

The Legend

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North Gloucestershire Orienteering Club
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www.ngoc.org.uk

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Cover: You're never too young to start orienteering - or to write an article about it for Legend. See Kate's account of her Orange course on Bodmin Moor inside. *(Photograph: Gill James)*

Chairman's Chat

There has been some good news lately. We triumphed in our CompassSport Trophy round, thanks to a sterling effort by Greg to rouse out a team, and by everybody in the club who turned out at The Wrekin. It seems that we are competitive when we drop down into the smaller clubs Trophy competition, but cannot compete with the larger clubs in the Cup. As Greg mentioned at the time, everybody counts in the CompassSport Trophy competition. It is not just the scoring 13 who contribute, but everyone who beats runners from other clubs helps to push down their scores. What was also particularly rewarding about this event was the convivial bus ride there and back. It has often been said that orienteering is a solitary sport, and socialising at events is often hard to do. It is a shame in some ways that the Final is on home ground.....on the other hand, home advantage should work in our favour!

Another bit of good news is the government's announcement on future forestry policy. The government has taken on board much of what the independent panel recommended, and has declared that it will create a new and independent governing body responsible for the Public Forest Estate (PFE), and working alongside the Forestry Commission. Obviously it will take time for all the bits to fall into place, and in typical government speak the statement is long on intent but short on solid commitment, but it is an encouraging sign. At the local level, Roger Coe represented the club at the recent Forest Forum, which is a periodic gathering, organised by the Forestry Commission, of those who have an interest in the workings and life of the Forest of Dean. Much was discussed, and matters which might be of interest to NGOC members included, in no particular order:

- The current round of larch felling is due to be completed by the end of this month, but a further round is anticipated this year if (or rather when) further infection is detected this spring;
- 100 boar were culled in 2012, but a new target for further culling has yet to be set. No one seems to have much idea just how

many boar there are out there. Based on my sightings during my frequent trips to the Dean, not many, but then I don't do night-O!

- Douglas fir and Norway spruce are likely to dominate new planting, though long-term plans are to swing towards 2/3 broad-leaf, 1/3 conifer, and to this end FC are planning to plant significant areas of oak. We, or rather our children's children, can also expect to see new species appearing which are more disease resistant, such as redwoods, and exotic broad-leaf such as tulip trees;
- Go Ape have applied for permission to operate Segway tours from Mallards Pike;
- The new litter and fly-tipping clean-up contractor has reported that in the first three months of the contract they have encountered far higher levels of fly-tipping than in any other area they operate – so much for the Foresters' pride in their environment!
- A new ' Visual Identity' has been agreed for the Forest of Dean and Wye Valley, and will make its appearance this spring on signage and other promotional materials. It seems that despite straitened times there is still money available for 'style'.

Our summer programme, and fixture list for 2013/14 has almost been finalised, and will be published hopefully in time for the Galoppen on 17th March. Gill James has come up with a coaching plan for novices which we will be offering at the Summer Saturday events, so hopefully our newcomers will have the chance to learn a bit before being thrown into the depths of the forest. We are hosting the Welsh Orienteering Association preliminary round of the Yvette Baker Trophy at Symonds Yat, and I have all fingers and toes crossed that the current dry weather lasts until then to keep the going better than it has been of late, and that the on-going forestry operations all around the area do not screw up our courses. Most of the work is hardwood

thinning, so it has less impact than softwood thinning, and of course much less than clear fell. It is a shame, nevertheless, that some of the best white areas of woodland are about to be (or by then may actually be) brashed. On the other hand I must give credit (and a few beers) to the contractor for agreeing to clear some felled larches from the Start area. They are not really part of his contract, but he has to cut them down as part of the larch disease control programme, and he is still working on getting rid of them, so they have been lying across our start since December. Thankfully they are now out of the way. I am looking forward to seeing everybody on St Patrick's day, and Roger Coe and I have some special Symonds Yat treats in store for you (all within the guidelines, of course!), so bring your supersize lungs!

On the mapping front, we still haven't managed to make a start on Woodchester, though surely we will do so this month. Lin Callard has suggested another potential candidate area, however – Little Doward, which is a part FC, part Woodland Trust area just across the footbridge over the Wye at Biblins. Though steep, some of the woodland looks great, and there is a possible parking option at the top of the hill on the Little Doward side, so if anyone fancies a walk around the area to offer a further opinion, feel free to go ahead, and let me know what you think.

One reason for the slow progress on Woodchester has been a programme of events we have been running for Bournside School in Cheltenham. Early in January Tom Mills, Greg Best and I ran a session there for around 90 pupils, laying on five courses (including two for a wheelchair user and a couple of special needs children) with SI timing. This was an introductory session for a five-week programme that the school put together for their Year 9 classes, and for the rest of the programme they took the children to Crickley Hill and used the permanent course there. Then at the beginning of March I put on an 'easy TD3/Orange' course at Cranham as an assessed session for GCSE students and a week later Roger Coe and I ran a repeat of the School event, this time for about 50 Year 10 children just starting the orienteering component of their sports GCSE curriculum. This programme is driven by the Head of PE at the school, and although he is very much a rugby man, rather than an orienteer, it is encouraging that he has taken the time to organise this programme. As far as one can tell all the kids have enjoyed themselves. It is unlikely we will gain any recruits to the club, despite the significant work required to put

these events on, but if we don't take these opportunities to showcase our sport, we will never catch the occasional newcomer who knew nothing of orienteering until required to try it, but who found it to his or her liking.

