

the

March 2017

# LEGEND

*the magazine of North Gloucestershire Orienteering Club*

*Orienteering in Israel*

*Leckhampton - New Area!*

*The Tragic Tale of Child X*

*Coastal Walk Kit List*

*New Beechenhurst Middle  
Distance*

*A Litany of Errors*

*Looking Back (Not) In Anger*

**PLUS!**

*Club News*

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*Captain's Log*

*Cleeve Hill Training*

*League Latest*

*Results*

*...and more!*



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*HUGE thanks to this issue's contributors:* Greg Best, Alan Brown, Neil Cameron, Tom Cochrane, Steve Harris, Gill and Chris James, David Lee, Peter Maloney, Rocky Marsh, Allan McCall, and Cruel Parent.

## cover photo

Roger Coe (M70) enjoying his sprint finish at the BOK New Beechenhurst event on 5<sup>th</sup> February.

*Surely this must be a record - a bumper 32 pages of Legend!* Thank you so much to everyone who contributed to this issue, and my sincere apologies to those whose articles I couldn't include as at one point it looked like Legend was going to end up the same size as the Sunday Times. It's been overwhelming to have this response to the magazine and I hope you can all keep it up!

On the subject of enthusiasm, it was great to enjoy the recent BOK New Beechenhurst event as a spectator and to see how many NGOC members of all ages and speeds were out there enjoying their orienteering, despite the rather damp conditions. Roger Coe (this month's cover star), Lin Callard and Rodney Archard (see the photos on page 23) were just a few among many who were captured on camera thoroughly enjoying their racing. This event was the second fixture in the newly-launched Club

Championship series (page 31) and it's been great to see so many club members wearing their NGOC shirts with pride and clocking up points for the Championships.

It's been a difficult winter to train through, as at times it's felt like we've gone weeks without a rain-free day! But the Cleeve Hill training session in January saw a good turnout of both club members and visiting runners getting out on a windy Cleeve to prepare themselves for the CSC Qualifiers on 12<sup>th</sup> March. Richard Purkis laid on an excellent assortment of exercises to challenge all abilities and experience levels and I'm sure that everyone who attended gained a real benefit from it.

I hope that everyone is raring to go for the Qualifiers at Cwm Lickey this weekend - I'll be out taking photographs for Legend, so don't forget to sprint and smile ... just in case you're on May's cover!

*Correction to the January 2017 issue: The "Recent Results" report for the Southern Championships (6<sup>th</sup> November 2016) failed to recognise that Pete Ward was the Southern Champion at M45. My apologies for the omission, Pete, and congratulations on your win!*

## January's Caption Competition ...

Paul Taunton submitted this excellent photo for the caption competition in the last issue. The Taunton clan had come up with two great movie-themed captions: "Edward Dibberhands" and "A Fistful of Dibbers".



Greg Best submitted another great caption: **"The winner of the NYD event also came 2nd, 3rd, 4th and 5th!"** Very good, Greg!

## New Members

Welcome to new members Kevin Brooker, Paul Shutler, Mark, Vanessa, Sam and Cerys Roderick, and Robin Sipek. Welcome back to returning member John Wickson. I hope you're all enjoying your time with the club - see you out in the forest soon!

## NGOC on Social Media

Club members who "do" Facebook will have noticed a distinct increase in activity on the NGOC page, with more news, photos and events. Club Captain Richard Cronin has been undertaking a drive to improve the Club's online profile, with other Facebook-savvy members such as Gill Stott, Vanessa Lawson and Richard Purkis making excellent contributions. Please do make sure that you share Club events and news, and tick to "attend" events, to help promote NGOC.

Richard is also doing sterling work in sending out regular news emails via Mailchimp, showcasing recent results and detailing future O events you might be interested in. Be sure to keep an eye on your email inbox for all the latest NGOC news!

## NGOC Top Half in UKOL Clubs ... after recount!

The UKOL club placings are determined by a complex calculation of eligible runners and age groups, but eagled-eyed Paul Taunton was not to be put off by the apparent complexity. He spotted several anomalies in the scoring

calculations for NGOC - including M/W21s being omitted from our counting runners, and a W12 being included despite only 16's and above being eligible - then concluded that if NGOC's score was incorrect then it was quite likely that many other club scores were also wrong.

Despite the apparent importance of Paul's observations - as they demonstrated that the overall National League results were wrong - it took over three months for BOF administrators finally to take action. However, the corrected scores put NGOC successfully into the top half of clubs in the UKOL. So, well done to Paul for his determination to setting the record straight!

## SWOA Club Conference 2017

The 2017 SWOA Club Conference will be held on Saturday 8<sup>th</sup> April. Gill and Chris James have volunteered to represent NGOC on the day. The purpose of the conference is to allow Club representatives to meet Judith Holt (DVO), the area's Board representative. The agenda for the conference includes discussion of the new BOF strategic plan and volunteers in the South West. If you have any points or queries you would like to be raised at the conference, please contact Gill or Chris.

## Risk Assessments - Event Organisers Take Note!

As part of the Club's insurance requirements, all event organisers MUST make sure that a signed Risk Assessment for their event is filed with Pete Ward. If you organised an event last season, please ensure that you send a signed copy of your Risk Assessment to Pete as soon as you can.

## Child Protection Issue??

An anonymous source sent in this screenshot of the White course results from the New Beechenhurst event. Should "Operation Yewtree" be informed? Or is this just the sneaky warm up for a top-placing run on Blue ...?!

Pos	Name	Club	Age Class	Time
1st	Jessica Ward	NGOC	W12	11:34
2nd	Ollie Boutin	KPSO	M10	13:02
3rd	Charlie Whishaw		M10	16:53
4th	James Ardus	KPSO	W10	16:58
5th	Lois Tiley	RMH	W10	18:14
6th	Jessica Bowen	IND	W10	18:16
7th	Rowan Knight	KPSO	M10	19:44
8th	Freddie Stappard	KPSO	M8	19:48
9th	Matilda Knox Cartwright	IND	W12	20:30
10th	Seth Lawson	NGOC	M10	22:33
11th	Agnes Knox Cartwright	IND	W10	24:18
12th	Hannah Burbidge	IND	W10	24:21
13th	Alex Lowe	KPSO	W10	24:47
14th	Isabelle Tonge	BOK	W10	26:02
15th	Ruby Jephcote	IND	W10	27:28
16th	Sophie Leathwood	BOK	W7	28:00
17th	Rachel Tiley	RMH	W10	28:18
18th	Andy Creber	NGOC	M55	28:32
19th	Rowan Murrin	TUT	W10	30:43
20th	Louisa Halsey	IND	W10	34:23
n/c	Isobel Hawkrigde +1	IND	W10	40:32
n/c	Henry Hawkrigde +1	IND	M10	40:43

## We need YOUR articles, news and photos!

Been to any good events lately? Or perhaps you've done a walking trip, or a fell race, or have a great idea for a training session. Why not write it up for Legend?! It doesn't have to be Pulitzer-winning stuff; just a few paragraphs to share your experiences with your fellow club members. Likewise, if you've got any photos from NGOC events or from fixtures further afield, send them in! Just email [legend@ngoc.org.uk](mailto:legend@ngoc.org.uk). Next issue will be out at the beginning of May, so please send articles by 25<sup>th</sup> April.

# letter(s) to the editor

*Dear Editor,*

I was sorry to read in the last issue of Legend that you have had to put up with all that drivel and nonsense from that old misery, Gregory Gooliehills. It's about time he was put out to grass and took up something more appropriate, like bowls or stamp collecting.

To start with, I found the majestic cover photo of Sheila Micolavausiwitch an absolute delight. It showed off her gritty determination that is propelling her ever-upwards towards the top of the club rankings. Give me a lovely home-grown girl ahead of those vulgar Scandinavians any day.

I do agree with him on one thing though – we really don't need any more pictures of men, many years past their prime and wearing funny pyjamas. So, please give us more NGOC cover-girls; our current crop of lovelies will keep us going for many editions to come. They know who they are... Caroline, Gill, Hannah, yourself Judith, Ros, Shirley, Ginny, Ashleigh, Carol, Michelle, Victoria, Kim, of course Hils, and others besides. They're all much better looking than that ginger Kiwi bloke on this month's cover. He's the one that calls everybody "mate", even though we're not. What's he even doing over here, stealing our women and taking our jobs? His side-kick is no better either, his brother-in-law Andy Johnson, or whatever he calls himself in Swedish. He can't be a real Scandi anyway, as his hair's the wrong colour and he's just as rubbish at orienteering as me, and I'm from Bristol! I really don't think we should be

encouraging foreign members in our club, but at least now we've got Brexit, they'll be sent packing soon enough.

Next up, how dare old Loosegoolies slate new captain Dickie Cronkits smashing new idea, the club champs series? Far too many Sundays are spent sitting in the garden watching the daisies grow or slumped on the sofa waiting for Antiques Roadshow to start. Who wouldn't want to spend their Sundays, as well as their Saturdays, criss-crossing England and Wales, gaining championship points and searching for that perfect run that will surely one day come? Well done Dickie. Please continue in your pursuit to drag the old-timers of the club into the 21<sup>st</sup> century with your bright ideas.

Also, he described our out-going captain merely as "quietly efficient". That chap was a bloody marvel if you ask me, and I was always picked for his Compass Sport Cup team. Clearly, he knew a thing or two about team selection.

Now I've got all that off my chest, I will move on to your second Legend offering, and what good entertainment it was too. The club's chief printing guru, Paul Bridgwater was right in his damnation of control tags left behind in the forest, but to suggest that control collectors should put them down the back of their underpants... CRAZY! Not only will this be very uncomfortable, but what about the hygiene issues? It will have to go in the risk assessment.

And that picture of our fearless chairman Gary in his younger, somewhat slimmer days was an

astonishing revelation. Just imagine his potential if only we can get him to fit again into those skimpy shorts.... British champion at M60 would surely not be beyond him? Send any ideas to the Editor on how we could achieve this.

I read Stephen Robinson's description of his "Run" at Knockalls, and couldn't stop laughing! It's years since I last saw Stephen running anywhere. Whenever I come across him in the forest these days, it's a slow stagger at best.

As for that Alan Brownstain and his 8½ year walk around the coast of Britain... I reckon I could have wriggled those 6500 miles on my stomach like a worm with my hands and legs tied together, faster than he managed to walk it. And as for sleeping in a bag under a hedge – come on Alan, haven't you heard of Travel Lodges?

Anyway, keep up the good work and don't let the old grumps of the club grind you down.

Yours

*Rocky Marsh, M55*

## *Editor's Note:*

*Unlike Mr. Goonhilly, Mr. Marsh chose not to divulge his true identity to the editor - he used an anonymous Hotmail account to supplement his International Man of Mystery status. However, he has left enough clues in his letter to enable suitably sleuthing readers to work it out. If you would like to hazard a guess, you are welcome to email the editor to see if it's the same as hers!*

*Well here we are in March, three league events, one night event, one training event and a Gallopen down, exhausted already.*

Our league events have had over 100 competitors each and the Gallopen over 300, even my New Year's Day event netted 99 competitors. This all points to a fruitful year for the Club.

I know it's not hard for the Chairman to get frazzled ;-), but the number of Volunteers needed to run such a busy programme, must be feeling it also. The same old faces doing their jobs with quiet professionalism, make our events work. This brings me on to my point, I understand people have busy lives,

both working and social, but please consider helping. Simon,

our Volunteer coordinator works hard, to get Volunteers for events, so when you receive his email, please think how you can help.



On a more niche volunteering role, event advisors at league events. Greg has a list of advisors to help and give advice to organiser/ planners at level D. This is an important job, especially if you have a novice planner. If you feel you have the skills and would like to be an advisor, please contact Greg.

On a lighter note, Richard has been working hard as Team Captain to get runners for the Compass Sport Cup Qualifier. If you can, please come along and run, as it's a great time to meet fellow club members.

