

The Legend

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**Newsletter of
North Gloucestershire Orienteering Club
May 2013**

www.ngoc.org.uk

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Cover: five ages of the NGOC top - earliest to latest is from left to right (*Photograph: Paul Taunton*)

Chairman's Chat

NGOC Committee meetings normally start at about 7.30 pm and finish around 9.45, when we start to imagine being locked into Oxstalls Campus by the caretaker, and so wrap up and rush out. The last one finished at about 8.45, much to my surprise, and I have been idly wondering why. Absence of a few garrulous members maybe? We did make a late change to the date, which meant that one or two were unable to make it, but I wouldn't dream of suggesting that the absentees usually talk too much! Apathy? I don't think so.....the committee is blessed with a committed and enthusiastic nucleus of club members, most of whom have been on the committee for some time, and all of whom are happy to put in the effort necessary to sustain our activities. I think the reason is partly that we are coming to the end of another season, and we have organised ourselves for the summer so don't need to be scrabbling about as we used to wondering what to do before the next Chairman's Challenge. Like most other clubs we now have an established (if only for a couple of years) programme of Summer events and a reliable supply of volunteers to run them. Mainly, however, I think it's because we have run out of ideas for what to do differently, more, or better, than we already do, and where we have tried to do new things, we are not necessarily managing to sustain these. For example, it was generally felt to be a good idea to develop an accessible archive of event data which could be exploited by future event organisers and planners. We don't have any existing historical data, so this was always going to be for long term, not immediate, benefit. However, it imposes yet another burden on event organisers, albeit a pretty small one, and we already have gaps in the archive for this season's events. Likewise, it was widely felt, after one or two event problems, that having a mentor or adviser for organiser/planners would be a good idea, but once again implementation of the idea has been patchy.

This is not to say that our standards are slipping. On the contrary we continue to put on high quality events which are popular and well regarded by many orienteers in the area. Likewise, I think we are having some success in attracting newcomers, though not in vast numbers, and membership numbers have shown an encouraging increase this year. It seems to me that it is more to do with the fact that

new ideas and new initiatives require time, effort, and often particular skills and experience that we don't necessarily have. We are settled and successful in our routine programmes, but struggling to come up with, resource, and implement anything new. I have mentioned a couple of examples above, and here are others in another article in this edition on mapping initiatives.

So what is the solution? If you pay any attention to the activities of British Orienteering you will have seen that they have issued a volunteering questionnaire, and are keen for volunteers to let them know what needs and issues they have that preclude them doing more. I would rather those who do not currently volunteer take the trouble to say why they don't, and what would help them to start. At club level, however, I implore all of you to feed us any ideas you have for things we could be doing, consider what skills or experience you have that could be put to use to keep the club dynamic and developing, and above all try to make some time to put in a little more practical support to the club. We need new ideas, capabilities and resources, and I look to everyone to contribute.

Out in the forest I have, for once, competed at the JK and the British Individual and Relay Championships. I had a good run in JK Individual day 1, but then truly screwed up day 2 on the one long leg on my course. I came across a large pond that I couldn't find on the map, and despite having paid attention to the planner's warning that some depressions were ponds, I thought this far too big to be a filled depression, so spent ages trying to work out where the hell I was. Only the next day did I realise that the pond was indeed a filled depression, and that I wasn't actually too far from my control. I had a good run at the British, and held my own in the Relay, but have still plummeted 50 odd places in the Rankings, so I am not sure what I have to do to get back up again. The main thing, I imagine, is to get fully fit for the Scottish 6 Days, which, with four days in the sand dunes of the Moray Coast, I am greatly looking forward to.

Pat MacLeod

JK Relay 2013



Stephen Robinson at the spectator control



The run in (photographs: Paul Taunton)

Coaching at Summer Saturday events

Have you ever thought of coming to an orienteering event but been worried that you don't know what is involved? Or may be felt unable or unwilling to ask the people at the event how to get started? Our Summer Saturday events are designed to appeal to newcomers, and this year we plan to offer short coaching sessions at some events to whomever would like them. These sessions are primarily aimed at newcomers, or those who may have done a little map reading or orienteering in the past but are not familiar with the main techniques, electronic timing systems and so on. However, we will also cater for more experienced orienteers looking to improve, if you let us know that you are coming and would like some coaching.

Sessions will start at 12.00, and will last about 30 minutes, leaving you plenty of time to go and practise what you have learnt. So that we know who is coming, how many, and what experience you have, or don't have, we would ask that you complete a short online booking form, indicating which session(s) you plan to attend. It doesn't matter if you can't make it to all sessions – come to as many as you can. You can access the form from the details page for each event, or from the main fixtures list.