Pat MacLeod



INSIGHT: Bournside School pupils, back, Alana Cave, Lara Lipinski, Kyle Newman, Chloe Morris, Frazer Welch, Hannah Willis, front, Kyle Adams, Daniella Macey, Mwengwe Kapumba, Fin Winstanley and Matthew Holdaway

(Photograph reproduced from the Gloucestershire Echo of Friday, January 11, 2013 by courtesy of the Editor)

Why British Orienteering is proposing to have Independent Directors

by Neil Cameron, British Orienteering Director

I wrote this short article to explain why British Orienteering is proposing to introduce Independent Directors. As the 2013 AGM proposal alters the Articles of British Orienteering, 75% of votes cast must be in favour to pass, so if you support the proposal (or are happy to support a Board proposal), please attend the AGM at the JK weekend in Reading on Friday 29 March (or send in your proxy form, which is included with your AGM papers) and vote FOR the proposal.

An Independent Director is someone (male or female) who is an outsider to British Orienteering (usually not even a member) who by virtue of that previous non-involvement in the affairs of British Orienteering can bring an independent view to the Board using the objectivity that only someone from outside can bring. It is also a useful way for the Board to acquire skills it lacks in its elected Directors.

Good governance practice now suggests that, even in a members' organisation such as British Orienteering, having Independent Directors is beneficial and likely to improve Board effectiveness. Directors' experience from other sports, organisations and businesses can be used to propose actions, or to challenge and sometimes amend proposed actions and ensure they are the best approaches available. Independent Directors can offer an objective "outside view" to assist a Board which might otherwise become too close to orienteering and too introverted in its thinking.

In addition, funding bodies such as Sport England (whose support to British Orienteering has been and continues to be considerable) now require National Governing Bodies in receipt of grant support to implement this good practice with at least ¼ of Directors on a Board being Independent.

You may also wish to support a second proposal which would require a minimum number of Directors of each gender on the Board – at least 3 male and at least 3 female. This would automatically make the Board more representative of its membership (about 40% are female) and ensure decisions taken more accurately reflect the views of the whole membership.

I'd be happy to answer any questions or respond to any comments NGOC members may care to make to me.

CAPTAIN'S LOG

CompassSport Cup Success!!

Congratulations to all who represented NGOC and helped us to win quite convincingly the West Midlands CompassSport Cup qualifying match which took place on 17th February at The Wrekin in Shropshire. We competed in the Trophy competition, which is the one for smaller clubs, and happily it is the second time in three years that we have got through to the final of that competition.

We were up against five other clubs: Wrekin, South Wales, Swansea Bay, City of Birmingham and Potteries OC. A successful recruitment drive (press-gang?) meant we had an excellent turnout with a team of 45 individuals. This made us by far the biggest team on the day. Of course, success is not only about quantity, but also about quality. However, the captain was quietly confident that we also had enough of that to put us in with a chance of winning.

Nearly two-thirds of us travelled on the team coach from Gloucester. We set off early and arrived on the foothills of The Wrekin in plenty of time to set up the two club tents and the banner. The remainder of the team made their own way there, and with such a large team changing space was in short supply in the tents.

The Wrekin is a large lump of a hill with very steep sides. Gradually, we all departed to tackle the uphill trek to the Start. The course lengths were much shorter than usual, but it did not take long to realise that the near vertical slopes made the going very tough in places and this explained the shorter lengths.

I returned fairly satisfied from my own run, with only a couple of minor errors. However, my hopes sank a little as first one key



Looking towards The Wrekin from the old firing range that was used for Assembly. NGOC started under a cloud (*above*) but finished in the sun (*below*)



hope returned to say “Sorry, Captain, it all went wrong”. This was followed by several more of my trump cards returning with a “Sorry, Captain”. Oh dear, maybe this would not be our year after all. However, after a nervous wait, the organisers put up the current scores showing that we were just in the lead. After some nail-biting we were finally confirmed as winners. It’s clear that having a big team means that if one person doesn’t have their best run, there will be somebody else to take up the mantle. The final scoreboard showed:

NGOC	1256 points
SBOC	1227
WRE	1206
POTOC	1199
SWOC	894
COBOC	463

These scores are made up of the best 13 performances on the day, but these scorers must be distributed across the various courses. On most courses, just a maximum of two people can count. However, everybody’s score is important, as you can push runners from other clubs down the results table, limiting their score. The 13 team members whose scores were tallied for our total were:

Eddie McLarnon	Green Men	100 points
Andy Stott	Blue Men	99
Matt Stott	Brown	98
Pat Macleod	Green Men	98
Caroline Craig	Blue W.	98
Gill Stott	Green W.	98
Ros Taunton	Short Green	98
Heather Findlay	Blue W.	96
Patrick Tate	Light Green	96
Joe Taunton	Brown	95
Greg Best	Blue Men	94
Joe Parkinson	Blue Men	93
Pete Ward	Brown	93



Above: two tents were needed for everyone who turned out for NGOC
Below: Assembly was on an old firing range. Dangerous firing positions were taped off: "Falling down one of these could affect your run"



Many thanks to all who took part and for the excellent club spirit in evidence on the day. I certainly enjoyed the day.

So, for the second time in the club's history, we have qualified for the final. If that's not excitement enough, the final will be held on our patch at Moseley Green and Danby Lodge in the Forest. There really can be no excuses for not having a huge club turnout for this.

Put Sunday 20th October in your diaries now

Note that these areas are now embargoed, so if you intend to take part in the final, you are not allowed to train or walk there from now.

Recruiting for JK Relay Teams

The JK is coming soon, and this year will be held in the Chilterns. For those people who do not know about it, the JK is the UK's largest annual orienteering festival/championship. It is held over the four days of the Easter weekend. Day 1 is an urban sprint race and Days 2 and 3 are standard long-distance races, Day 4 is the Relay Day for teams of three or four. NGOC will enter several teams for the relay. As the closing date for entries is looming, please let me know as soon as possible if you would like to be in a team. Even if you are not intending to stay for the whole festival, a day trip to Henley-on-Thames is quite feasible.

GREG BEST
Club Captain

Army Harris Relay at Moors Valley Country Park, 27 February



Above: the briefing - can you spot the three NGOC?

Below: a Harris Relay involves teams of three



Thanks to Chris Branford for permission to publish these photographs. For more photographs of the relay see:

<http://www.flickr.com/photos/owls-count/sets/72157632876446760/show/>

A Wet Winter Sunday on the Lickey Hills

West Midlands League, 10 February 2013

I had orienteered on the Lickey Hills before and both times it had been wet and muddy underfoot. Today, after a very wet winter it seemed as if it might be even worse and the gent who took my money at Registration confirmed this. At least the car parking was on hard-standing but personally I would have preferred that the money used to construct the large speed bumps on the approach road had been used instead to fill in the numerous potholes in the car park; maybe the material used for the speed bumps had been dug from the car park.

With the leaden skies and steady rain Ann had decided that it would be a better idea to stay in the car but graciously consented to let me do the brown course. Joining instructions for the event had stated "In case of bad weather . . . carry . . . cagoule". I didn't carry mine, I wore it to the start and all the way round – and I didn't overheat. The map does not look too hilly but the climb was 355m for only 7.2km. There were 28 controls, or 24 if you ignore the two either side of a busy road and the same two on the way back. I was glad that the map was on waterproof paper as it was already soaking wet when I peeled it off the top of the pile at the start.

Control 1 was a slow affair as I got the feel of the map. Control 2 was relatively slow as well, even though the circles on the map were actually touching. If I had tried to copy the fastest runner's time of 16 seconds (instead of my 1 minute 22 seconds) down a steep slippery slope I'd have done myself a mischief or needed one of those new superfast dibbers to register the control as I slid past. 3 – 4 seemed ideal for going in a straight line until I found myself looking down another very steep slope so I had to take a somewhat longer route.

Like a good orienteer I always try to work out routes one or two legs ahead. This seems like a good idea but can cause confusion - like

when I thought I was running from 11 to 12 but was actually going from 10 to 11. Fortunately both legs were in the same direction and the main delay was caused by my inability to run fast at the same time as scratching my head.

20 to 21 was a problem. I tried to approach from the top but could not see it, went past and then came back along an easy path below it and I couldn't miss it. Another few minutes wasted. The next time-wasting involved crossing back over the busy road. Thinking ahead again the cunning plan was to run along the road (there was a pavement and no red X's on the map). I ran hard down the pavement for a hundred yards and then realised that I hadn't dibbed after crossing the road, the control being set back slightly from the road. So I had to go back. Rather than run down the road again I went straight uphill and took what turned out to be a slow, difficult route.

At long last I was nearing the final control. But who was that chap with an armful of controls – I know I didn't start very early and that I was slow but surely I wasn't so slow that they had collected all the controls? Luckily the final and the finish controls were still in place and I dibbed gratefully. The guy with the armful of kites introduced himself as the planner and asked if I had complaints about the course. This was rather brave as I could easily have been in a bad mood just finishing after 2+ hours on a grotty day. But NO, I didn't have any complaints, the planner had made good use of the area and I had actually enjoyed myself. The helpers at Registration might have been inside a proper building behind the café but I didn't envy those hanging around in the rain at the start and at the road crossing. Thank you HOC. The cagoule had kept me warm and sort of dry although my fingers were only just warm enough to undo my shoelaces while Ann was telling me about the cappuccinos and cakes at the tearoom.