*Gary*

## BOF EGM & Club Conference Report

**The EGM** was brief and to the point, centred on the proposal to change membership fees and levies. The result was a clear majority for Option 1 increasing Membership fees with 1,172 or 87% of the 1,344 votes cast in favour of the increase with Option 1 carrying the day. 171 or 13% voted against with one abstention (this was a proxy vote!) It is worth noting the result came from the highest number of votes, including proxies, that have ever been recorded.

One of the reasons for voting against the motion was that some Sports Bodies are looking for increase in membership numbers whilst the majority look for increased participation.

**The Club and Association Conference** started with an explanation by Judith Holt, our Chairman, of the Strategic Plan for the years to 2025 which is near to completion. This was centred on discussion on how to implement the Plan and ensuring British Orienteering continues to be

successful in the new funding climate. Much of the implementation of the plan will be carried out by Volunteers within Clubs as there is unlikely to be funding or staff contribution to assist the work or until we find a way to access or raise additional funds. The Conference was devoted to Group working on aspects of the Plan. The overall aim was to find realistic solutions that can be agreed by all, with the first steps to cover actions and activities which should take us through the initial years with the long term goal in mind. The Club and Association Conference covers 10,800 members within 120 Clubs and 13 Associations. One important discussion was on the definition of "competition" and it does mean any event/activity where results are given, which in turn means they attract the usual levy.

**Chris and Gill James**  
**1<sup>st</sup> November 2016**

# captain's log

*We are now getting into the "season" for major events, so I look forward to reporting on club member successes at the British Champs and JK.*

Unfortunately, I write this just ahead of the Welsh Championships so congratulating our first champions of the year (assuming we get any...) must wait for another day.

Although North Gloucestershire representation at major events has been quiet so far, there has still been plenty going on locally, with our League and Club Championship giving some opportunities for competition.

After 3 races, Andy Stott heads the Blue league – leading Thomas Cochran, Allan McCall and Tom Birthwright. Although there is still a long way to go before the end of the year, it's pleasing to see some different names near the top this year. On the Green, the usual names have been appearing in the results, but Peter Watson has broken through to take the lead over the established and new member Kev Brooker is also having a good start to the season. Jack Hobby is building a clear lead for the Orange class.

For the Club Championship, it is all about one man: Andy Creber. Andy has been planning his tactics to maximise his score and it's laid down the gauntlet for the likes of Richard Purkis, Paul

Murrin and Pete Ward to challenge through raw speed. Andy has been fortunate in having near perfect runs in both races so far.

The Western Night League ended earlier than normal this year. Caroline Craig was the star runner – finishing a close second overall, first lady, and won the "handicap" element of the league - well done on a great winter!



*Richard in action at New Beechenhurst*

As a club, the first key race of the year is the CompassSport Cup qualifying round at Cwm Lickey this coming weekend. Entries are now closed for this so many thanks to those who have (willingly or otherwise) agreed to run for the club. I am very hopeful that our campaign won't end here

– so please do keep the weekend of 22<sup>nd</sup> October free for the final in Devon. \*If\* we get through, we will be looking at booking a coach and accommodation to make a club weekend.

The next team race I am keen to promote will be the Cotswold Way Relay – to be held on the last Saturday of June. Naturally, some of our fastest runners will be representing their athletics clubs – but this is all about having fun and making our club more visible. We had a good result last time we entered in 2015 and I am hopeful we can match this performance.

Finally, please can I thank everyone who has been sharing our "events", or posting supporting text on Facebook to encourage friends and acquaintances to try orienteering. I'm aware of a lot of scepticism regarding use of social media but it does work (even if slow to start) – and there have been a steady stream of new names appearing in race results right through the winter. It makes my job, to make a "club" and assist in getting strong results, much easier!

# member profile: David Lee

*This month's Member Profile star is David Lee (M80). David is one of the most prolific members of NGOC, competing regularly at Level A and B events all over the country and in all types of terrain. He is consistently among the top M80's at Sprint, Middle and Long distance.*

**When did you start orienteering, and who/what got you into the sport?**

My first event was in Cambridge in winter of 1958/59. In 1977 after a night event in Ashton Court, the family went to Cleeve Common to participate in an activity for all four of us. The 'one man band' that day was John Peniket. He and I had run together at Cambridge so we joined NGOC.

**How long have you been with NGOC?**

In 1977 NGOC was the closest to where we lived. That has been my only Club.

**What do you enjoy most about the sport?**

I enjoy most about the sport is the challenge of balancing the physical tiredness and sound brain activity. The satisfaction of finding any control and the friendships that have grown over the years.

**What has been your greatest orienteering achievement to date?**

My greatest achievement was winning the British Relay Championships on Brown Clee. The team of George (Les) Swindin, Ann Lee and David Lee, won the M/W55 event.

**Your favourite area or type of terrain?**

Favourite areas are complex

contoured ones in forest or moorland. That entails quality map reading and envisaging what you will pass through on the course.

**What is the most memorable orienteering event you've been to, and why?**

A long standing wish was to go to The Swedish Oringen.

Achieved with Tom Mills, Alan Honey and Mike Forrest in 2014. It exceeded my expectations.

**What's your biggest/most amusing orienteering mistake?**

Having John Warren (WIM) remind me (often) of how I became increasingly disgruntled at a Scottish 6 Day event when I overtook him at least three times.

**What's the strangest thing you've seen when you've been out orienteering?**

Strangest sight was whilst checking controls at Stock Hill for the JK relays. At the bottom of one of the deepest depressions was a nude male sunbathing. It was reassuring that he was able to move.

**What do you do when you're not orienteering?**

Try to exist as comfortably as possible.

David Lee, Anne Lee and George (Les) Swindin; M/W55 British Relay Champions 1993

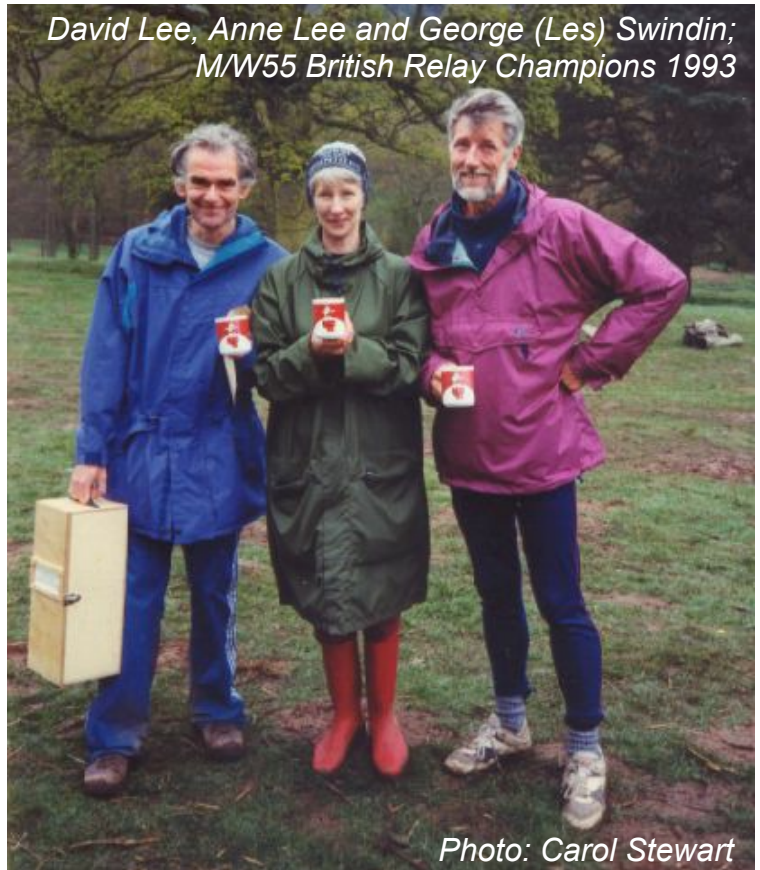


Photo: Carol Stewart

**Name one fact that people would never guess about you**

Few people know that I taught Ballroom Dancing (under the supervision of my wife) at Kingswood School Bath from 1963 to 1968.

**How has your approach to the sport and your motivation changed as you've got older?**

Growing older has not changed my motivation. I continue to try and be as good as my mind and body allow. I admit I don't listen to their messages as I should.

**If you could change one thing about your orienteering, what would it be?**

The only change would be to reduce my mistakes.

**What's the one piece of advice you'd like to share with less experienced orienteers?**

The best advice for life is plagiarize: that means to me that listen and if the idea is good use it as your own BUT acknowledge your source.

# orienteering in israel

*Neil Cameron (M70) is this issue's jetsetter, with this account of his recent orienteering exploits in Israel on 21st January this year. He was running in the Ramat Yochanan Forest, a few miles east of Haifa. Neil is a regular visitor to the country, as he has family living in the Ramat Beth Shemesh area midway between Jerusalem and Tel Aviv. He reports that orienteering is "quite popular" in Israel. The event was organised by Technion Carmel OC and was the 7<sup>th</sup> fixture in the 11 event Israel National O League.*



I have orienteered in Israel many times and in typical terrain there are usually lots of

scattered low trees, bushes (some thorny), rocks and boulders, and quite low ground visibility, often limited to a few metres ahead.

having said that, in places there were several extraction lanes and large piles of brushings (all unmapped).



*The track to #1*

Seeing the map on display before the race, I expected much the same, but was surprised once I came off the track on the way to the 1<sup>st</sup> control that in some places there had been thinning and ground clearance. Perhaps that's what the notice in Ivrit (modern Hebrew) in Assembly said! Even so, it was still much cleaner on the ground than I had expected. However,

Most legs were fairly straightforward, although for No.2, for example, it was difficult to see a good plan except running on a bearing and hoping to see the control, using the track as a catching feature. [See photos]. I actually was about 30 metres wide but saw it as I looked left.

I made a mistake at No.3 probably because I had difficulty getting across the barbed wire fence that enclosed the whole mainly white area of the map, and as a result I think lost concentration. I knew exactly where I crossed the fence, but couldn't correlate a

*All photos - Neil Cameron*



temporary construction with the black circle on the map. I also felt it was difficult to decide which trees were mapped as distinct in an area of scattered trees and bushes. It reminded me of a comment made by John Burrows that “he couldn't tell the [distinct] trees from the wood”!

No.4 was especially easy, visible from the top of the downward slope. Again, I made a mistake at No.6 due to loss of concentration: some men were walking Eastwards along the track and asked me (in Ivrit) what was going on (I think!!): I replied that I only spoke English but it was enough to distract me. I realised I had overshot when I saw the North-South track, and turned back and up to the control.

I chose an unusual route to the 2<sup>nd</sup> last control running beside



#2 approached from the South ...



... and from the East!

the fence just on the East side of the big enclosure, through the gate along the ride in the orchard and out the small (but difficult to squeeze through) gap beside the olive green fenced area. It was probably a silly choice compared to the more obvious over-the-broad-spur path, but splits showed it to be about the same.

I finished 3<sup>rd</sup> of 13 in M70, so a bit disappointing but not bad given the errors.

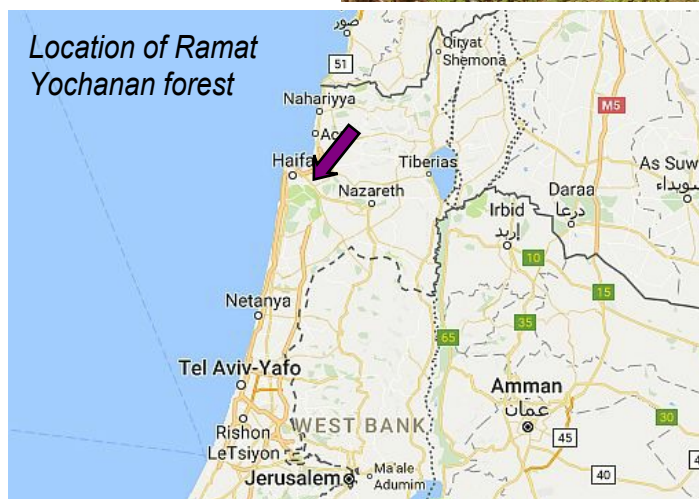
I recommend orienteering in Israel if you ever visit the country.



