

# The Legend

Number 133



Newsletter of  
North Gloucestershire Orienteering Club  
May 2008

[www.ngoc.org.uk](http://www.ngoc.org.uk)

## **NGOC Committee**

### **Chairman**

Chris James 01989 720122  
chairman@ngoc.org.uk

### **Secretary**

Pat Cameron 01684 294791  
secretary@ngoc.org.uk

### **Treasurer**

Carol Stewart 01242 514988  
treasurer@ngoc.org.uk

### **Club Captain**

Paul Taunton 01594 529455  
captain@ngoc.org.uk

### **Membership Secretary**

Matthew King 01242 226195  
membership@ngoc.org.uk

### **Equipment Officer**

Pat MacLeod  
equipment@ngoc.org.uk

### **Fixtures Secretary**

Bill Smith 01452 610924  
fixtures@ngoc.org.uk

### **Mapping Officer**

Robert Teed 01291 625048  
mapping@ngoc.org.uk

### **Club Welfare Officer**

Gill James 01989 720122  
welfare@ngoc.org.uk

### **Club Development Officers**

Alan & Ellen Starling  
01793 320054  
alanandellen@googlemail.com

### **Additional Members**

Roger Coe 01594 510444  
randvcoe@btinternet.com

Steve Williams 01242 571589  
stephen.williams99@virgin.net

Dave Hartley 01452 863805  
drhgbr@aj6988.fsnet.co.uk

John Fallows 01684 290256  
johnfallows@compuserve.com

### **Legend Editors**

Alan and Ann Brown  
01242 580096  
legend@ngoc.org.uk

### **Website**

Eddie McLarnon  
01242 673079  
webmaster@ngoc.org.uk

## ***Editors' Notes***

Thanks to everyone who contributed to this edition of Legend and please send your contributions for the next Legend to [legend@ngoc.org.uk](mailto:legend@ngoc.org.uk)

***Cover:*** An intrepid Roger Coe finishing in the snow at the 2008 JK.  
*Photograph: Andy Stott*

# *Chairman's Chat*

## **We Sail Away**

The Club moves into another top league as we can now sail into our own events and the major ones where we are competing under our true colours. Thanks to Carol Stewart's efforts we now have not just one sail banner but two! It now makes it easy to locate us in the crowd as these banners match the colours of our new 'o' suits. It becomes obvious that our banners are VERY distinctive and eye catching. There are none others like them in colour. So with our suits, our buffs, and now our sails we are well on the way. I am not quite sure which way sometimes by the way I am navigating but it is still fun .....suffragettes are go!

## **Club Development**

For many years we have continued to operate in ways that were previously successful but are now in need of change. One only has to consider how few juniors we have to realise that something has to be done. Many other clubs are building their strength in this department whilst we have stayed somewhat static. The good news is that schools and other organisations are realising just how good orienteering is to include in their portfolios of activities. There are new organisations being established, like 'Active Gloucestershire' to encourage links with sports clubs. However those clubs must now be recognised as 'child friendly'. By this it means that we have to have in place practices and procedures that lead us to being awarded the Sports Council's Club Mark for being a well managed and run club. I am delighted to say that following Gill James becoming our Club Welfare Officer we have now appointed Alan and Ellen Starling as our Club Development Officers. Their role is to encourage and form links between outside organisations like the schools and the club to forward our status as the Focus Club for orienteering in Gloucestershire with eventually our Club Mark award.

## **Moving Forward in our Fixtures**

One of the consequences of trying to encourage junior membership is to provide them with suitable courses at our events. Our Mini-League and Informal events have continued largely unchanged for many years. The original idea was that they could be organised by a single individual. I know from recent experience that this is now virtually impossible. We need to re-think the ways that we put these events on and whilst doing this provide more white and/or yellow courses that can be used to attract new juniors from schools so bridging the gap from their school playgrounds to the forest. Bob Teed and others have mapped many schools areas and the Sports Co-ordinators in Secondary Schools are encouraging inter-school competitions. With the kids will come some parents and out of those we have further potential members and helpers. This is just what MADO has found.

## **Working with our Neighbouring Clubs**

As I mentioned in the last Legend I have been talking to my neighbouring Chairman, Mike Farrington, of Harlequins OC (HOC). We are starting to discuss orienteering development in Herefordshire and Worcestershire. There is a pot of gold in Herefordshire within the phantom Wye Valley Orienteers (WYE) that could be used for development given the right criteria and agreement of the trustees. However this is all rather leaping forward just now. My present focus is on Gloucestershire.