And where did I come in the results after two hours of toil? 11 out of 11 (or out of 12 if you count the M60 "dnf"). At least the ten in front of me were all younger than me.

SWOA Galoppen and WOA Yvette Baker Trophy Qualifier

Highmeadow Woods and Headless Hill

Sunday 17 March 2013

Location: Parking and Assembly at the Braceland campsite (SO560130), signed from the A4136 at SO573119 (Postcode GL16 8RF). The very steep and narrow approach road from the N via Symonds Yat Rock is NOT recommended.

Courses: White, Yellow, Orange, Light Green, Short Green, Green, Blue and Brown plus free String Course.

Timing: Sportident (SI) Electronic Punching.

Entry on the day only. **Registration** 1000 - 1200. **Starts** 1030 - 1230. Take your own SI card to Registration for fast track entry.

Officials

Organisers and planners:

Roger Coe tel 01594 510444, email randvcoe@btinternet.com

Pat MacLeod

Controller: Mark Saunders (BOK)

Full details and updates, plus course length / climb information:

www.ngoc.org.uk

BOK Army – the Founding of a Dynasty

(Based on “The Sagas of Icelanders”)

Time of action: 1970 - 2010

Time of writing: 2013

The truce that came into being between BOK and NGOC as a result of the threat to the Forest of Dean by the Shape-shifters had left BOK member Tony Tangle-hair in a difficult position. Tony had previously sworn an oath not to cut or comb his hair until BOK had driven NGOC out of the Forest of Dean but here were BOK and NGOC in a close and friendly alliance and Tony’s hopes of fame and glory were in ruins, like his hair. The winter following the declaration of the BOK-NGOC truce saw Tony take to his fireside and fall into a trance-like state until spring. All this time he was planning, scheming and plotting – how could his name be made eternally glorious in orienteering?

At last, just when the days were beginning to lengthen again and the days becoming warmer, his plan was complete. Tony Tangle-hair (or Tony No-hair as he was then universally known following an infamous incident at a BOKTROT) stirred from his fireside and began to attend events again. First of all he had to regain his standing among BOK and NGOC members and his first move was to declare that, instead of being known as Tony No-hair, he would henceforth answer to the name of Tony No-nonsense. And he began to recruit older members of NGOC, and even older members of BOK, to join him each Woden’s Day in taking part in the Army events in Surrey and Hampshire. He played on the desire of these venerable orienteers to win glory and to regain their youth by persuading them to join his organisation, which he called BOK Army. A badge of distinctive design was devised and printed onto sweatshirts and t-shirts; this did service as a uniform. Only when they had been lured into

joining and had sworn their oath of allegiance was it revealed that members had to pay for their uniforms themselves.

BOK Army was run in a highly-disciplined way. Every Woden's Day the rank and file members made their way from their farmsteads and hamlets to the great meeting of trade routes known as Parkway. Here they formed up in three ranks for inspection. Not a trace of mud was tolerated on O-shoes; dibbers and compasses had to be polished until they sparkled. Harsh punishments were meted out to those who failed to reach the required standard. Those with muddy shoes were required to double round the car park until either the mud dropped off or was washed off in the deep puddles. Miscreants with dirty dibbers were put on a charge by the Inspecting Officer (Tony) and marched in under escort to see the Officer Commanding (Tony). The main punishment was a hefty fine, which had to be paid to the Paymaster (Tony). So many were put on a charge that prisoners often outnumbered escorts.

In the early days of BOK Army whistles were not only inspected but also blown to prove that they were in working order. At one parade, held close to the platforms at Parkway station, the blowing of whistles sent several trains off too early and caused chaos to the railway timetable for the rest of the day. The OC was summonsed, severely reprimanded, made to pay a fine of many gold pieces and banned from blowing whistles at Parkway. However, he did escape being declared an outlaw. The rank and file found this very entertaining until each received a bill from the Paymaster, marked "barrack damages" which, when all had paid, not only covered the fine but also left a small profit.

Like all good military units long-standing traditions were a must for BOK Army and its longest-standing long-standing tradition was CAKES. This was started in the very early days of BOK Army by Trevor Always-last¹. BOK Army members disagree

¹ An epithet that has caused much confusion amongst scholars of the sagas: some argue that "Always-last" does not in fact refer to Trevor's position in the results lists but his willingness to stay behind and help clear away at Registration, the Finish etc.

amongst themselves about Trevor's motive in bringing cakes that first time; some attribute it to a generous nature, others that Trevor had somehow ended up with too many cakes to eat by himself at home and so brought them along to court favour and gain promotion. Whatever the truth of this everyone agrees that it was turned into a tradition by Laurence Cake-biter, who made a point of memorising everyone's birthday and then reminded them in good time to bring cakes.