A lovely runnable section



Typical terrain in Israel



Location of Ramat Yochanan forest

## New Area for NGOC! *By Greg Best*



Photos: Greg Best and Peter Martin

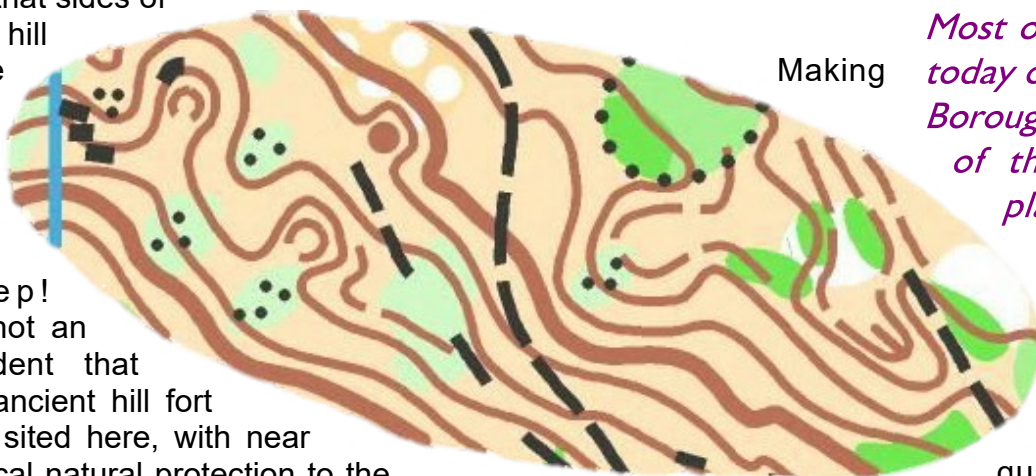
*We will have the first chance to orienteer on NGOC newest area on 22nd April. The map of Leckhampton Hill with its renowned Devil's Chimney is finally complete and ready to put you all to the test.* As much as anything, this test will be a physical one, as there is no getting away from the fact that sides of the hill are steep!

It's not an accident that the ancient hill fort was sited here, with near vertical natural protection to the east, north and west. Happily, this also means there are very fine panoramic views to be

enjoyed in each of these directions.

The physical challenge will be complemented by a technical challenge too. There is a wealth of contour detail, owing both to the ancient earthworks and to the extensive quarrying that has been carried out here in more recent centuries. Much of the area is open grassland, but there is also some very nice woodland.

heights. Secondly, it was a challenging exercise to seamlessly stitch together two separate sources of Lidar data plus the Ordnance Survey contours for the remaining parts not covered by Lidar. This was made worse by the OS contours containing some rather large holes. Take a look at the OS map of the area if you don't believe me! Hopefully, the joins are not too obvious.



Making

the map proved tricky at times. Firstly, surveying the steep slopes and crags required both good balance and a head for

*Most of Leckhampton Hill is today owned by Cheltenham Borough Council, and it is one of the favourite outdoor playgrounds for local people.*

It is very well used by walkers, mountain bikers, dog owners, naturalists, picnickers and others. The scars from the quarrying works that dominated the hill for so long have now been softened by the growth of tress and scrub, and it feels almost like a natural



environment. However, it was not always like this. Until the 1920s the Hill was a hive of industrial activity. There were quite a few different quarries and most of the exposed rock faces seen on the Hill today are the result of quarrying work and this includes the famous Devil's Chimney. There were also quite a

number of tramroads, railways and inclines, built for removing the stone from the Hill. *Today, many of these are still in use as paths, although this may not be obvious to people using them.*

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The Hill has been an important recreational asset for the people of Cheltenham for generations, so when asset rights were abruptly taken away around the turn of the century the people were incensed and prepared for a fight. On more than one occasion, large crowds gathered to riot and protest,

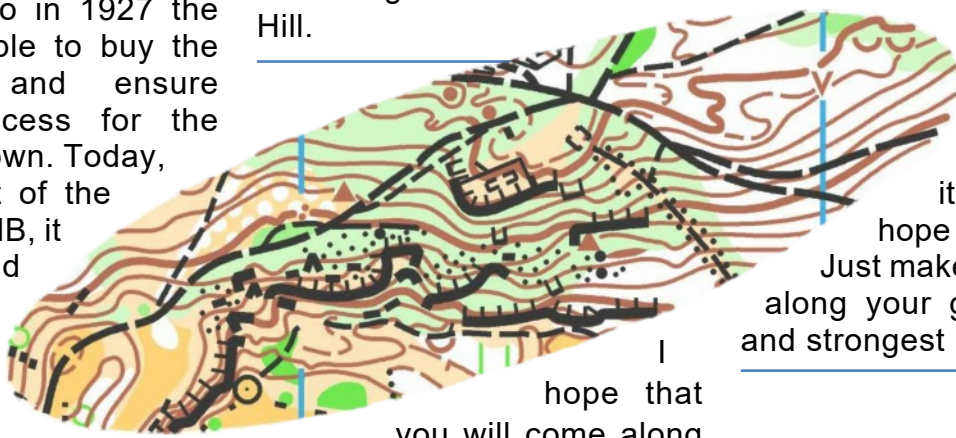




fences were torn down, buildings destroyed and rioters imprisoned. Eventually, the quarrying operation became uneconomic, so in 1927 the council was able to buy the whole site and ensure permanent access for the people of the town. Today, the Hill is part of the Cotswolds AONB, it is an SSSI and registered common land, so it is very well protected!

voluntary group, Friends of Leckhampton Hill (FOLK), who do much good work in helping to manage and maintain the Hill.

favourite places to run, walk or exercise the dog. I had doubts whether the area might be too small, too narrow, too steep or too tricky to map without full Lidar coverage. However, now it's done and I do hope you enjoy it too. Just make sure you bring along your grippiest shoes and strongest legs!!



I hope that you will come along

For those interested to know more, there is a wealth of information about the site's history, flora, fauna and more besides at <http://www.leckhamptonhill.org.uk>. This is the website of the

next month to test out our new area. I pondered the idea of mapping this for several years, as it has long been one of my



*Huge thanks to Greg for this article, and special thanks to Pete Martin for the amazing aerial photographs which were taken from a drone. Should we get all our areas photographed like this?!*

# a litany of errors ....!

*Steve Harris (M40) is one of the club's many converts from what we might call "conventional" running.* He's impressively fast, having achieved top results in everything from road 10k's through to cross-country and fell races. However, if there's one lesson orienteering teaches us runners it's that speed isn't everything! *Here, Steve shares some amusing reflections on his orienteering experiences so far and details some of his most (in)famous mistakes ....!*



Steve finishing Green at New Beechenhurst

the previously visited control, which almost made me look like I know what I'm doing. (For a very short period of time, anyway.)

**Being misled by other runners.** I've been in or around the control circle - or so I hoped - and have then seen a load of people heading into a control ... only to find that they're all on a different course, and the control isn't mine.

**Not having a clue where I am on the map.** This happens quite regularly.

**Not understanding map features** and hurdling an out of bounds wall. I didn't recognise the thick black line during my first urban. I remember being in mid air and

thinking "this is quite a drop!"

**Ripping the map exactly where control is.**

**Losing SI card on course.** I went all the way back to the last control to find it and slowly retraced my steps ... finally finding it 5m from where I started to look.

**Colliding with a cyclist pulling a Wheelie.**

Being unable to figure out where I am on map as terrain didn't match, **turned map over printed on both sides!**

*Thank you, Steve! I've managed most of these and a whole load of other, equally cringe-worthy, cock-ups! Perhaps we should start a regular "Mistake of the Month" feature?!*

Being navigationally challenged is a bit of a draw back when orienteering but after my most recent mistake I came up with a list of my top errors when orienteering. I wonder if anyone else has similar experiences or even more entertaining errors?

*In no particular order:*

**Picking up the wrong map.** It took a few minutes of wandering round in the woods comparing the map, where I was and control descriptions before I read that magic word on the map **Short Green**. An embarrassing jog back to the start to get the Green map.

**Turning up without my off road shoes.** I've done this twice. Once I went home and got them, the other time I completed the

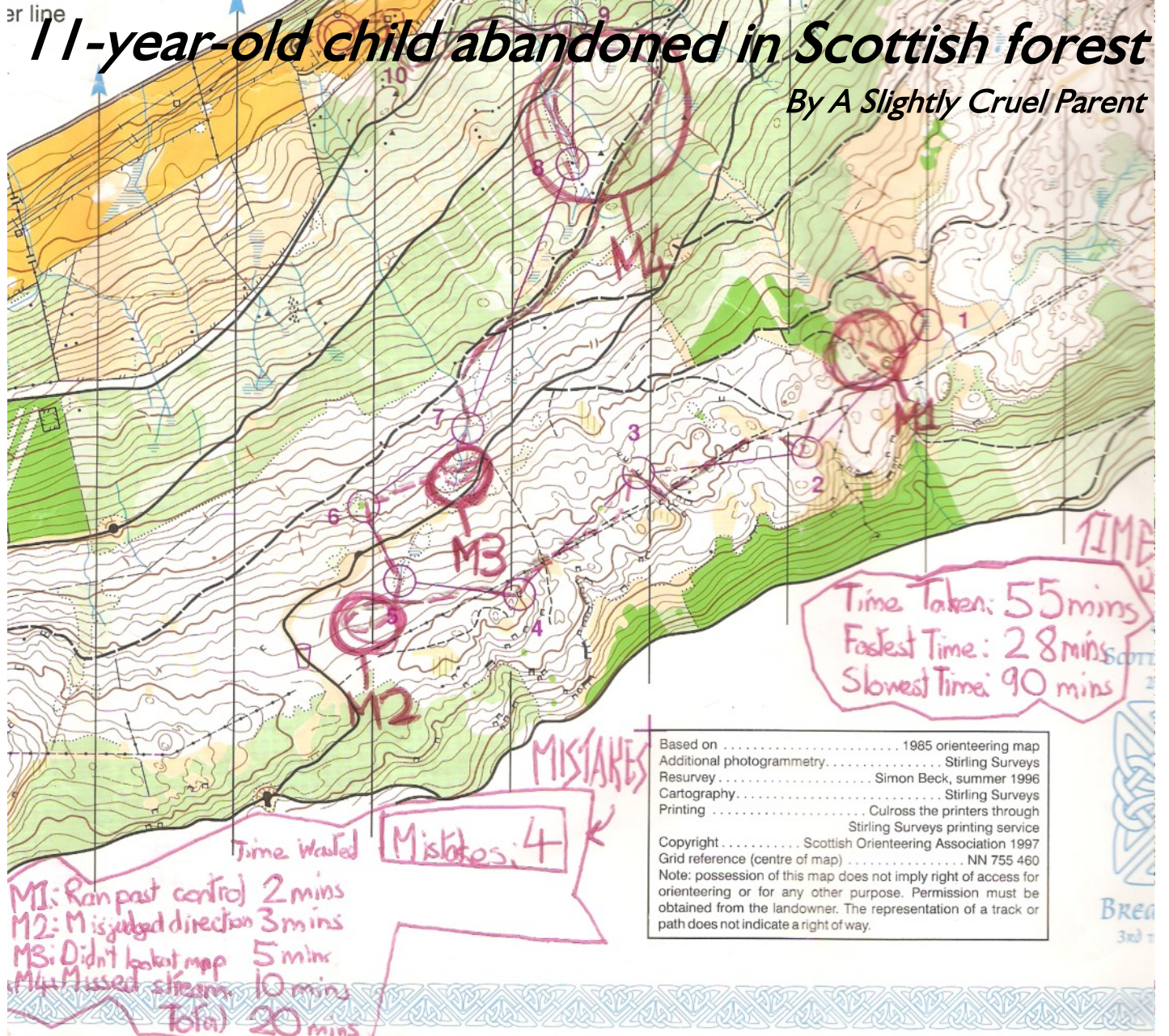
course in regular trainers - not recommended!

