrap the first map and to start again from scratch!! The reason for this was that the Lidar data and the associated aerial photo would mean a much more accurate and detailed O map, and I thought that progress would be much quicker this time. The second map was completed in about six weeks, compared to two years for the first unfinished attempt! The aerial photograph was particularly useful, as Crickley Hill consists of large areas of open land.

So, the project was finally complete two and a half years after agreeing to take it on. It passed its first public airing, the informal event held there in February, and I was particularly pleased for the map to receive Bob Teed's praise after the event. I have learned a huge amount in that time, and I am sure that any future mapping projects I undertake will be much quicker and less traumatic than this one. This will be particularly true if Lidar data is available.

Would I recommend it to others? Well, you certainly need to have plenty of spare time, patience and dedication. On the other hand, there are many positives, too. These include: lots of fresh air and exercise; an interesting mental challenge; improvement of your O skills; learning to understand and appreciate O maps in a different way; and finally great satisfaction (hopefully) when the map is complete. So, yes go on, why not try it!

Greg Best

HELP REQUIRED - Galoppen 18 March

NGOC's big event of the year is fast approaching and we will need as many volunteers as possible to run the event successfully.

Please could you contact the organiser, Stephen Robinson, at stephen_robinson61@btinternet.com or 01594 843741 as soon as possible to offer your help. Those that I have already spoken to and that have agreed to help could they also contact me to confirm that they are still available.

I am particularly looking for someone to organise and run the string course. If you have not done this before we can provide lots of help and advice and it can be a lot more relaxing than the main event.

Thank You.

Stephen Robinson

Bringers of WOE

(From our Parliamentary correspondent)

Confusion reigned at last Sunday's inaugural Westminster Orienteering Event (WOE) as MPs, ex-MPs and senior civil servants competed on the new South Bank Urban map. Even now, after countless recounts, the results are still being counted. So far, it is only possible to comment on the performances of a few selected competitors.

Alex Salmond - disqualified for attempting to banish other competitors from the northern area of the map. He now claims that, if enough under 18s agree, he can tear off the top of the map and compete on his own.

David Cameron - should have done the Blue course but ran the Black instead and refused to alter course and continued somewhat blindly even when more experienced competitors warned him that he needed to change direction.

Nick Clegg - claimed to be on the same course as David Cameron and was often running alongside him, but kept wandering off sideways or falling behind, before coming back to Cameron and attempting to trip him up.

Ed Miliband - waited at the start for a long time before moving and only began when the rest of his team ran off ahead of him. Only plan seemed to be to watch David Cameron and run in the opposite direction.

Michael Gove - chose not to compete as he had not been provided with a map using Imperial measurements. Spent time in the car park creating a new government organisation titled O-sted (be warned, it could happen).

Charles Kennedy - finished quite well despite taking a very erratic and wavy course; complained about the lack of suitable refreshments as only squash and water were available.

Chris Huhne - sped round the course, sprinting powerfully whenever possible; initially placed first, until it was discovered that his ex-wife had punched several controls for him.

Andrew Lansbury - DNF - injured, then spent two hours rearranging equipment in the ambulance. Refused to put it back in the correct place when nothing worked.

Ian Parfitt



New Year's Day 2012. Planner Neil Cameron (orange top) addresses the troops before the start. To his left (in the bobble hat) is this year's star guest, Compo.

BOK Nav Race 4: Purdown

By the 4th January I had already orienteered twice but it was like a drug – I needed more. So I got out my copy of the NGOC orienteering calendar – the one Chairman Pat had sold at a price the Committee couldn't refuse. Well, on Saturday the 7th there were two events listed. Forget the WNL, buster, the only time I did a night event I ran round with a friend and spent half the time falling down. The other half I spent picking myself up. Besides, I'm too much of a cheapskate to buy a head torch and battery pack.

That left "BOK Nav Race 4: Purdown". Five minutes later the laptop was fired up and I was looking at the BOK website – the series of events was to attract newcomers to the gang and the longest course offered was Green. It would have to do. Then I looked a bit closer. I had been meaning to get environmental for some time and Purdown was close enough to leg it from the railroad at Bristol Parkway. £8-20 for a day return seemed reasonable, even to a cheapie like me.