## **Dean Outdoor Festival – Speech House – Sunday 27<sup>th</sup> April 2008**

We had a very successful day presenting 'O' to the mainly local visitors. We had well over 100 people try our course. This is reported elsewhere in this Legend.

Good orienteering

*Chris James - Chairman NGOC*

## Street Orienteering or Summertime FUN!!!

Starting Wednesday June 25th we have a weekly series of Street O events lasting until the end of July. These are lots of fun and you can find lanes and footpaths you never even dreamt of! And they are happening somewhere near YOU! For any of you who have never tried these, they are set up like a treasure hunt with lots of questions to which the answers will be found by going to the control marked on the map. Usually trainers are the best footwear. It is a score event and usually lasts for 1 hour. All the questions answered correctly score points .... and what do points mean? ... a lot of fun! If you want any more details, please contact the organiser of the event or look on the website. The events have starts between 7 and 8 pm and last for 1 hour. Hope to see you at some of them. Here is the list:

25 June	Up Hatherley	<b>Carol Stewart.</b> 01242 514988 Meeting point: Morrisons Car Park on the corner of Up Hatherley Way and Caernarvon Road (beyond recycling skips) (entrance on Caernarvon Road). <b>Grid ref:</b> SO927201
2 July	Lydney	<b>Roger Coe.</b> 01594 510444 Meeting point: tba
9 July	Brockworth	<b>Dave Hartley.</b> 01452 863805 Meeting point: tba
16 July	Bishops Cleeve	<b>Paul New.</b> 01242 863126 Meeting point: tba
23 July	Leckhampton	<b>John Burrows.</b> 01242 520079 This event will use public footpaths (from the start) as well as streets. <b>Travel Directions:</b> Take the A46 SW from Cheltenham, signposted Shurdington and Brockworth. One mile after the traffic lights at Cheltenham College turn left just before the pedestrian crossing sign posted Leckhampton $\frac{3}{4}$ into Kidnappers Lane. The start will be about 200m along this road or from the roundabout on the A46 near Morrisons Supermarket head towards Cheltenham and turn right into Kidnappers Lane after 0.3 miles. <b>Grid ref:</b> 936198
30 July	Tewkesbury	<b>John Fallows.</b> 01684 290256 Morrisons car park 1 km west of M5 Junction 9.



The British Championships. Above are Chris James, Neil Cameron, Gill James, Pat Cameron and Ellen & Alan Starling with the new club banner. Below is Alan Starling in the relay



## **British Orienteering Championships**

### **Culbin Forest, Elgin – 18-19 April 2008**

Following a day spent looking round Derby whilst Chris attended his first British Orienteering Board Meeting, we set off for a couple of nights with friends near Paisley, before joining Neil and Pat Cameron at Burghead for the two days of competition.

We carried a very important piece of equipment with us – our new Sail Banner! This made such a difference as Chris and I were able to find our club tent as soon as we arrived, having spent the morning with most of my cousins at Fochabers. Alan and Ellen Starling had brought their own tent as the club one was under repair, so North Gloucester were very well equipped to deal with any weather conditions thrown at us! Lin and Gaye Callard found us with no difficulty either. In fact, we had exceptionally good weather – sunny with a hint of wind, so as our first competitors went out around mid day and my start was not until 2.20 in the afternoon, 45 minutes after Chris, I enjoyed a social time in the sun! I was a bit concerned when I saw the state of Arthur Boyt from KERNO when he came to say ‘hello’ having just finished his course. He was covered in blood having tripped over a fence stay, hitting a post and breaking his glasses in the process. However, he put them together and still finished well up the field.

I think many of us found the first control a little difficult in terrain which had no real ‘handrail’, but after that I went well until my 7<sup>th</sup> control, which involved a long leg. I thought I had worked out the optimum route, but somehow must have passed it and ended up on another track. Having then thought ‘oh well, let’s give up and head for home’ thinking I was a long way from it, there it was and off I set again on the trail. I can only say I really enjoyed the day and had even better value for money than usual!

On the way back to base Chris and I went to visit old friends, Bob and Mary Climie, now in their mid eighties and still keen orienteers at heart. Bob was Chairman of BOF 1972 – 75, before Chris took over. Bob, John Disley and Chris are the only remaining participants from the formation meeting in Dalbeattie in 1967. Alan and Ellen drove over from Nairn to join the four of us in Burghead for a very relaxed meal.