Weekly orders were dictated by Tony to Dave the Brave, BOK Secretary and one of the few literate members. Dave then read out the orders to the NGOC Poet, Alan the Uninspired. When, after numerous readings, Alan had the gist of the orders, he worked them into a song or poem and went round to the various groups of BOK Army members at the car parking at events and sang or declaimed the orders. This procedure was not a success. Often, when Alan had finished declaiming, he looked up to see that everyone had drifted away and thus vital orders had not been promulgated. On one occasion Alan's audience could not get escape from his singing and became so enraged by the sound that they savagely attacked him, beating him about the head with rolled up A3 sized maps. As a result Alan was reduced to the lowest rank (M60) and Dave read out the orders exactly as dictated.

To assist in the quest for everlasting glory a scribe was appointed to record on vellum the glorious deeds of BOK Army. The obvious choice for this post was the renowned BOK newsletter editor Mark Blot-scribble. Mark willingly accepted this position, knowing that it would add to his prestige but involve very little work. In fact he is still looking forward to writing his first report on the valiant feats of BOK Army members.

(Editor's note. Although this article may give the impression that only over-60s are welcome in BOK Army this is not the case; civilians of any age are welcome to join us to do battle on Wednesdays. The British Army Orienteering Club website gives details of Military League South (MLS) events: <http://www.baoc.info/>)

NGOC Event Archive

A year or so ago it was suggested by one of our planners that it would be helpful if details of previous events held on our areas could be made easily available for planners of future events on those areas. Hitherto this information has more typically been scattered around in various places – results tables, the planner's files, the mapping officer's printing records and purple pen library, or lost. A good idea, but only if the archive can be created and maintained with minimal effort, or it becomes an additional burden which planners and archive administrators will soon become reluctant to carry.

After considerable discussion, and sharing of ideas, we decided that we could create the archive as part of the club website. We also felt that by and large we could minimise its content to materials that are generally produced for events anyway, and so avoid generating more work for the planner/organiser. The result is the Event Archive now found on the Reference page of www.ngoc.org.uk, under the section for event planners and organisers.

We have not been able to collect material from past events, so the archive starts from the beginning of the 2013/14 season, but hopefully it will become a useful source of information for future planners and organisers. The Archive consists of a page for each of our areas, with an overview map showing signing and forest entry points, and a route to the nearest hospital/A&E facility, and a short document listing salient information about the area, such as the emergency details needed for Risk Assessments, and ownership details (though actual contacts are not shown).

For each event, the following information is provided:

- The event flyer, if one was produced
- A password protected all controls PDF. This is secured in order to try and limit the availability of our maps to all and sundry, and to

meet Ordnance Survey restrictions on web publication of maps based on OS data. (Please note that if you use Firefox as your browser, the current in-line PDF viewer does not work; when the map is displayed in glorious technicolour you need to click the icon in the top right corner of the screen to download the PDF and display it using your default local PDF viewer.)

- An unsigned copy of the Risk Assessment
- A PDF showing control descriptions for each course
- A short event report, designed to show any event specific information which might be useful to future planners/organisers, and provide a summary of winning times against course lengths, to aid future course planning.

Right now the archive is not much use to anyone, but it will start to become so next year. What is needed now is the commitment of all planners and organisers to do the minimal extra work required to maintain it. This amounts to:

- Sending your purple pen and risk assessment files to webmaster@ngoc.org.uk
- Downloading the Event Report proforma from the website, completing it after the event and sending that to the webmaster as well. You can look at existing reports in the Archive to get a feel for what needs to be included, and can of course include anything else that you feel might be of future use.

After a good start, archive creation has already started to fall behind, so could I ask all planners to familiarise themselves with the Archive, let me have the required data (if your event has taken place), and remember to send it to me after your event (if the event has not taken place yet).

NGOC Webmaster

A Sunday morning on Bodmin Moor

My name is Kate Louise Laver and at the age of 5 months I came over from Australia to meet my British relations for the first time at an afternoon tea party. Well I did the sensible thing and slept through all these 'old' people gossiping and talking about me. Then on Sunday, I really wanted to get out as it was a sunny day and, great, the oldies had arranged to compete at Hardhead Downs near Collaford Lakes on Bodmin Moor.



My Dad, Dan, entered me on the orange course with Mum, Gemma, and Grandmother, Tina. He decided to enter the Blue although he is more used to rogaining in Australia. Granddad, Sandy Cowan and great uncle, Chris James, entered the green and Great Aunt, Gill entered the short green. She told me all about it when we met up at various points! This, of course, meant she was not concentrating and lost time as usual!