Registration was at one of the UWE car parks. Then I remembered, of course, I had been there before, about five years before, when I had first tried a sprint race that had been tagged onto the JK. Main thing I remember was that I had been too lazy to look at the blank map in the start lane. First big mistake as it meant that I didn't know where I was on the map when I came to pick up the real thing. By the time I had found the start triangle the other runners were out of sight – and seconds really count on a short course.

Normally I would have gone to the event with the girl but she had been getting mighty stubborn of late and had declared she was only going to NGOC events this season. Like she was doing NGOC a favour. Last season she had been second orange "lady" in the MADDO league and it had gone to her head; what with a fancy certificate and prize of a key ring with a light on it. I

must admit that it was a pretty neat little key ring with a very bright light for its size. Almost good enough for night "o". Or conducting an interrogation. Come to think of it she did shine it in my eyes the other night when she was yelling "Where have you been? Do you know what time it is?" Anyways, she was staying home to do something much more absorbing - sewing - and I had to set off by myself.

Full marks to the Ordnance Survey for getting me from Parkway station to Registration and the BOK feather banner. There was a long queue of people wanting to check out the orienteering, mainly families with bawling kids, so I elbowed my way to the front where I could see Chairman Pat and his minder, Bob. Here's your £4. Yes, I have orienteered before; no, I don't need to hire a dibber; yes, I have got my own - I was born with it, just tell me where the start is. So I joined Pat and Bob on the way to the start, determined to show the Chairman that he wasn't such a mean orienteer as he reckoned. He started a minute before me and I reckoned to overtake him by control 4. In fact I didn't see Pat again and I reckoned I must have overtaken him somewhere between 7 and 9.

The course was interesting but uneventful and I eventually got to the last control and thought my troubles were over. Well, I hadn't noticed the contours that marked the steep hill to the finish. If I'd saved my breath for running and not for cussing, maybe not so many dudes would have overtaken me.

And it was only when I finished that I saw Pat again - looking cool and relaxed as if he had been back a good ten minutes. He was looking cool and relaxed because he had been back a good ten minutes. Maybe not my greatest run but the public transport experiment had been successful, although next time I won't try to travel too light by leaving my "o" shoes at home and running in my nice new trainers and getting them real muddy, risking a "difficult" time when I got home.

Caption Competition



Caroline Craig took this picture at her informal event at Crickley Hill on 4 February. Send your caption to legend@ngoc.org.uk - all good captions will appear in the May edition of Legend.

FORTHCOMING EVENTS

Date	Event	Location	Signposted	Organiser
3 Mar Sat	WNL 3	Mallards Pike South	SO652086	Gary Wakerley 01594 862690
18 Mar Sun	Galoppen / League 6	Parkend	SO608079	Steve Robinson 01594 841743
31 Mar Sat	Informal	Symonds Yat	SO572128	John Coleman 01594 582151
6-9 Apr	JK Weekend			
14 Apr Sat	League 7	Sheepscombe	SO902100	Alan & Ellen Starling 01793 320054
12 May Sat	League 8	Mallards Pike North	SO651126	Chris James 01989 720122
9 Jun Sat	End of Season 1300-1500	Minchinhampton	SO858013	Dave Hartley 01452 863805
8 Sep Sat	Chairman's Challenge 1400 mass start	Flaxley Woods	SO707144	Pat MacLeod 01594 528128
22 Sep Sat	League 1	Standish	SO838087	Alan & Ellen Starling 01793 320054

Enquiries to Organiser or Fixtures Secretary – Dave Hartley 01452 863805

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

NGOC Registration and start times

Informal Events: Start times 1230-1400.
 Senior £2 Junior £1 Non-members £3
 Yellow / light green / blue courses

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

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

Malvern Mini-League

Date	Event	Location	Signposted	Organiser
10 Mar Saturday	Event 6 <i>(Pre-entry via Fabian 4)</i>	Great Malvern Urban Race	SO778459	Lester Hartmann
14 April Saturday	Event 7 (same as NGOC League 7)	Sheepscombe	SO902100	Alan & Ellen Starling, NGOC
27 May Sunday	Event 8	Brown Clee		Clive Caffall

Saturday events:

Yellow, Orange, Green and Blue courses. Best four results to count towards a competitor's cumulative score.

Registration 1130-1230 Starts from 1200-1300

Sunday events:

Yellow, Orange, Light Green, Green, Blue and Brown courses.

Entry fee will be slightly higher. May need to pre-enter.