Sunday and Relay Day dawned just as sunny. We returned to the same car park to use Culbin West. Neil, Pat and Chris were entered in MW60+ as Chairs and Sec and finished 11<sup>th</sup> out of 48, Alan, Ellen and I were entered in AD Hoc as Other Ranks and finished 48<sup>th</sup> out of 60. Chris and Ellen were our first runners out, followed by Pat and Alan, with Neil and myself running third leg. I really enjoyed my course, using what was a very easy to read map. If only I could run faster or if I am honest – run!! No mistakes on this course.

It was great to see so many spectators and competitors from all over Great Britain. Everyone was enjoying the sunshine and a lot of socialising took place – this is what it is all about!

Gill James

## **MEMBERSHIP NEWS**

*Welcome to the following new members:*

Laurence Snowden  
65 Hafodarthan Road, Llanhilleth, Abertillery, NP13 2RZ  
Home: 01495214402  
Mobile: 07519012822  
[laurence.snowden@praxis-his.com](mailto:laurence.snowden@praxis-his.com)

John, Yana, Jack and Jess Childs  
Off Acre, Westhope, Hereford HR4 8B9  
Home: 01432 830076  
Mobile: 08711 397341  
[roxy\\_dog@hotmail.co.uk](mailto:roxy_dog@hotmail.co.uk)

*Change of details:*

Andy and Gill Stott  
[apg.stott@btinternet.com](mailto:apg.stott@btinternet.com)

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

## **Dean Outdoor Festival – Sunday 27<sup>th</sup> April 2008**

It is great when others pay for the publicity! We are grateful to the Forest of Dean District Council for staging the Festival based at the Speech House.

Your club played its part thanks to eagle eye Paul Taunton spotting the opportunity and getting us into the programme. Unfortunately Paul was unable to be with us on the day due to family circumstances. Bob Teed extended the Mallards Pike map to include the Arboretum behind the Speech House and planned a Yellow course of 1.82 Km with 10 controls going out from the large field. Pat MacLeod brought in the equipment. John Fallows sorted out the SI controls with Carol Stewart handling registration and reception. We arrived a little late to find the large tent set off by the 2 new club sail banners. It looked really professional and attracted over 100 participants with 44 map units supplied.

We attracted a variety of people from families with pushchairs, grandparents, and the toddlers enjoying the SI system. There were also serious athletes determined to cover the course in around 10 minutes. One competitor did the separate 'Fun Run' and then returned to record the fastest time of the day. He beat Postman Pat, Jolly Roger, Chairman Chris and John trying map memory. A bonus was that a number commented on their use of the opportunity to make contact with NGOC. We also sold quite a few Christchurch Permanent Course packs that we had on sale-or-return from Forest Enterprise.

As Bob commented "The best Come and Try it for a long time".

Chris James



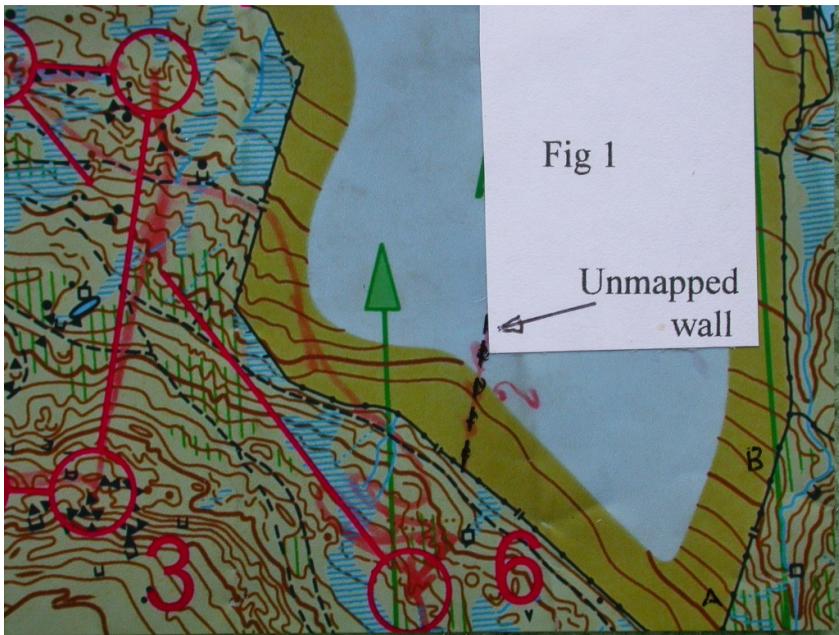
The new club banners at the Dean Outdoor Festival. Posing (above) are Roger Coe, John Fallows and Pat MacLeod; posing *and* dibbing (below) is Chris James



# **To map or not to, to cross or not to**

Last year I took part in an East Pennine regional event near Pateley Bridge . This was a well planned and organized event on open moorland on the north facing slope of Stoodley Pike, bordered on the low northern edge by pastures edged by substantial stone walls and pig-netting/barbed wire fences.