**Forgetting compass.** I've done this twice, too. On one occasion I didn't realise that I hadn't got the compass in my hand until I got to control 2. On the next occasion, I noticed at the start. This was an improvement, but it still added a 4k jog to the car and back on to my run!

**Missing out a control,** which has happened several times. Of particular note is folding over the map, obscuring a control and then jogging straight past it - another bit of added distance to rectify!

**Going to a control and then realising you've missed one.** A bit of reverse navigation was required! On the up side, I did get one heck of a quick split to

# the tragic tale of Child X



*Shocking headline eh? Such are the parenting skills of ageing NGOC members. Ah those were the days, when you could turf your kids out into the dark, wild unknown to see if they survived.* The child in question was 11 years and 5 months old at the time. It is not known if the authorities were ever made aware of this incident, and the child is referred to as Child X for their own protection.

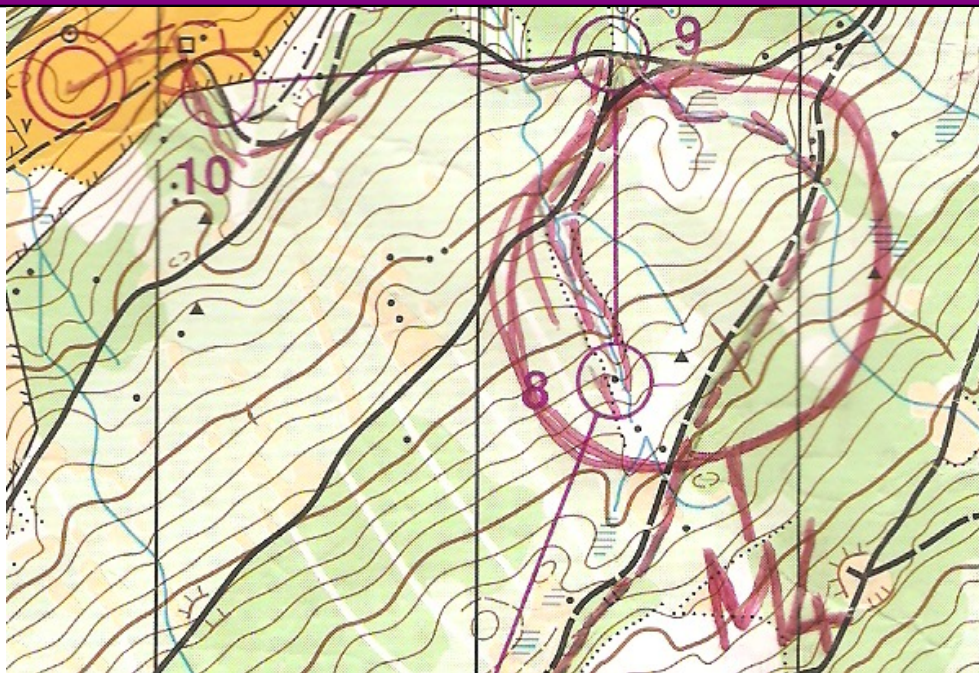
Whilst clearing out some old O maps a carefully detailed annotated map of Rannoch Forest was found, dated 1997 with a M12A course printed and route marked, complete with comments. The errant parents involved, who never engaged in shadowing or much coaching of their offspring,

were seemingly unaware of the trauma such events caused. It is doubtful that the parents in question even asked Child X how his run went, as they were too busy reviewing their own performances. The images and analysis shown here may, therefore, be interpreted as Child X's own desperate self-reflection as he sat alone in a corner of the club tent; bereft of any parental counselling following this traumatic experience.

*Firstly, let's have a look at the course, deemed perfectly reasonable for a 11 year old – 2.8km with 145m climb. Okay so far..*

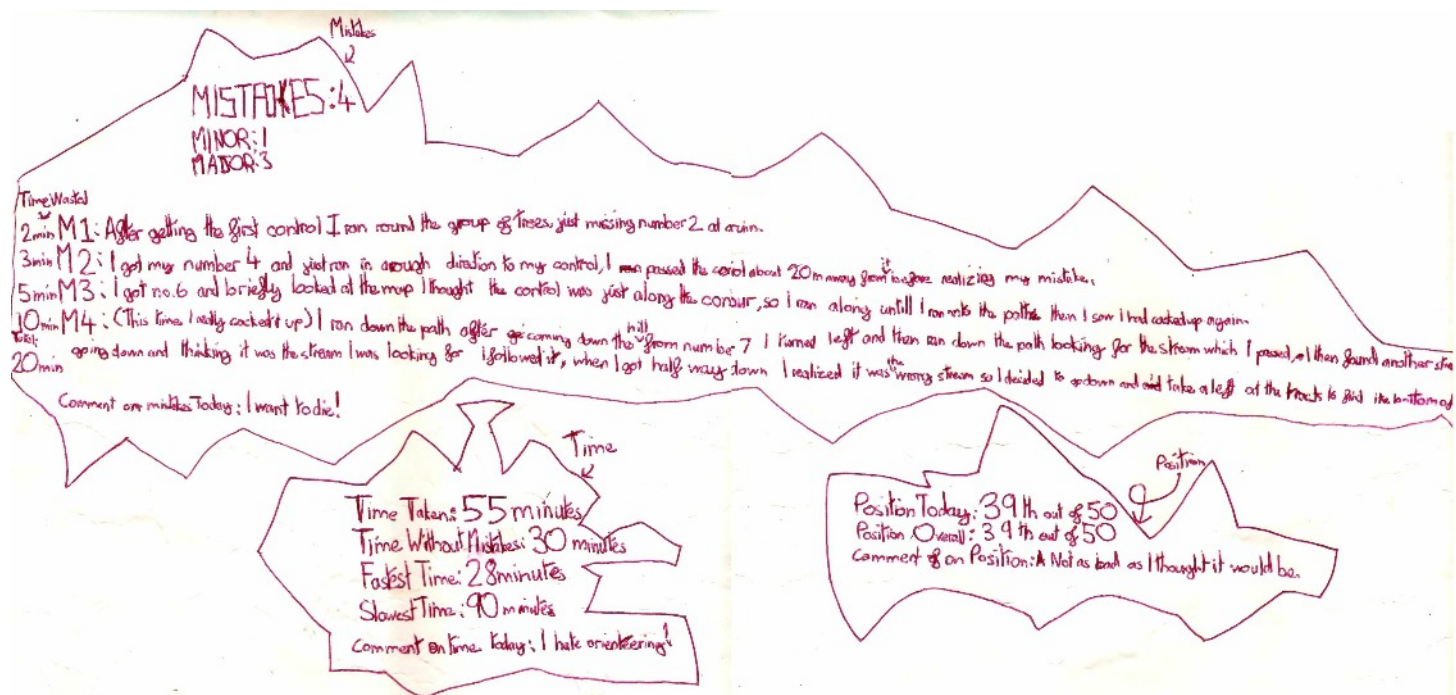
If we look at the main offending control, #8, you can see that the stream junction child X was looking for would have been quite vague, resulting in the child finding the next stream to use as a linear feature instead, where there is more

of a re-entrant feature rather than the intended one, where the re-entrant starts about 100m before the stream appears (it was summer) So potentially a bit tricky in a dark wood with wolves, bears and other (possibly child-eating) creatures roaming.



*Child X has noted that the fastest time was 28 minutes, compared with his 55 minutes.*

If we turn the map over it is possible to see how traumatised child X might have been and what self help mechanisms were employed.



Ah, so bit of uncertainty at #1 as to the nature of the control feature, it was a marsh, again not always that obvious a feature. Hard for a first control with just a vague veg boundary as a hand rail.

#5. Since poor child X had no notion of rough bearings, aiming off, or collecting features, the chances of him finding it were pretty slim, unless he'd gone the long way round via wall and path

#7. He was nearly there! If only those useless parents hadn't given him earlier guidance on finding the main feature, then tracing it until the control popped up (ie aiming off to above)- he'd have been fine!

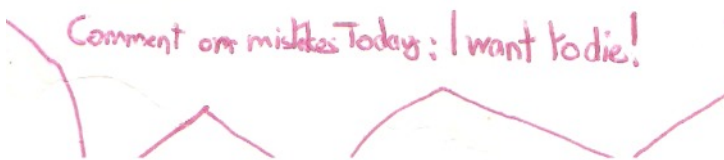
*The last problem was encountered at #8, termed a real cock up by the child involved.*

The writing is quite small but it says: "Time 10 mins. This time I really cocked it up. I ran down the path after coming down the hill from number 7. I turned left and then ran down the path looking for the stream which I passed.. I then found another stream going down and thinking it was the stream I was looking for I followed it, when I got half way down I realised it was the wrong stream so I decided to go down and take a left at the track to find the bottom of the stream".

*Not bad at relocating then! At least abandoned children learn the art of re-location pretty quickly.*

Then a plaintive, tragic insight into PTSD (right),

and just in case you are unfamiliar with people who are suffering from this unfortunate condition (below) though some sign of possible future recovery in his overall assessment "position not as bad as I thought it would be" - another lesson learnt alone - you think you have done badly then you realise that so have others.



*Child X has survived into adulthood. He does occasionally orienteer but sadly he does not feel the urge to self reflect on his performance. To my knowledge he has not received professional counselling to help overcome childhood traumas though he could seek revenge in later life by deciding which sub-standard old folks home his parents are banished to ...*

So, a happier ending!

## *Beechenhurst Night Race*

**NGOC member Andy Creber** is one half of the team behind Rogue Runs, the running events company organising a variety of races in the local area. As part of their popular Night Race series, Rogue Runs hosted the Beechenhurst Night Race on 23<sup>rd</sup> February, based at the Beechenhurst Visitor Centre and taking in a mixed-terrain course around the sculptures and forest nearby. With a 19:15 start, a good headtorch is essential, and the varied terrain underfoot makes these events excellent orienteering training!

NGOC's Paul Murrin had a super run to finish in 2<sup>nd</sup> place - taking home the M40 prize - in a time of 37:31 over the 5 mile course. Not far behind him there was a battle royal between Ben Arkell (in 12<sup>th</sup> place), Richard Cronin (17<sup>th</sup>) and Steve Harris (18<sup>th</sup>). Slightly further down the field - but still very well-placed indeed - Lucas Ashworth finished 24<sup>th</sup> and Tom

Cochrane was 30<sup>th</sup>, out of 230 competitors.

Aside from Andy Creber, fellow club members Gill Stott and Gerry and Sue Ashton were also in attendance as race officials. Well done all!

*Tom Cochrane at the Night Race*



[www.rogueruns.co.uk](http://www.rogueruns.co.uk)

Photo: Tosh Simpkin



## Coastal Walk Camping & Kit

By Alan Brown



Great Orme, Llandudno)

*In the previous Legend I wrote about some of my experiences walking round the coastline of the UK. This article is about the kit used.*

### Camping

During the walk I camped out for 199 nights and the reasons for doing this were cost and convenience. I can carry on walking until it gets dark and I can get started again as soon as it is light: to start walking over fields and along country lanes when the sun is just coming up before anyone else is out and about is brilliant. I can also spend time in some marvellous areas all by myself – camping on the Great Orme near Llandudno and watching the lights all along the North Wales coast; the relief of finding a quiet spot in some trees alongside a busy road on the outskirts of London after a very long day.

Of course it can be very miserable as well. If it is tipping with rain you are going to get wet just setting up and getting into the bivi/sleeping bag no matter how waterproof they are. You might also find yourself benighted in an uncomfortable spot where it is not level and you keep sliding downhill.

### Kit

I use a bivi (short for *bivouac*) bag as it takes up a smaller area than a tent and is easier and quicker to set up. Its compact size also means that it is inconspicuous and that I am much less likely to be noticed by passers-by. I am in good company in wanting my privacy: in his book *Travels with a Donkey in the Cevennes* Robert Louis Stevenson wrote that he always tried to camp out of sight to avoid being disturbed by “persons of jocular intent”.