Registration 1000-1200 Starts from 1030-1230

For more details see Harlequins Orienteering Club website.

Selected Army events

Important: for latest details and full list of events visit: <http://www.baoc.org.uk/events/>

Date	Event	Location
1 March Thursday	Royal Signals Team Orienteering Championships (11 Sig Regt)	Hampton Ridge, New Forest
7 March Wednesday	Training event (RMAS)	Congo Stream
14 March Wednesday	Military League South (MLS) (17 Port & Maritime Regt RLC/SOC)	Dibden
21 March Wednesday	MLS (Defence Academy)	(TBC)
28 March Wednesday	MLS	(TBC)
4 April Wednesday	MLS Harris Team Championships (Worthy Down/BADO)	Butterwood
18 April Wednesday	MLS (RMAS)	Barossa & RDA
25 April Wednesday	AAC Championships & MLS (AACen)	Hankley

Brashings

Organisers still needed for the 2012-2013 season

A few fixtures still need an organiser:

<i>Saturday 15 December 2012</i>	<i>Mallards Pike North</i>	<i>WNL1</i>
<i>Saturday 5 January 2013</i>	<i>Standish</i>	<i>WNL2</i>
<i>Saturday 9 February 2013</i>	<i>Knockalls</i>	<i>WNL3</i>
<i>Saturday 1 June 2013</i>	<i>Cleeve Hill</i>	<i>End of Season</i>

Phone Dave Hartley 01452 863805 or Roger Coe 01594 510444 to volunteer!

NGOC calendars - going cheap!

There are still some NGOC 2012 calendars left. As well as having excellent photographs of local orienteering areas the calendar lists NGOC, BOK, HOC, MADO, MLS (Military League South), NWO, SWOC, WNL, JK and Croeso fixtures throughout the year. To clear, the price has been reduced to £5 (from £8). Contact Pat MacLeod to reserve your copy: chairman@ngoc.org.uk

BOF website - orienteering on TV

If you go to the British Orienteering homepage you can find out when orienteering features on television. At the time of writing there are items about orienteering on Sky TV's "Getting involved" programme and BBC's "Countryfile".

New Areas Needed

We are always on the lookout for new areas which might lend themselves to some sort of event. They don't have to be large areas, or forest, but they need to be areas on which we could perhaps plan a small informal or weekday evening event, or even training sessions. If you know of any areas, have walked through any nice bits of woodland, or just have a feeling that such and such a place might be worth looking at, please let us know, and we will investigate. We are particularly interested in areas around Cheltenham and Gloucester that might lend themselves to a regular programme of small scale summer events.

Back Page Soapbox

About ten years ago Legend Editor Chris Morris instituted "The Back Page Soapbox" where members could air their views on pet orienteering subjects. Paul Taunton would like to start something similar and has given this item to start us off:

Controlling My Thoughts

Question: Which BOF guideline is most frequently ignored by planners?

Answer: In my view it's Rules Appendix B, 3.5.1 *"It is important to ensure that the Finish is easily located. "Navigate to Finish" should not be used except (sometimes) for score events where the Finish will normally be next to the start. In other cases, there should be an ordinary last control (with description) and then a taped route, which can be just a few metres to the Finish".*

Paul would be interested to know which infringements of the guidelines NGOC members find most annoying.

Video-O Competition

Paul Taunton says it may be too late to enter but you can still have a go:

<http://o-training.net/blog/2011/12/15/theoretical-o-exercise-follow-the-camera/>

Follow, on the map provided, where the runner with the headcam goes and plot the controls. It's not easy!

Dehydration

We are always being told to drink enough fluids so that we do not get dehydrated during our run - but what about the other way round? At the recent CompassSport Cup event at Brereton Spurs Steve Williams drank a lot of coffee before the start and had to take a "break" halfway round the Brown course. The result was that Steve was beaten by Alan Brown by just 41 seconds on a run of over two hours (121m 36s compared to 122m 17s) - you have been warned!

Did you have a good run . . .

. . . at some faraway orienteering event? Let the Editor know and get your achievement published in the next Legend.

Have your say!

Are there any matters that you would like the Committee to consider? Contact the Club Secretary, Caroline Craig, or any member of the Committee. The next Committee meeting is on Monday 30 April at 1930.

Articles for Legend

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

Disclaimer

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



New Year's Day 2012. Afterwards: the inquest.