The M70L course was good, having 13 controls and using the open moorland well. As frequently happens I made one significant mistake losing about 4 minutes. The reason I lost time was of course not my fault, well not entirely.



On going from control 5 to control 6 (see Fig 1) I decided to rectify a minor navigational error by cutting across the corner of a pasture bordered by stone walls. I found a gate to go through, then checked that the wall I had to cross to get back onto the moorland was not marked as “uncrossable” (ie with double dots) as I didn’t want to upset a farmer. Looking for a place to cross this wall I noticed that the wall AB at the far side of the pasture was considerably closer than I

had expected. The upshot of this was that I became confused and missed my attack point.

After a minute or so it dawned that the wall I was looking at was unmapped and not wall AB, and yes it should have dawned quicker, but it didn't, so keep your thoughts to yourself, but by then I was in never-never land and had little idea of where I was. Eventually I relocated on the small fenced enclosure to the NE of control 6.

This experience raised two things: how many features outside the obvious limit of the area that is thoroughly mapped should be shown and exactly what is an “uncrossable” wall.

The “uncrossable” wall first. I started this article before I received the last-but-one edition of the BOF Focus magazine, and since the matter is addressed well in there I shan't dwell on it. Suffice to say that for the 25 years that I have been orienteering I have thought that the symbols for “uncrossable” meant “mustn't” whereas they actually mean “probably can't”. Mind you in all those years I cannot remember seeing the thick red line that the article in Focus says is the correct way of indicating a boundary feature that must not be crossed, although I have seen lines of red crosses used.

Secondly, how much info should the mapper include on features outside the obvious boundary of the “mapped” area. Fig 2 shows another section of the northern boundary with many walls running at right angles to the main boundary wall. Are they all there? Are there small buildings in between these EW walls? Would the mapper include them if there were? If the area outside the main wall coloured yellow was mapped to the same standard as that inside the main boundary wall this would be fine, but as I believe the yellow is there just to indicate that it is open pasture with no real attempt made to map it to the same standard, I think this approach is likely to result in confusion.

I believe the right approach is that adopted on the southern edge of the map see Fig 3 where there is nothing shown to the south of the stream. There is no ambiguity, it is nice and clean, looking like the edge of the world. Maybe it was.

Lin Callard

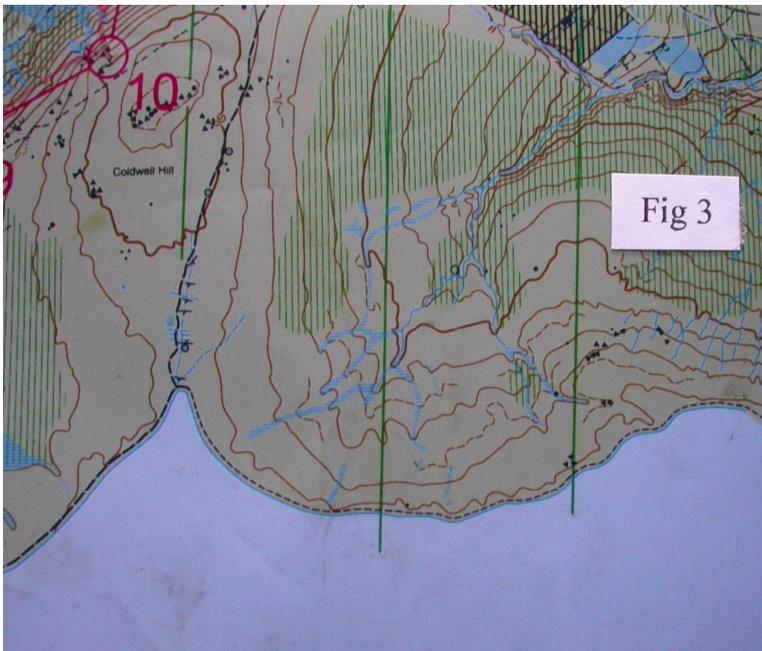
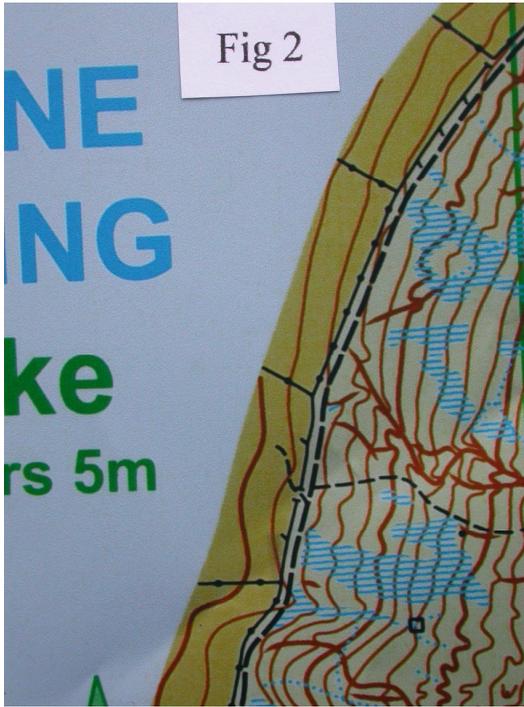