**Bivi bag** laid out for a night’s rest (below). Note that it is on a foam mat, partly to make it softer to lie on, partly to keep the sleeper warmer and partly to guard against any thorns puncturing the bivi bag. Note also that there is no room in the bag for the rucksack, which stays outside covered by a black waterproof cover; likewise the boots in the green plastic bag. The material of the bivi bag is kept away from the sleeper’s head by a hoop and the bag can be pegged down at both ends and where the hoop goes.





buckles – for attaching ice axes and for other bits of kit that I have never even heard of. It has a large, padded waist belt that was heated in an oven in the shop to mould it to my shape so that it could take much of the

The head area can be tightened to form a hood. I feel the cold so I bought an expensive down bag.

**Waterproof jacket.** Like Mark Twain's demise the reports on the effectiveness of waterproof jackets are greatly exaggerated. It was only towards the end of my walk that I managed to acquire a decent jacket and trousers. I usually find that they are fine for one or two downpours and, after that, they let more water in each time.

On warm, summer nights the waterproof covering for the head can be unzipped and the sleeper protected from biting insects by the fine mesh. *Note the NGOC buff to keep the neck warm;* on cold, winter nights a second buff is useful to keep the head warm. *Black* – the bivi bag packed up for storing in rucksack. *Blue* – sleeping bag packed up in its stuff sack ready to go in the rucksack. *Green* – foam mat rolled up for carrying.

weight of the rucksack – a waste of time as to take the weight it has to be so tight that it cuts off circulation to the legs and I find it more comfortable to take the weight on my shoulders. My first rucksack, 40 years ago, was made of waterproof material but they don't make such claims these days – you have to buy a waterproof cover separately or get a rucksack with a cover sewn in.



**Rucksack** – very comfortable and can hold a lot of kit but, like most rucksacks, has far too many straps and



**Maps.** Over 100 Ordnance Survey 1:50,000 maps were needed. I didn't carry them all at the same time!

**Sleeping bag in its storage cover.** Needs to be kept in a "fluffed up" state to prevent the feathers being crushed out of shape and losing their insulating properties.

**Sleeping bag and stuff bag.**

There is a zip all the way along one side to help with ventilation as well as getting in and out.



*"The boots are for size comparison. - I've never been that hungry."*



**Food.** I try to stock up every time I see a shop with a reasonably healthy selection. Here are my "iron rations" in case I don't see a shop or find a café or pub: long life milk, chocolate, tins of rice pudding, bananas, water bottle; the boots are for size comparison – I've never been that hungry! When I started backpacking forty years ago I don't remember seeing bottles of water and I bought disgusting fizzy drinks but now everywhere sells bottled water. Some walkers advocate a stove to heat food but if I want to cook I keep to the kitchen at home.

transferring this to the inside of the sleeping bag I roll them up before climbing into the sleeping bag. In cold weather the only things I usually take off before "going to bed" are my boots, hat, gloves and jacket. The jacket is rolled up to form a pillow.



**Seating mat** – a very useful piece of kit. The wet/muddy side folds inwards.

**Mud.** It's very easy to collect mud round the ankles on the trousers. To stop



*Setting off ...*

***Book of the walk:*** if you would like to get a copy of Alan's book about his walk round the UK coastline please visit the Orienteering Foundation website. For a minimum £5 donation to this charity, established to support Orienteers and Orienteering, you will receive a PDF copy of the 250 page book. To order, visit:<http://www.orienteeringfoundation.org.uk/walk-round-the-coastline-of-great-britain>

# New Beechenhurst

By Allan McCall



## Black Course 6.1km 160m 26 Controls

**Controls 1 and 2** went pretty well, and I was quite pleased with how things were going until Pete Ward overhauled me at the second control.

I left 2 and came out onto the track, looking for a drainage leading to a reentrant on the opposite side to lead me into 3, which all went according to plan. So far, so good. Pete Ward now far, far out of sight.

**I lost two minutes going into number 4.** My plan was to run on rough compass to the obvious

attack point of track/ride junction, and hand-rail along the northern drainage leading to the two depressions. But I missed the track junction, drifted left, picked up a totally different drainage and followed it westwards. I finally realised my mistake when I came to the junction of the drainage ditches, and back-tracked back eastwards up the correct one.

**Back on plan for 5 and 6.** I thought that both of these legs were fairly straightforward: 5 was a very distinct reentrant on the side of a hill and 6 was on a ditch bend.

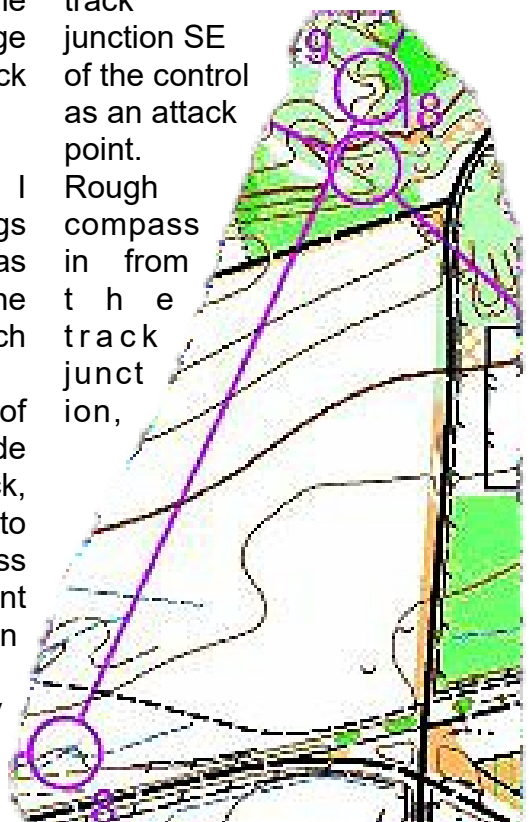
**Leg 7** had plenty of linear features to guide me in: out to the track, along the ride next to the fence, then across a large reentrant looking for the gully in a smaller reentrant.

**Leg 8** was relatively straightforward: a gradual contour,

using my proximity to the track as a catching feature.

**The first real route choice of the day came in Leg 9.** Go straight or run a dog-leg to use the track to the east? I decided to use the track, and use the track junction SE of the control as an attack point.

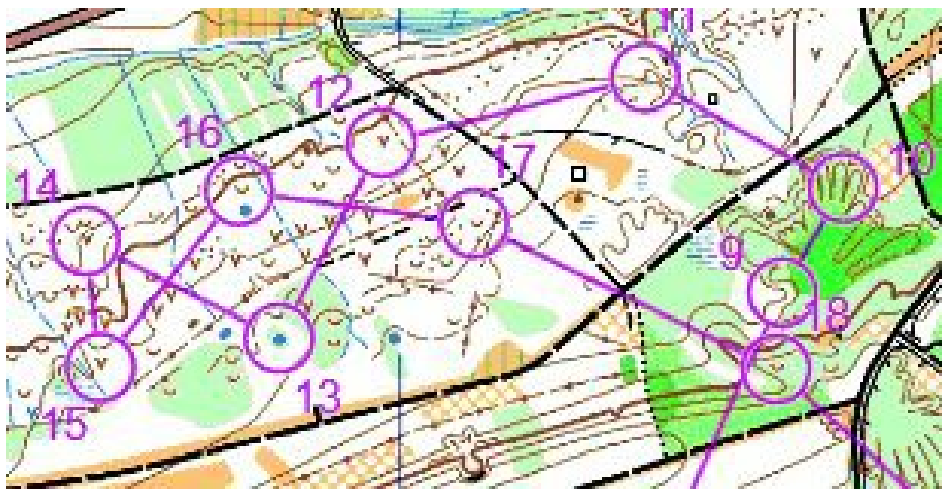
Rough compass in from the track junction,



looking for the control in a re-entrant. I catch-up with a trio of runners who took the straight option and lead them in, which

**Leg 14:** I exit 13 with a 90 degree change in direction, run down the slope, follow the drainage to a bend, then rough

reasonably well. So far ...



**Leg 17:** Cut up the slope looking to pick up the indistinct path. I'm looking for a vague earth wall, but I don't see it so just cut in off the path. I've overshot and have to double back, which is over a minute wasted.

**Leg 18:** Heading out of this broken ground at last! It's a relatively easy leg: out to the track junction, pick up the veg boundary, then cut in looking for a re-entrant to take me to the top of the slope - and the control will be in a pit on my left. Unfortunately the re-entrant is ankle deep mud and progress is knackered. Some random youngster skips effortlessly past me as I flounder up the slope.

is quite gratifying.

**Leg 10** is rough compass again, looking for control in another reentrant, this time among a hand-like cluster of similar reentrants. Clive Hallett bounds past, and the trio immediately abandon me to give chase. At least I'm now at the back of a camel train.

**11** - Out to the track follow the drainage to a reentrant and then cut left. Four runners ahead of me means it's hard not to see where the control is ...

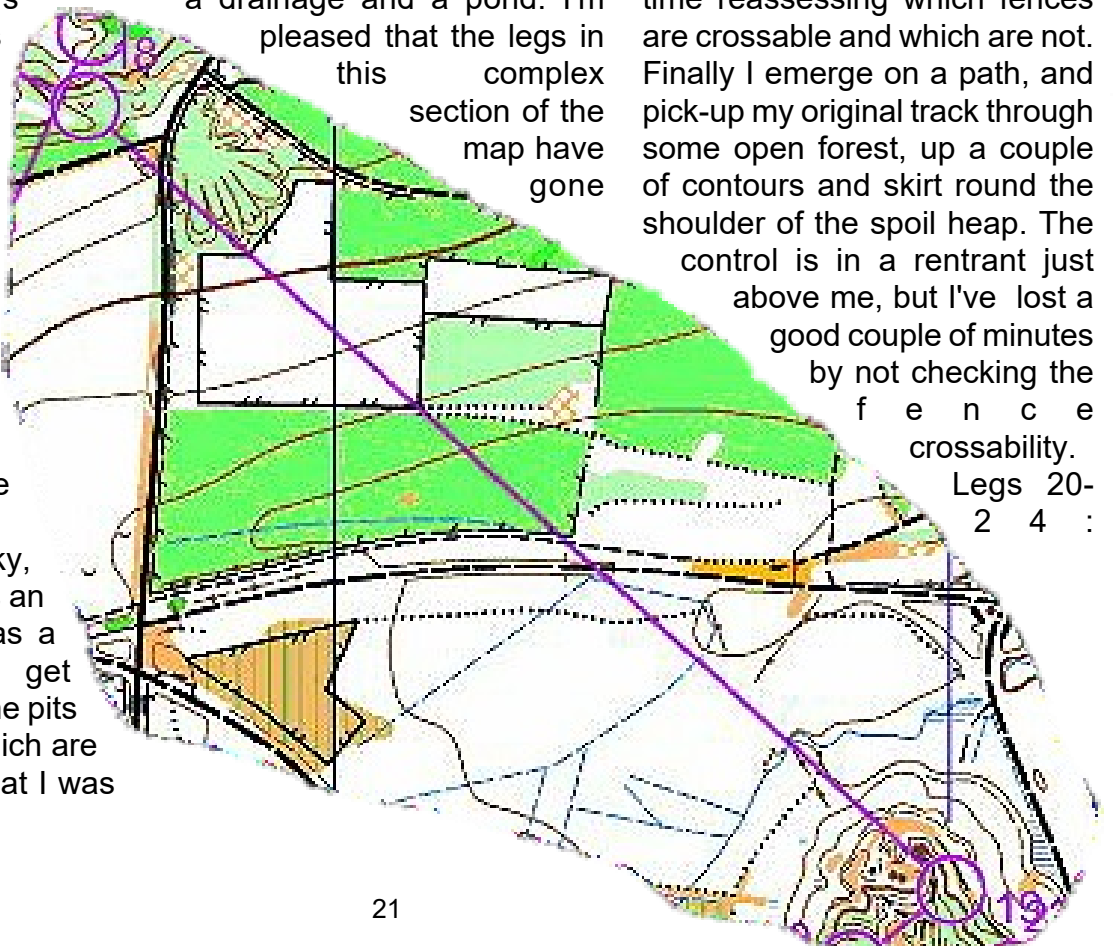
**Leg 12** is a descending contour leg in difficult, broken terrain. Clive and his merry band of followers disappear out of sight over a rise. I drift slightly high on the contour, cross the track, pick up an earth wall and follow it down to the control.