To give you some idea of what we will be covering, a likely programme is as follows. However we can be flexible, so let us know what you would like to cover when you send in your booking form.

Session 1

- Basic equipment: compass, whistle and how to use it, shoes, cagoule etc, SI card and controls
- Simple explanation of different types and level of event: Local, Regional, National, International
- The Map:
 - Map symbols and colours
 - Map scale and magnetic North
 - IOF Control symbols and written descriptions
 - Orientating map

- Practical: Setting map to find first 3 controls on Yellow Course without a compass and relocating to get back to the start with coaches/helpers shadowing

Session 2

- Warming up and cooling down
- Control symbols and written descriptions again
- Map and Compass work
- Setting compass to a map
- Practical:
 - Pacing over 100 metres
 - Route Choice
 - Handrails
 - Relocation

Session 3

- Warming up and cooling down
- Control symbols and written descriptions again
- Map and Compass work
- Setting compass to a map
- Practical:
 - Aiming off and running on a compass bearing
 - Attack points
 - Collecting in the controls used for these exercises

CAPTAIN'S LOG

The last few weeks have seen the two major domestic championships take place with quite a few NGOC members taking part.

Firstly over Easter, **The JK festival** was held in the Chilterns. We entered 4 teams of 3 in the relay competitions. Although, we didn't have any outstanding results, it's always fun to compete as a team. In the individuals, we did have some very good results. Eddie McLarnon was top on M65L after the first day, but unfortunately ran out of steam on the second day and mispunched. Joe Taunton finished 4th overall on M21L, a great achievement.

Next, the **British Championships** took place over the May Day holiday weekend in the Surrey Hills. This time we had two relay teams taking part. The stand-out results in the individual champs were Joe Taunton coming 2nd on M21L, and Eddie McLarnon, Pat MacLeod and Neil Cameron who finished 5th, 16th and 22nd on M65L, respectively – all very commendable results

The next major team competition will be **The Harvester**, and I need your names if you would like to take part. This annual event is an overnight orienteering relay starting at midnight and continuing past dawn into the early daylight hours. This is for teams of either 5 or 7. Legs vary in length and difficulty and whether or not a lamp is required. Initially the event was to be held in the Malverns, but access issues meant that the Army (BAOC) have stepped in at the last minute and will host it at Longmoor Camp in Hampshire in the night of Saturday 29th June. The Harvester is a very special event, and if you have not done it before, why not give it a try. Let me know if interested.

Each summer there is a fairly low-key **series of relays in the south west** with one organised by many of the clubs in the region (but not NGOC). Although most of these are quite far away from our area, a couple of them are within easy reach. These are the Adams Avery relay held in Bristol on 16th June and one in Swindon on 29th June. If anybody would like to run in one of these let me know, and perhaps we'd be able to get some teams together.

Finally, here are a couple of reminders. Don't forget that we have qualified for the **CompassSport Cup final** in the Forest of Dean, so make sure you reserve the Sunday 20th October in your diaries. Also, the **Scottish 6 Days** is coming soon. This orienteering festival will be held from 28th July until 3rd August at Moray. With a sizeable NGOC contingent heading up to the north of Scotland, it will be quite a sociable week, plus it is a fantastic opportunity to run on some top class orienteering areas in a beautiful part of the world. So why not join us?

GREG BEST

Club Captain

captain@ngoc.org.uk



British Orienteering Championships



This page: Neil Cameron, Dave Funnell

Next page (clockwise from top left): Paul Taunton, Joe Taunton, Ros Taunton, Eddie McLarnon.

All photographs by Wendy Carlyle



The Rime of the Ancient BOK Army Orienteer

It is an ancient BOK Army Orienteer,
And he stoppeth one of three.
'By thy long grey beard and glittering eye,
Now wherefore thou stopp'st me?

The Planner's maps are folded out.
And I am in charge of the Start;
The elites are met, the Long-O is set:
May'st hear the starter's beeps.

He holds him with his skinny hand.
'There was a course,' quoth he.
'Hold off! unhand me, grey-beard loon!
Eftsoons his hand dropt he.

He holds him with his glittering eye –
The Starting Official stood still.
And listens like an M8 novice:
The Orienteer hath his will.

The Starting Official sat on a stone:
He cannot choose but hear:
And thus spake on that ancient man.
The bright-eyed BOK Army Orienteer.