Fig 3

# USING GPS IN ORIENTEERING

*(This article has also appeared in T'VOICE, DEVON ORIENTEER and SINS newsletters. But to make this more relevant to NGOC James has provided the trace of his route for League 3 at Painswick on 1 December 2007.)*

A few months ago I acquired a Garmin Forerunner 301 GPS unit from a friend, and I've been using quite regularly since, hashing, cycling, hiking and a few other things as well. I'd not considered wearing it during an orienteering competition, despite seeing a few other people using them, as I'd thought that it would be inconsistent with the rule that disallows any electronic aid to navigation. That's changed now though, as BO have stated in a recent copy of Focus that a GPS device can be taken on a course, just so long as its not used as a navigational aid. With that in mind I've written this piece here to show you how I've been using it.

The 301 is part of a family of Forerunner branded receivers from Garmin, intended for sports use, and has a USB cable connection to a computer so you can download run histories from the device to your computer, and upload courses to the device.

To be honest I prefer the 301 to the newer, and more accurate, 305 since I like the Velcro strap compared to the rubber watch strap the 305 uses. The rubber straps on watches that I've owned have always been weak, and broken after a couple of years of use. This isn't something that you'd want happening to a GPS unit costing around £130.

I've been using mine primarily to keep a record of where I've been running, just out of interest, but it's been nice to see how well I've been doing as well.

The Forerunner came with its own software for downloading and recording run histories although I needed to download the updated version from the Garmin website to get the UK mapping. Even then the UK mapping can only be described as sparse and not totally accurate: one track-log showed me crossing a busy dual-carriageway where in reality I'd remained on one side. The latest version (November 2007) does have the facility to export runs to Google Earth, although the other two methods I'm covering here do this a lot better in my opinion.

The first alternative is a Garmin sponsored website, motionbased: <http://www.motionbased.com/>. This site lets you sign up for free and then

upload up to ten activities from your device to the site. If you add more than ten then your older activities aren't accessible until you start paying, although I



*Trace of James Head's route at Painswick on 1 December 2007*

expect only serious athletes get the full benefit of a subscription. The free-subscription is good enough for you to see your route superimposed on a Google map or satellite view. There's a link here for you to download your track into Google Earth where you can store it permanently on your own computer.

The second alternative is an open-source program called Sporttracks: <http://www.zonefivesoftware.com/SportTracks/>. This is free, though you can pay a voluntary donation of your choosing if you find the program useful. Whereas the Garmin Training Centre software only works with Garmin USB receivers, Sporttracks has the facility to import data from a variety of different receivers, serial and USB.

Sporttracks has a facility for recording the equipment used on an activity which is useful for seeing if those "1000mile" items of clothing really live up to the claims of the brand name, or for comparing brands of o-shoes. Funny how I always seem to wear out the right shoe and end up with loads of wearable left shoes – but that's another story!

Sporttracks also gives you a view of your route in a Google map or satellite image which can again export to Google Earth.