I was strapped to Mum and could see where we were going. We walked along a road from the parking field then out on to the moor to find

the start. It was quite a long walk over a rocky slope. Granddad was helping on the start and he gave us orders when to go. After the start, Gill came and gave a helping hand to get past a deep, muddy flood on a track to get through to find our first control. We saw her disappear in a different direction – will we ever see her again? Ah, there she is puffing up the hill towards us. She says she saw Dad at her next to last control and is now heading off in the same direction as us. She confirms we have to go between two walls and then on to the other hillside. We have to scramble round the end of a wall to get through, but that was no problem for Mum. We make our way back to the finish as Gill heads off in a different direction again, looking for a boulder on the hill. She told us later that she went round in a big circle and that the first boulder she saw looked to be in the right direction then it swished its tail! In fact Dad caught up with her there and was heading to the same control, which was a few metres beyond the pony. However, he was running fast and left her behind – again. He had confessed that he kept leaving one chap behind and then finding he got to the control first, so much for fast running. After that Gill was on the homeward three legs and actually finished 3rd. The fourth lady in the competition had a faster time, but had missed one control, and a gentleman had retired part way round, so does that mean Gill was 3rd or just last?

We did not see Chris until after we finished. He had gone off later than us; we had left him talking, as usual. He said that he enjoyed his Green course and had beaten Granddad by a few places. We found him talking yet again after having enjoyed mulled wine and a mince pie at the KERNO hospitality tent. What a civilised way of finishing an event. Perhaps when I am older I can join in.

We had a great time out on the moor on a lovely day, even though it was cool, a sharp contrast with the 40 - 45° temperatures we have been having since we got back to Sydney. It was not my first 'O' event either as I had been rogaining in the National Park back home.

Kate Laver

Aged 7 months
Sydney, NSW



Control Flow & Exit Direction

Control flow and exit direction are advanced techniques in the sense that you have to have experience at using the basic tools of the orienteer to route plan. You then need to be able to use these at speed out on the course before you can hope to achieve control flow, or plan for exit direction. That said the sooner an orienteer can start practising these things the better, and in fact it is easier to practice on the simpler courses where there is less to think about!

What is control flow? In simple terms it is the speed and smoothness you can achieve as you approach, punch and leave the control on your way to the next checkpoint. Valuable seconds can be gained if you can ‘flow’ through the control without having to stop. Have you ever been beaten by a rival by only a few seconds? If you currently get to a control and then pause to re-establish your bearings and your direction to the next one, you are wasting precious seconds (and maybe minutes for some!) Even on a novice course with 12 controls, saving 2 seconds per control will gain you nearly half a minute on the opposition. Carol McNeill² estimates that good control flow can increase your overall speed by up to ½ a minute per km – and that’s without getting any fitter. That’s got to be worth trying to master!

² Carol McNeill is a first class British orienteer, having competed for Britain during the 60’s and 70’s. She was a senior coach for the British Orienteering Federation and team coach for the British Squad. Her very useful books ‘The Skills of the game’ and ‘Orienteering – Skills, techniques, training’ are well worth a read.

What is exit direction? Again this just means that when you approach a control you know already which direction you need to exit the control in order to get on your way.

So how do we tackle this marvellous, timesaving technique?

Planning each leg is the starting point. You must know how you are getting to the control, which orienteering techniques you are using en route (handrails, attack points, breaking the leg into manageable pieces) and the ones you will use going into the control (attack points, catching features). One of the main features of this technique is the visionary map contact mentioned in the Uringa 2011 article 'Efficient use of the map' – by which I mean that you know where you are going to be in 100m time, and are not focussed on proving to yourself that you know where you are now (though of course you should know that to a degree!). By the time you are approaching the control you should know:

- The detailed description of the control feature
- Visualised to yourself what that control feature will look like
- The control code
- The direction you want to leave the control
- And, possibly, an attack point which is also known as a 'leaving point' for that directional change – say a large boulder, or that the change in contour as the land rises, a knoll or saddle that you are going to head for, a vegetation boundary

As you approach the control and begin to slow down you should be taking notice of the bearing, or feature which you will use to navigate out of the control. If you are using a compass bearing then you can adjust your baseplate to the required direction and turn your map in anticipation.

It is important to not to head out from the control in the wrong direction. Having already set your map to the direction you want to go in, will help prevent this. However, if you find that your plan for exit doesn't match with what you see in the terrain as you head off STOP! It is very easy to make a 180' error from a control and you can quickly get disoriented and lose more time than such a simple error merits. If in doubt, check and go back to where you last knew your exact position even back to the control if necessary.

As you become more comfortable with the technique you can start planning more than one control in advance. Use the dead zones, or those safe periods of hard running where you know where you are and what major feature you are looking for, to set up your thinking for the next few controls. For those of you who think in traffic light orienteering terms, plan during the green phase. Good control flow means that there is no real red phase of your traffic light orienteering; the aim is never to stop still but to keep moving smoothly, albeit more carefully, on approach to the control. Constantly thinking forward will help maintain your sense of urgency and hence your speed. Duncan Currie, Garingal super-junior, has perfected the art of memorising control numbers in threes. He knows precisely what the codes are coming up without having to slow down look at his control description sheet to check as he heads into the control.