**Leg 13** stays in the tricky, broken ground. There is an indistinct path to use as a tick feature, but I get distracted checking in the pits to the left of my line, which are not the water feature that I was looking for.

compass looking for a pit on a vague spur. It's quite slow going but I find it OK.

**Still going well into 15.** Another change of direction, up the slope looking for a pit next to a drainage.

On leaving 15 I turn back NE with another descending contour. Rough compass to a drainage, looking for a pit next to a drainage and a pond. I'm pleased that the legs in this complex section of the map have gone



After the cluster of short legs from 10 to 18, **leg 19 is a long one** to take the course over to the big spoil heap. There's a route choice: around the tracks or straight through the green? I go straight, but don't spot the uncrossable fence and waste time reassessing which fences are crossable and which are not. Finally I emerge on a path, and pick-up my original track through some open forest, up a couple of contours and skirt round the shoulder of the spoil heap. The control is in a reentrant just above me, but I've lost a good couple of minutes by not checking the fence crossability.

Legs 20-24 :



**Control 20 was ok:** I was above it and so spotted the kite from about 50m out. **21 was more difficult** because it was upslope and in a group of three entrants. I end up looking in the wrong one and lose 30 seconds.

Thankfully, **22 is more straightforward;** at the bottom of the slope in a reentrant next to a ride. I was slow going in to 23: went direct through a lot of deadfall and wasted time ascending a steep slope only to find no control. I had drifted right of my intended line, and the control pit is below and off to my left. I lose three minutes. It would have been quicker to follow

Typical New Beechenhurst spoil heap orienteering. Complicated terrain, rough compass/pace to get near to the control circle, and hope that all those contour lines on the map translate to a feature that I can identify on the ground.

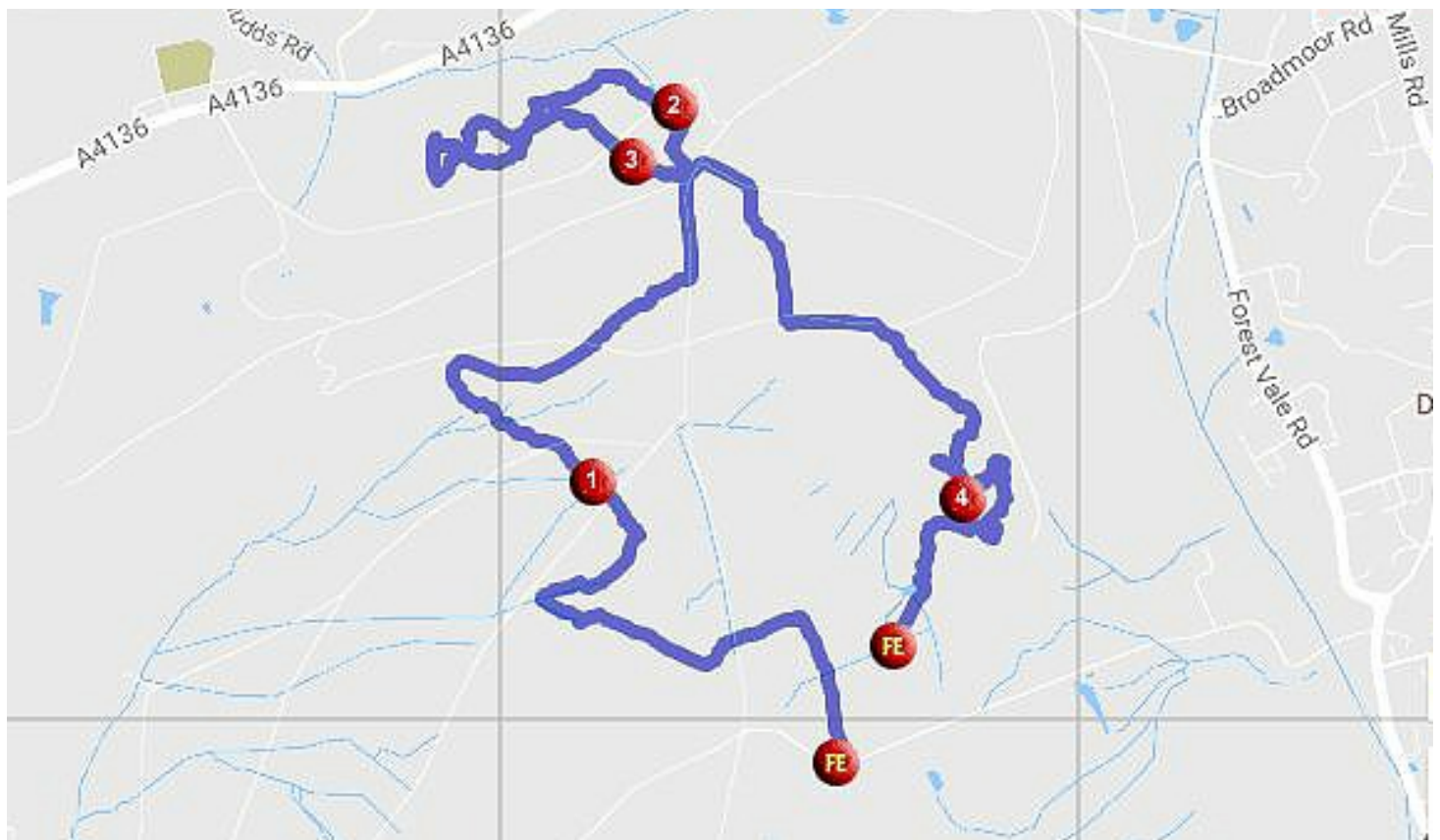
the ride around the outside of the green and pick a re-entrant to follow in.

**Leg 24 -** Rough compass pick a vague path, looking for a control in a saddle, straightforward.

**Leg 25:** I follow a rough bearing to pick up an indistinct path, looking for a fenced enclosure. Suddenly I get overtaken by a male NGOC member and have to force myself to *concentrate!* Don't let the red mist descend and get distracted into a race.

**Finally! Last control!** Out from the fenced enclosure to a patch, turn right sprint to finish. Simplez! But the other NGOC top turns right in front of me - where's he going? Check map. Oh, there are two paths an indistinct one and a large one, keep going! Pop out on to path to find Judith sat on the bank opposite, taking photos for Legend. Try to look fast for photo. Sprint to Finish.

*Overall, I was 23rd out of 42, which is a reasonable performance for me but I was just pipped by Anders Johansson who finished a minute quicker.*



# new beechenhurst photos

Sam Harris



A muddy Alan Richards



Rodney Archard



Lin Callard



Alan Pucill

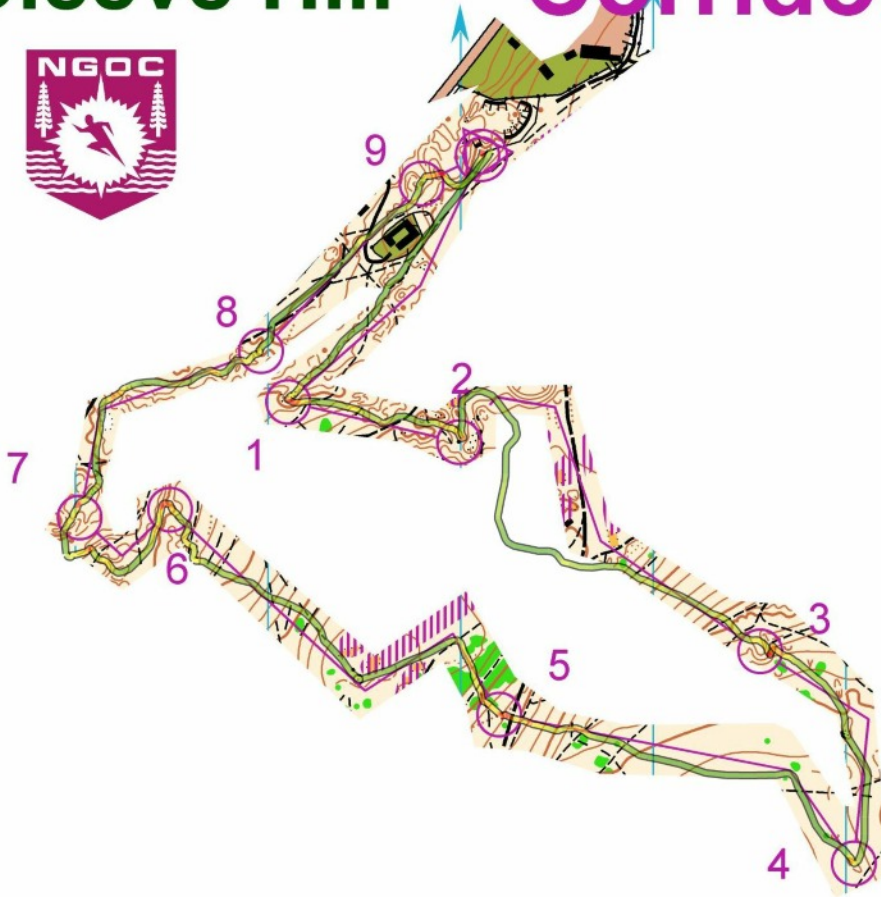


Pete Ward



Paul Taunton, with Christophe Pige chasing!

## Cleeve Hill Corridor



Training 28 Jan 2017				
Corridor		3.6 km		200 m
▶		▲		✓
1	43	∩ ▲▲		
2	51	▲		
3	35	∩		
4	34	⊖		
5	33	▨		
6	44	∩		
7	48	∩		
8	42	∩		
9	58	•		
⊗		90 m		⊗
Courses close 14.00				

*With a CompassSport Cup heat approaching on the open moorland of Cwm Lickey, the first NGOC training event of 2017 provided a choice of four exercises on some similar local terrain, at Cleeve Hill.*

Being January, the weather was predictably cold and breezy, but at least it was dry. And the crowd at the racecourse below could cheer us on.

The exercises covered a variety of techniques: a pathless course was available, as well as a bearings exercise (following bearings across open country on a mostly blank map). But to get some practice of fine navigation, I decided to focus on two exercises: the corridor course (following a narrow strip of land through an otherwise whited-out

map); and the control pick (15 closely-packed legs to practise smooth flow between controls). *That'd be a long enough run to warm up for the Western Night League event that evening!*

Starting with the corridor course, my aim was to keep concentration on my location, and avoid being completely outside the corridor when I looked at the GPS track.

The route started out gently enough with a fence and path providing a guiding line to control 1. Turning uphill, there were some obvious contour features to follow such as the reentrant to the west of 2.

After 2, things went a little wrong - I'd severely underestimated how big a path I should be aiming for, and headed south too early.

But having realised, it wasn't too hard to recover, as the reentrant holding 3 was visible across the valley.

The route then flattened out: as I knew the vegetation was accurately mapped, and the visibility good, I thought the gorse bushes would be useful for navigation. A combination of gorse, contours and the compass brought me to 4. Control 5 was then reachable by gorse alone. Having passed the summit, staying on line downhill to 6 was an interesting challenge as the terrain sloped away: a bit of a correction at the end was necessary. Then it was back to using the contours, and a well-placed copse, to reach 7 and 8, followed by a simpler run-in to the finish.

Having caught my breath, I set out on the control pick. Here I



was hoping to keep up the accuracy, and move smoothly between the controls without much stopping. The course twisted through the most intricate areas on the side of the hill, and it was easy to lose concentration, especially on the seemingly-simple route from 6 to 7 where I was off-line and travelled via 8. And I was perhaps a bit too eager to see a clump of trees and head towards it, before checking it was the right one!