Lastly, the popular "route gadget" service has the ability to upload a GPS file that's been exported from either the Garmin Training Centre program, or Sporttracks. This doesn't come in automatically at the correct scale or position over the o-map though, and, even when scaling and moving the route to fit the o-map isn't too difficult, it does take longer than it would be to simply click your route, from scratch, using your mouse.

Carrying a GPS unit around a course has been very interesting. It's encouraged me to run more and been useful to keep a record of where I've been and how well I've doing.

A friend recently asked me if all Orienteers were compulsive collectors, citing her husband's pile of old o-maps. I think the answer is, yes; and carrying around a GPS is only going to make it worst: but at least it doesn't take up as much space!

*James Head*  
Devon OC  
Thames Valley OC

## FORTHCOMING EVENTS

Date	Event	Location	Map reference	Organiser
10 May Saturday	League 8	Kidnalls	SO634032	Roger Coe 01594 510444
14 June Saturday	End of Season event	Cleeve	SO989275	Colin Parsons 01242 570216
7 August Thursday	CROESO Day 4	Wentwood	-	Organiser = Roger Coe 01594 510444 Planner = Paul Taunton 01594 529455

Enquiries to Organiser or Fixtures Secretary – Bill Smith 01452 610924

For latest details check the NGOC website at [www.ngoc.org.uk](http://www.ngoc.org.uk)

### NGOC Registration and start times

Informal Events: Start times 1230-1400  
Senior £2                  Junior £1                  Non-members £3

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

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

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

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

Saturday 21 June	Old Hills
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More details: [www.mado.org.uk](http://www.mado.org.uk)

### 2008-2009 season

13 Sep Saturday	Chairman's Challenge Start: 1400	Gorsley street- lane-path event		Chris James
27 Sep Saturday	League 1	Painswick		
4 Oct Saturday	Informal	Sheepscombe		
25 Oct Saturday	League 2	Minchinhampton		
9 Nov Sunday	NGOC Regional	Knockalls Enclosure		

# Brashings

## **2008-2009 fixtures list - volunteers needed**

Included with this legend is the draft fixtures list for the 2008-2009 season. Volunteers are needed to plan/organise these events. Contact Bill Smith on 01452 610924 or [fixtures@ngoc.org.uk](mailto:fixtures@ngoc.org.uk) to book the area you want for your event.

## **Routegadget**

John Fallows is to register the club for Routegadget. Routegadget is where you plot your route onto the course map on the club website and compare it with other competitors'. It is anticipated that this will be available for NGOC Minileague events as well as larger events. (For details of Routegadget see the article in the September 2006 Legend.)

## **Informal kit**

The "new" informal kit, made up from old Badge event numbered stakes and blank kites, is ready for use.

## **AGM**

The 2008 AGM is planned for either Monday 13 or Wednesday 15 October at the Gala Club in Gloucester.

## **Have your say!**

Are there any matters that you would like the committee to consider? Contact the Club Secretary, Pat Cameron, or any member of the committee. The next committee meeting is on Monday 9 June 2008.

## **NGOC success in British Night Champs**

Jeremy Callard and John Fallows came first and second respectively in the M50S (out of 13); Colin Palmer came first (out of 5) in the M60S at the British Night Championships staged by BOK at New Beechenhurst on 23 February. Another dozen NGOC competed with varying degrees of success.

### **Wilf's tops the league for vegetarian cooking**

Wilf's has scooped the top prize in The Vegetarian Society's awards for best provision for vegetarians at a sports venue. Despite competition from some of the UK's top sporting clubs, Wilf's, which specialises in catering for outdoor events such as orienteering, mountain biking and adventure racing, was the only company to prove its catering was totally veggie-friendly. (*See the British Orienteering website for more details.*)

### **New area for NGOC?**

It has been suggested that Bob Teed should map this area for NGOC but British Orienteering's insurers or the Health & Safety Executive might have other views;

<http://www.brightcove.tv/title.jsp?title=1438490562>

[http://en.wikipedia.org/wiki/Caminito\\_del\\_Rey](http://en.wikipedia.org/wiki/Caminito_del_Rey)

### **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](mailto:legend@ngoc.org.uk) or Alan and Ann Brown, 10 Brizen Lane, Cheltenham, GL53 ONG. 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.

### ***Caption Competition!***

The photograph on the back page shows the 40 odd kites from Lin Callard's 29 March Informal drying out after it rained continuously through the event and afterwards. Can you think of a good caption? The best caption(s) will be printed in the next Legend. *Photograph: Lin Callard*