Simple steps to control flow and exit direction technique:

1. Before you leave the start triangle make a simple plan of how you will navigate to the next control.
2. Look at your control description and number and memorise it
3. As you run use the dead zones to start looking at the control following the one you are currently on course for, and devise a plan
4. Identify the direction you will leave the control and if there are any suitable attack points, which can underpin your exit direction

5. In the last 100m into the control you should be concentrating on that current control so all the planning for the next one should have been completed by then
6. Check your control code again if necessary; find your final attack point
7. As you see the flag, take a compass bearing to come out of the control
8. Punch the control and head out on your bearing towards your identified leaving point
9. Repeat!

All this takes practice but the good thing is that you can practice every time you go out on a course and the simpler it is, the easier it will be feel how the technique works.

One other thing. The new SI sticks register much faster than the older ones – the new models coming out in 2012 will be faster by a factor of 4 than ones which were produced in 1997.³ Consider getting a new SI stick, work on your control flow and exit direction and leave your rivals in the dust!

Margaret Jones

Uringa Training Officer 2012

³ SPORTident timing system. Siegfried Ritter (The Australian Orienteer March 2012)

Caption Competition - answers



Anne is saying "If they keep laughing at my photo-O attempt, I swear I'll hit them with this bottle". *(Neil Cameron)*

David: "Check your O-stickers - bet I've got more than you."

Bob: "But my brown boots are nicer than your shoes."

Anne: "Men!"

(Carol Stewart – ("I thought the sheet David is holding looked like one of those sheets of stickers which kids collect")

Anne: "They might let you two inside if you take those muddy boots off." *(Alan Brown)*

BOK Army Manoeuvres at Kings Garn Gutter

I joined the Forest of Dean (NGOC) contingent of BOK Army on Wednesday 30 January for manoeuvres in the New Forest. At 0815 I reported to Tom at Lydney station and we then drove to John's place where we transferred into John's car and then went to pick up Bob before heading across the Severn Bridge. I was confused already.

Due to a couple of navigational hiccups (well, it's best to get these out of the way and then have a faultless run round the actual course) the rest of BOK Army were already at the parking area when we arrived and giving their dibbers a final polish. The parking was on an old airfield that is used as a campsite in the summer. I'm sure it is lovely in summer but today the wind more than cancelled out the warming effect of the mild air and bright sunshine and extra layers were called for. Although higher than the surrounding land it was very wet underfoot and we all got wet feet just walking to the Start (the M.O. says my trench foot should clear up soon).

Everywhere else was also very wet, if not actually boggy, and the streams were swollen. At each step you didn't know whether you were just going to get wetter or sink into the mud. In the middle of the Green course Bob did sink into the mud - down to his knees and with the C.O. looking on. Bob intimated that he was stuck and could not get out but the C.O. just carried on, judging that Bob was not in imminent danger of drowning. Bob eventually managed to extricate himself by grabbing an overhanging branch and pulling hard.

The maps used were those printed for the cancelled 2012 November Classic. This meant that the courses were of high quality and I did full justice to the planner's skills by taking over 11 minutes for the first control. I allowed my eyes to be drawn to a very obvious control kite, which could not have been mine since it was not only too obvious but also on the wrong sort of feature. Staring at this from a distance until right up close probably meant that I went straight past my control snuggling in a small depression.

Eleven minutes to get to a control just 200 yards away in open woodland was not a good start and things could only get better. They did and, apart from a difficult 6 to 7 due to carelessness, the remainder of the course was reasonably uneventful. The real problem was getting to Download from the Finish. The Finish was even further from the car parking than the Start, there were no tapes, the car parking area was just off the map and a line of trees masked anything that could be used as a landmark. So I just followed the person 100 yards in front and hoped he knew where he was going. No doubt the person 100 yards in front of me was likewise hoping that the person 100 yards in front of *him* knew where *he* was going.

Back at the cars the wind had not diminished so we hung around just long enough to get changed, have a quick bite and for Bob to denounce the C.O. for leaving him stuck in the mud. The C.O. defended himself robustly and, honour satisfied on both sides, we departed.

We took a slightly different route home and still managed to include a slight navigational hiccup; nevertheless Tom reckoned it was 30 minutes faster. Back at Lydney station I didn't have to wait too long for a train; I reckon I was quite lucky rail-wise as there had been delays of 60 minutes between Gloucester and Lydney on the Tuesday evening due to flooding and on Thursday evening there was a landslip, which meant that buses replaced trains.

Bluffer's guide:

C.O. = Commanding Officer

M.O. = Medical Officer

Rufus Stone. This is shown on the map in the southeast corner and marks the alleged spot where King William II was fatally wounded with an arrow in A.D. 1100 while out hunting. It is debatable whether this was an accident or not but William Rufus, so called because of his ruddy complexion and hair, was so unpopular that nobody really cared. It was left to a local charcoal burner to recover the body, which was given a low-key burial in Winchester Cathedral. William's brother became King Henry I just three days after the killing.