Otherwise, I felt I was doing a reasonable job of looking ahead at the direction of the next control and setting off the right way. Although after 200m of uphill, I could certainly feel myself slowing at the end and was glad to get to the finish.

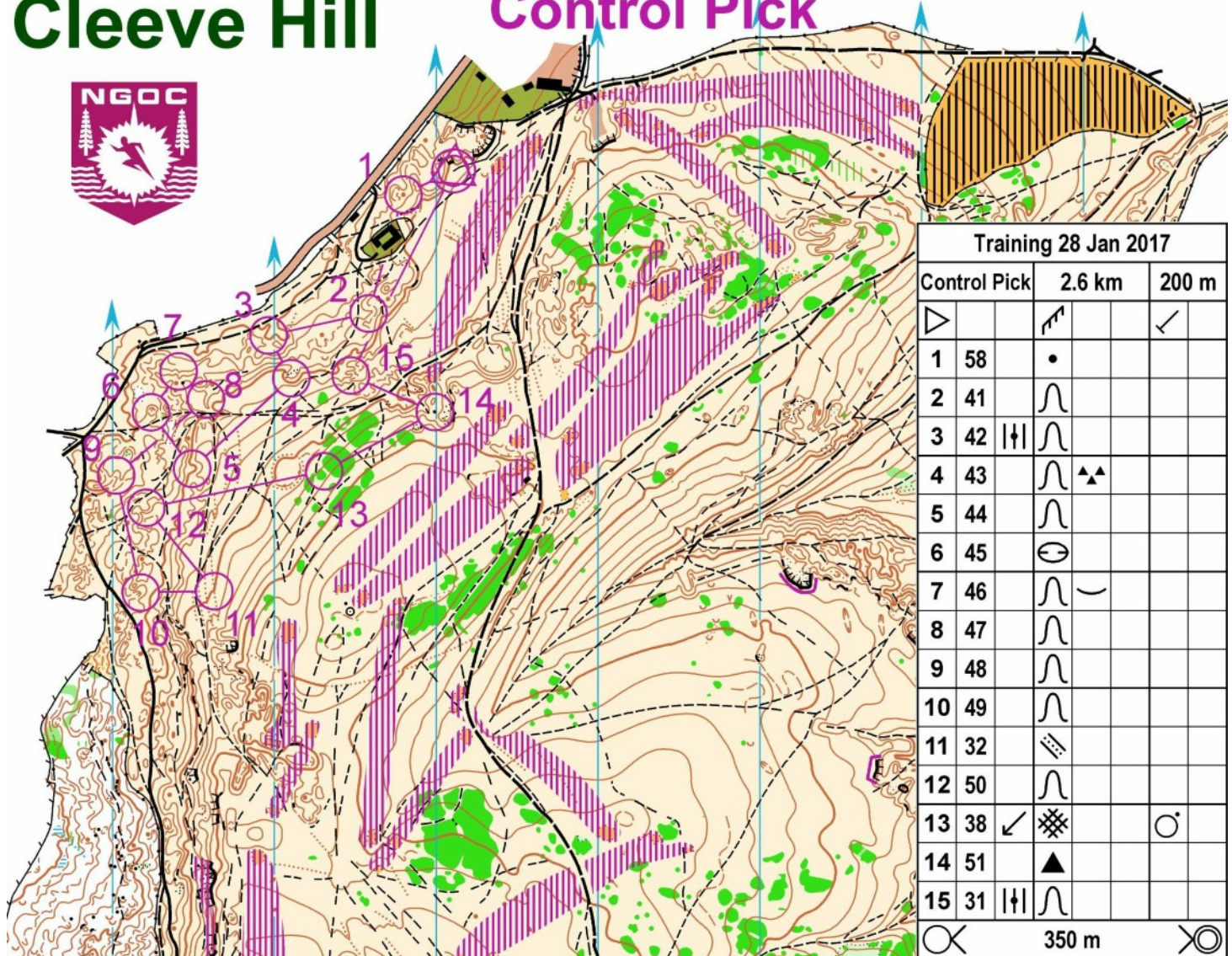
Overall, they were two enjoyable runs and very useful exercises to practise orienteering on open ground. Thanks to Richard Purkis for organising the event, and to everyone else who helped. I'd certainly recommend the training events as an opportunity to practise some skills, or even just to run a course and feel more relaxed about any mistakes.

*Hopefully it'll all come in useful at Cwm Lickey!*

*Thanks to Richard Purkis for organising an excellent training session at Cleeve, and to everyone who helped to make it a success. As well as the Corridor and Control Pick sessions which Tom has described, there was a challenging "White Out" course on a largely blank map, designed to practise following bearings across open country, and a Pathless course (open ground, using a pathless map). Apart from the Control Pick, all courses were 3.3km - 3.5km long.*

# Cleeve Hill

# Control Pick



# looking back (not) in anger

by Peter Maloney

*Here we go again. I am sitting, looking at my M70 results feeling very sorry for myself and thinking 'why can't I do any better; I always seem to be propping up everyone else on the green course'. Slowly my mind drifts off and wanders into nostalgic mode ...*

I remember my introduction into athletics as if it were yesterday. There I was, a 10 year old (in 1954) sat on the floor in front of a grainy black and white television, watching the epic duel at the White City between Vladimir Kuts and Chris Chataway which resulted in a new World Record and an inches victory for Chris. When it was all over I unlocked the back door and sneaked off for a run around the block. It was only about 1/2 mile but I was flying just like Chris. I don't think I walked anywhere for quite a while.

*Fast forward 3 years to a wet and muddy Saturday afternoon in November. I am stood on the start line for my first cross-country race* for my newly joined running club (Gilwern Harriers - sadly no longer in existence). It is on a bleak hillside near Ewyas Harold in Herefordshire and I am in the company of about 25 other 14-16 year olds ( I am lying about my age in order to run). They all look very fit and useful in their various club colours. They're all wearing what look like football boots (I later learn that these are studded cross-country shoes), and I look down at my smooth-soled gleaming white daps. I look completely out of place, but there's no time to back out now. It is a 3 mile race and after about 2 1/2 miles I am in 3rd place. Suddenly I fall headlong into a gorse bush (ouch), the 4th placed runner goes past muttering something that questions my parentage. I get up, covered in blood, determined to regain my 3rd spot. We are now sprinting all out down the muddy lane to the finish. I just get my nose in front at the tape to get my 3rd place. However, I am no longer in control of my feet. I slip in the mud, taking out 2 of

the officials in the process and eventually roll to a halt. What an eventful first race. One I will never forget. I still have the cheap plastic plaque somewhere in the attic.

I was never a fast runner, bred more for endurance. I could only muster about 4mins 45secs for a mile but could run 10 miles (my best distance) in around 52mins . My racing at this time was very erratic: I could finish in the top 3 one week and then be almost last the next. I was not to find out until my mid 30's that I had been born with a defective kidney that was gradually rotting away inside and poisoning my system.

During this period (late 1950's into 1960's) I competed regularly with limited success. I could finish in the top 3 of my County Cross Country Championships and represented my County on several occasions. In the 1970's I drifted away from competitive athletics and found orienteering (firstly with SBOC and then SWOC), but had little success. I was forever 'running off the map'. I did finish 8th in M21C at the 1974 JK in Forest of Dean, the very same year that a certain C. James running for Southern Navigators finished 1st in M35. The next year in the JK at Bracknell (Star Posts, I think) I must have improved slightly as I was seeded M21B. Don't know where I finished though. One event stands out in my memory for all the wrong reasons. It was the Midland Champs on Brown Clee Hill. In those days maps were not waterproof and controls were copied off Master Maps with a felt tipped pen. I started my course but after about 20 mins fell into a water filled ditch. I got out, map case filled with water. I tipped out the water to find all the felt tip pen had run. I hadn't a clue where to go. I had to ask a passing orienteer to show me where the finish was so I could get back.

At this time, my mate Ken and I decided to have a go at breaking the local record for running to the top of all 7 peaks around Abergavenny, starting and finishing at the Town Hall. This isn't a race as such, but a trial of strength and speed to see how quickly it can be done. *The route was about 22 miles with over 6000 ft of climb. Without wishing to sound too big headed - we didn't*

*hope to break the record, we knew we would break the record.* To avoid any doubt, we enlisted the help of the Sports Editor of the local paper and with marshals at every peak we were sent on our way by the Mayor of Abergavenny. Unfortunately the day of our attempt turned out to be one of the hottest of the year. Our confidence was so sky high that we went much too fast over the first 2 peaks but we still managed to break the record by 40 mins, setting a time of 3 hrs 24 mins 46 secs. This record still stands (at least officially) today. I do know that there have been several failed attempts at it.

*About 6 months after this, I was rushed into hospital to have my left kidney removed* and I didn't do any sport for about 3 years. I came back to running in the 1980's: deciding that as I had never run a road marathon it was about time I did. I duly sent off an entry for the Cardiff Marathon and had about 6 months to prepare - on the back of a three-year rest. I worked out a training and racing plan and stuck rigidly to it. On race day everything went perfectly, slow start, even pace with a fast last 6 miles. It remains one of my best performances, despite the rubbish time (3hrs 20).

*In the early 2000's I had a bad fall running down Sugar Loaf, and injured my right knee. This resulted in me having a total knee replacement in about 2013.* A few months after the op I walked a few O-events in Forest of Dean. I enjoyed them and got talking to Gary Wakerley, who was very encouraging. I decided that if I carried on I would join NGOC. I did, and I did. After a few events I decided to go the whole hog and buy a club top. I duly turned up at one event, paid my entry fee and handed a fistful of fivers to Carol for my new top. Off I go to the start in my immaculate, colourful shirt. *At least I now look the part.* However, my optimism was to be short lived. When I got to download, Carol innocently asked *"How did the top go?"* *"Rubbish," I replied, "absolute rubbish. It was ok to start with but then decided to take me straight from*

*control 9 to control 11!"* I'll never forget the look of relief on her face when she realised that I was not going to ask for my money back.

*I wake up from my daydream. What's the matter with you?* I ask myself. *You know full well what is wrong. Your knee surgeon and his team have done an excellent job physically but you have allowed them to get inside your head.* They know all about my sporting history and have constantly reminded me - no running, the impact is very bad. This is always so much on my mind in the forest that I am almost afraid to put one foot in front of the other. I know that I must not be stupid and that there must be a happy medium somewhere. *How do I find it?* I try to keep reasonably fit by using the cross trainer, cycling, and fast marching on the spot with a very high knee lift. None of this however prepares you for the rigours of the forest. *I must get into the forest more.* The only wooded area near to me is the steep sided slope of the Deri Mountain as used for last years Welsh Champs. But once Spring comes, the bracken gets almost waist high. Yet I've identified a very small area on a part which is not too steep and does not have much bracken. I shall have to use this area going back and forth many times to build up my confidence.

*There, I've been and gone and done it. I've made public my belated new years resolution. No pressure there then. Dream on, Pete.*

**Peter in comfortable terrain!**



## *League Latest!*



*Shirley Robinson's run into the finish at Highmeadow*

### **Only the beginning of March, and we've already had three cracking League events!**

Our 2017 opener at Cranham/Coopers Hill on 14<sup>th</sup> January was superbly planned by Andy Monro, with fun, challenging courses really making the most of this hilly area. As the BOK Galoppen at Cannop was being held the following day, the league event attracted a few

visiting runners who were making a weekend of Gloucestershire entertainment. Dave Peel (M50, SYO) was fastest on the 6.1km/300m Blue course in an impressive time of 47:33. However, the top NGOC representatives weren't far behind - Pete Ward (M45) was third home in 50:04 and Caroline Craig (W21) was fourth overall and fastest lady in a time of 51:28. Simon Denman (M50, NGOC) was once again the king of the Green, completing the 4.6km/195m course in 49:16. Ian Prowse (M65) also had a good run to finish third, with a time of 54:20. On the Orange course, Rebecca Ward (W14) took top honours, taking just 33:09 to run the 2.7km/110m course.