FORTHCOMING EVENTS

Date	Event	Location	Signposted / Forest Entry	Organiser
17 Mar Sun	Galoppen	Symonds Yat	SO573119 GL16 8RF SO571128 GL16 7DU	Roger Coe 01594 510444
23 Mar Sat	League 5	Mallards Pike South	SO651086 GL15 4SL	The Stotts 01291 689471
29 Mar	JK Weekend			
6 Apr Sat	Informal	Flaxley	SO675159 GL17 0EA	The Starlings 01793 320054
20 Apr Sat	League 6	Hartpury College	SO797232 GL19 3BB	Tom Mills 01452 760451
11 May Sat <i>(Please note the changed date)</i>	League 7	Mallards Pike North	SO649126 GL14 3EZ	The Tauntons 01594 529455
1 Jun Sat	End of Season	Cleeve Hill	SO989275 GL52 3PP	John Coleman 01594 528151

Enquiries to Organiser or Fixtures Secretary – John Coleman 01594 582151

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

NGOC Registration and start times

Informal Events: Start times 1230-1400.
Yellow / light green / blue courses

League Events: Registration 1130-1230 Starts from 1200-1300
Yellow / orange / green / blue courses

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

2013 Summer Series

Sat 8 June	Crickley Hill	Caroline & Tom Birthwright
Thu 13 June	Oxstalls	Pat MacLeod
Sat 22 June	Hartpury	Tom Mills
Thu 27 June	Pittville	Carol Stewart
Sat 6 July	Cleeve Hill	Neil Cameron
Thu 11 July	Tewkesbury	John Fallows
Thu 18 July	Park Campus/Cheltenham	Caroline Craig
Sat 20 July	Elton Maze	Pat MacLeod
Sat 10 August	Painswick	Dave Hartley
Thu 15 August	Minchinhampton	
Sat 24 August	Cranham	Roger Edwards

2013-2014 Season

31 Aug 2013	Chairman's Challenge	Ninewells	Pat MacLeod
21 Sept	League 1	Sheepscombe	Caroline Craig
12 Oct	Informal	Standish	Alan & Ellen Starling
19 Oct	CSC warm-up	Parkend	Bob Teed
26 Oct	League 2	Bixslade	Steve Robinson
16 Nov	Informal	Ninewells	Gill & Chris James
7 Dec	League 3	Woodchester	Alan Richards
14 Dec	WNL1	Crickley Hill	Greg Best
2014			
1 Jan	NYD	Symonds Yat	
4 Jan	WNL2	Bixslade	Joe Taunton
18 Jan	League 4	Danby Lodge South	Tom Mills
1 Feb	Informal	Flaxley	Joe Parkinson
8 Feb	WNL3	Cleeve Hill	Dave Hartley
23 Feb	Galoppen	Knockalls	Gill & Chris James
8 Mar	League 5	Cranham	Greg Best
29 Mar	League 6	Cleeve Hill	Alan & Ellen Starling
12 Apr	Informal	Minchinhampton	Lin Callard
26 Apr	League 7	TBC	Roger Coe
10 May	League 8	Parkend	Andy & Gill
7 June	End of Season	Moseley Green	Gary Wakerley

Just two more event organisers needed

'Names to fixtures' is looking good but we're not quite there yet. In particular, is there anyone out there who would like to organise the remaining two?

- *Minchinhampton* would involve a bit less work as a Summer Series event, requiring only Green, Orange and Yellow courses;
- *New Year's Day* is a mass start score event, so is over quickly on the day.

If you are new to the job of organising, it's a good idea to enlist a more experienced person as Adviser. This is recommended, however experienced you are, as even the best of us make silly mistakes. Also you will find the 'Organiser's Check List' helpful. This is under 'Reference' on the NGOC Website. The 'Event Archive' - also under 'Reference' is worth visiting.

John Coleman

Fixtures Secretary

Brashings

BOF discounts

Don't forget that you can get 15% off goods at Cotswold Outdoor - I bought a decent pair of walking boots there and the discount more than covered the annual cost of BOF membership. Login to the British Orienteering website and go to "Membership", then "Member Discounts" to print off your discount voucher. You can get discounts for the AA, CompassSport magazine, the YHA and others.

The origin of The Wrekin

Why should there be this large hill standing up, all by itself, so high above the surrounding countryside? Well, once upon a time there was a giant with a grudge against Shrewsbury so he dug a large spadeful of earth and set off towards the town. On the way he met a cobbler returning from Shrewsbury market with a large sack of shoes for repair. The giant asked the cobbler the way, not very discreetly adding that his purpose was to throw the earth in the River Severn to flood the town and kill all the townsfolk. The quick-thinking cobbler told the giant that it was a very long way to Shrewsbury, tipping out the sack of shoes and adding that he had worn them all out just walking from the town. The giant (giants aren't renowned for being very bright) decided to give up the idea and just dumped the soil on the ground, which became The Wrekin. The mud scraped off this boots became the smaller Ercall Hill nearby.

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 29 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.

End page

This way, that way, the other way. Helpful sign for orienteers (and others) on The Wrekin. Abbreviation AIWL = Alice in Wonderland?
(Thanks to Gill James)