(M21) finished third, and Andy Creber (M55) was fourth. On the Green course, Peter Watson (M16) had a good run to finish in fourth place (behind three senior runners) in a time of 54:17. Peter continues to go from strength to strength in his orienteering and is certainly one to watch for 2017! Newly re-joining member John Wickson (M65) cleaned up on the Orange course in 33:18, beating IND runner Patrick Wickson (related, by any chance?!) into second place. Jack Hobby (M16), another junior to watch, placed third in 36:42. Meanwhile, Seth Lawson (M9) had a good run to finish second in 27:46. On the bonus Short Green course, Lin Callard (M80) led the way in a time of 63:04.

### ***League 3, on 25<sup>th</sup> February, was at Highmeadow Woods***

- at its best at this time of year. Alan Pucill planned the day's courses, assisted by Bob Teed. Phil Murray (M50, BOK) was well clear on the Blue course in a time of 48:55. However, Scott Johnson (M35) has been returning to fitness over recent months and his second place time of 56:51 shows that he's well



*John Fallows*

### ***League Event 2 took us to Mallards Pike South,***

and Paul Taunton planned excellent courses around this lovely area. Pete Ward had an excellent run on Blue, finishing two and a half minutes clear of his nearest rival in a time of 50:12. Richard Purkis

on his way towards full strength. Andy Stott (M55) also had a very good run to finish third with 57:50. On the Green course, Simon Denman's time of 61:12 was pipped into second place by Kevin Booker (M45) of BAOC, who completed the course in

60:48. Dave Hartley (M65) and John Fallows (M55) battled it out for third and fourth places, in 63:37 and 63:51

respectively. Jack Hobby improved on his Mallards Pike placing by finishing first on the Orange course in a time of

34:54; John Wickson having to settle for second place with 42:30. Ashleigh Denman (W50) took third place in 47:12, showing a much-welcomed return after breaking her leg at the Kidnalls league event last year. Katie Agombar (W9)

had a good run on the Yellow course to come second in a time of 52:50.

**NEXT LEAGUE EVENT:**  
*League 4, Painswick,  
Sunday 9<sup>th</sup> April*



Ros Taunton



## League Standings after three events:

### Blue

1 Andy Stott	NGOC M55	2750
2 Tom Cochran	NGOC M21	2624
3 Allan McCall	NGOC M50	2439
4 Tom Birthwright	NGOC M35	2288
5 Nick Dennis	BOK M55	2272
6 Pete Ward	NGOC M45	2266
7 Steve Chiverton	HOC M65	2144
8 Rachel Dennis	BOK W50	2098
9 Tom Dobra	BOK M21	2068
10 Mark Burley	BOK M21	2026

### Green

1 Peter Watson	NGOC M16	2936
2 John Fallows	NGOC M55	2781
3 Kevin Brooker	BAOC M45	2765
4 Paul Hammond	HOC M55	2683
5 Mike Farrington	HOC M60	2617
6 Stephen Lee	NGOC M50	2386
7 Brian Laycock	HOC M70	2302
8 Dave Andrews	NGOC M70	2276
9 Simon Denman	NGOC M50	2238
10 Ginny Hudson	NGOC W55	2195

### Orange

1 Jack Hobby	NGOC M16	3141
2 John Wickson	NGOC M65	2706
3 Rosie Watson	NGOC W14	2488
4 Carol Farrington	HOC W60	2401
5 Vidas Taunys	IND M65	1931
6 David Watson	NGOC M55	1626
7 Rose Taylor	HOC W12	1621
8 Kaylee Brooker	BAOC W20	1461
9 Adrian Dawson	SARUM M55	1459
10 Mark Roderick	NGOC M45	1445

### Yellow

1 Darren & Miriam	IND	1276
2 Charlie Johnson	NGOC M5	1069
3 The Garais	IND W35	1031
4 Oscar Johnson	NGOC M5	1025
5 Seth Lawson	NGOC M8	1019
6 Matthew Young	IND M9	1000
7 Oscar Peel	SYO M10	978
8 Katie Agombar	NGOC W9	970
9 Nathan Peel	SYO M6	953
10 Chloe Morgan	IND	897

# recent results

**7th January: BOK Leigh Woods** Patrick Wooddisse (M45) was the top NGOC finisher on Brown, in 11th place. Mark Quilliam (M45) was 36th on Blue.

**8th January: NOC Robin Hood Trophy** Paul and Ros Taunton made the long trip to Nottinghamshire to take part in this Level "B" event, as it was planned by their son Joe (NOC). Good winter parking on a field used for boot fairs, not too many hills for those feeling the after effects of Christmas and courses planned to use the nicest bits of the forest. SYO won the Trophy, with a very close race between DVO in 2nd and NOC in 3rd. With a team of only 2 runners (rather than the 24 counters permitted) NGOC ended up in 21st= place out of 30 clubs represented!

**15th January: BOK Galoppen, Cannop Ponds** Pete Ward (M45) was the club's top finisher on the physical Brown course, in 12th place. Caroline Craig (W21) had a good run to finish not far behind (in 15th place). Andy Creber (M55) was 4th Blue course, and Tom Cochrane (M21) finished 10th. Tim Brett (M40) was 9th on Green, with Bob Teed (M75) 6th on Short Green. Rebecca Ward (W14) and Sam Harris (W35) were second and third respectively on Light Green. Jessica Ward (W12) took top honours on Yellow, almost two minutes clear.

**22nd January: NGOC Galoppen, Danby Lodge** Planned by Pete Ward, with Mike Farrington (HOC) controlling and superbly organised by Roger Coe, the club put on a great Galoppen at Danby. All the volunteers and helpers did a fabulous job making the event run smoothly, despite a huge turnout and high on-the-day entries. The club's top finishers were: Richard Purkis (M21), 5th on Brown; Andy Creber, 3rd on Blue; Peter Watson (M16) was 6th on Green; Bob Teed 9th on Short Green; Rebecca Ward won the Light Green course. On Orange, Thomas Simpson (M6) was 14th and Jessica Ward placed 2nd on the Yellow. Reuben Lawson (M8) was 8th on White

## **29th January, BKO Concorde Chase, Hawley and Hornley**

Christopher Harrison (M55) ran well to finish 11th on a very competitive Blue course, in a time of 55:29. John Coleman (M80) was 44th on Short Green.

## **5th February, BOK Middle Distance, New Beechenhurst East**

There was an excellent turnout of NGOC members for the second event in the 2017 Club

*Alan Pucill enjoying the snow at Llangattock*



*Photo N. Dallimore*

Championships. Andy Monro (M45) was second to Clive Hallett (BOK, M50) on the Black course; with Pete Ward close behind in 5th. Christophe Pige (M45) also ran well on Black to finish in 10th place. Andy Creber swept round Blue in 47:10 to take second place. Dave Hartley (M65) was 5th on Green, with Suzanne Harding (W50) in 9th. Rebecca Ward had a super run the win the Light Green, four minutes ahead of her nearest rival. Lin Callard (M80) put a few of the youngsters in their place and finished 11th. John Wickson (M65) was 5th on Orange. Jessica Ward swept the White course to win by two and a half minutes.

## **11th February, SWOC Llangattock**

Richard Cronin (M21) made the most of this rare opportunity to orienteer in the snow to finish 2nd on the Blue course, with Alan Pucill (M55) in 12th place.

## **12th February, WSX Galoppen, Holmsley**

Pete Ward continued his successful streak with a 3rd place finish on the Brown course. Wife Michelle (W45) was 43rd on Green, whilst John Coleman finished 20th on the Short Green. The Ward girls both had successful runs on the shorter courses, with Rebecca winning Light Green almost five minutes clear and Jessica taking top honours on Yellow.

## **19th February, MWOC Nash Woods (Welsh League)**

Paul Taunton took 20th place on the Blue course. Rodney Archard (M70) was 16th on Green, with Ros Taunton in 36th place.

## **4th March, SBOC Welsh Championships, Merthy Mawr**

Congratulations to Seth Lawson, Welsh M10 Champion! Full results to follow in the next issue!

## March

9th: HOC Night Street League, Brierley Hill, Stourbridge  
12th: SWOC CompassSport Cup Heat & Welsh League, Cwm Lickey  
15th: SWOC Street Event 6, Pontprennau, Cardiff  
16th: HOC Winter Evening Event, Coombeswood, Halesowen  
19th: BOK Club & ASO, Westonbirt Arboretum  
19th: KERNO Forest League 7, Hustyn Woods, Wadebridge  
25th: OD Warwickshire Orienteering Weekend Urban, Rugby  
26th: OD Warwickshire Orienteering Weekend Midlands Champs, Bentley Wood  
26th: DEVON League Event 6, River Dart Country Park

## April

2nd: WRE West Midlands Urban League, Shrewsbury  
9th: TVOC Chiltern Challenge, Hambleden, Henley  
9th: **NGOC League 4, Painswick**  
9th: KERNO Forest League 8, Treilissick  
14th: *JK Sprint, Brunel University, Uxbridge*  
15th: *JK Middle, Ambersham, Midhurst*  
16th: *JK Long, St Leonards and Holmbush, Horsham*  
17th: *JK Relays, Pippingford Park, Forest Row*  
22nd: **NGOC League 5, Leckhampton Hill & The Devil's Chimney**  
23rd: SWOC Welsh League, Kingswood, Monmouth  
23rd: QO Forest League 6, Staplehill, Taunton  
29th: SARUM Ancient Wiltshire Weekend Urban, Amesbury  
29th: HOC Summer Series, Himley Hall, Dudley  
30th: SARUM Ancient Wiltshire Weekend, Savernake Forest, Marlborough

## Club Championship Standings

*The first two events in the new-this-year Club Championships* were our NGOC Galoppen at Danby Lodge on 22<sup>nd</sup> January and BOK's Middle Distance event at New Beechenhurst East on 5<sup>th</sup> February. There are two separate scoring tables for the Championship - an Overall and a Handicap - which will be used to calculate the winners at the end of the year.

So far, Andy Creber (M55) heads both of the leaderboards. In the Overall, his score of 1,997 points after two events represents a clear lead over Paul Murrin (M40), in second place with 1,803 points. It's worth noting, though, that the big guns of Andy Monro and Pete Ward (both M45) have only completed one event each, so watch out Creber ...! The leading lady overall is unsurprisingly Caroline Craig (W21), currently in 4<sup>th</sup> place with 1,759 points. Top junior spot is held by Rebecca Ward (W14) on 1,003. The leading male junior is Peter Watson (M16) with a score of 652 from one event.

In the Handicap table, the honours go to Andy Creber and Caroline Craig, who occupy the top two spots. Andy's 2,536 points are well clear of Caroline's 2,199, and Christopher Harrison (M55) is a close third with 2,151. Rebecca Ward

is also well up the rankings in the Handicap listing, sharing 7<sup>th</sup> spot with Allan McCall (M50) on 1,805.

*The next races in the Club Championship are the CSC Qualifiers at Cwm Lickey on 12<sup>th</sup> March, followed by the SWOC Welsh League event at Kingswood, Monmouth, on 23<sup>rd</sup> April.*



*Andy Creber. Surely beatable?*

*NGOC's national ranking top 10 on 6<sup>th</sup> March were ...*

1	Andrew Monro	1969	M	7827
2	Peter Ward	1970	M	7807
3	Richard Purkis	1993	M	7776
4	Joe Gidley	1988	M	7561
5	Caroline Craig	1984	F	7507
6	Andy Creber	1958	M	7372
7	Richard Cronin	1989	M	7268
8	Judith Austerberry	1974	F	7231
9	Christophe Pige	1971	M	7137
10	Lawrence Jones	1996	M	7096

The top of the leaderboard remains unchanged from the end of 2016, but further down both Caroline Craig and Andy Creber have bumped up their ranking scores over the last two months. Richard Cronin makes a welcome return to the Top 10 in 7<sup>th</sup> spot. Andy Monro is ranked 104<sup>th</sup> male orienteer in the UK, and Caroline is now up to 29<sup>th</sup> in the female rankings - well done, Caroline!

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