'The course was cheered, the start lanes cleared,
Merrily did we drop
Below the Knoll, below the Hill,
Below the Re-entrant top.

The Sun came up upon the left,
Out of the Dark Green came he!
And he shone bright, and on the right
Went down behind the Distinctive Tree.

Higher and higher every day,
Till over the Thicket at noon – ‘
The Starting Official here beat his breast,
For he heard the Starter’s whistle.

The W65 hath paced into the Clearing,
Red as a rose is she;
Nodding their heads before her goes
The merry M65s.

The Starting official, he beat his breast,
Yet he cannot choose but hear;
And thus spake on that ancient man,
The bright-eyed Orienteer.
‘And now STORM-BLAST came. And he
Was tyrannous and strong:
He struck with his o’ertaking wings,
And chased us south along.

With sloping visors and dripping whistles,
As who pursued with map and compass
Still treads the shadow of his foe,
And forward bends his head,
The course drove us fast, loud roared the blast,
And southward aye we fled.

And now there came both mist and snow,
And it grew wondrous cold:
And ice, knoll-high, came floating by,
As green as “fight”.

And through the drifts the snowy cliffs
Did send a dismal sheen:
Nor shapes of kites nor controls we ken –
The ice was all between.

(Continued on page 329)

NEW NGOC BOARD GAME

urban-O

photo-O

maze-O

string-O



The new NGOC board game is actually four games in one. Like *Forest Challenge* **urban-O** is played on four full colour map boards, which can be joined together in any combination. Players move by throwing the dice and players take a Control Card when they reach a control. Players may delay other orienteers by obstructing their path with supermarket trolleys!

photo-O uses the same board as *urban-O* but play is different in that orienteers race to collect photo-O cards from controls. It is similar to a score event but players have to be extra careful in selecting which controls to visit as there are only one or two photo-O cards for each control. Reaching a control where there are no cards left to be collected means a wasted journey! The winner is the first player to collect the designated number of cards and reach the finish. Between four and eight cards need to be collected, depending on the number of players taking part.

maze-O. The maze in this game is an exact copy of the NGOC maze, used in the celebrations for the arrival of the Olympic torch at Cheltenham Racecourse in May 2012. This is a frantic race round the maze and, if you like “bumping” other players back to the previous control, this is the game for you!

string-O is an easy game suitable for the youngest orienteers. There are two different courses.

Blank map grids for are provided for orienteers who like to design their own urban, maze and string areas. Dice, counters and everything you need to play is included in each pack.

“urban-O photo-O maze-O string-O” is on sale now at £9 (and the original *Forest Challenge* is still available at £8). Both games are available at certain NGOC events (please email legend@ngoc.org.uk beforehand to check) or by post from:

Alan Brown, 10 Brizen Lane, Cheltenham, GL53 0NG

Please make cheques payable to “NGOC” and add £2 postage for each game. Payment can also be made by bank transfer or PayPal.

NGOC Committee Meeting



Committee meetings nowadays are held at Oxstalls Campus of the University of Gloucestershire. Round the table on 22 April are (*clockwise from bottom left*): Gary Wakerley, Caroline Craig, Roger Coe, Greg Best, John Fallows, Carol Stewart, John Coleman and Pat MacLeod. Gone are the days when meetings were held at committee members' houses or at a pub.

~ - ~

Caption Competition



DIY catering/logistics at the committee meeting. Not only is it cheaper than ordering an “official” trolley with coffee and biscuits but Caroline can be relied upon to bring some rather good home-made cakes. Another disadvantage of a trolley left outside the committee meeting room is that u/i passers-by have been known to help themselves before the meeting!

(If anyone has a good caption please send it to legend@ngoc.org.uk for inclusion in the next Legend)



Every Saturday morning at 9am, 52 weeks of the year, in nearly 200 different parkland locations around the country, a **Parkrun** takes place. **Parkrun** is a rapidly growing phenomenon with more locations springing up all the time and more and more people taking part. Currently, around 35,000 people do it on any given week and a total of 300,000 people are registered parkrunners.

So what is **Parkrun**? Put simply, it is a free, weekly, timed, marshalled, friendly 5km run every Saturday in a park near you. It is open to anybody and people can sprint, stagger or walk. You can run with children, dogs or prams. It can be treated as a race, but most people just like to challenge themselves and hopefully see some personal improvement over time. After each run, your result is emailed to you, and the **Parkrun** website has very detailed results showing all historical data from each race, including your own performances, personal bests and lots of other statistics.

You may be thinking that this does not have anything to do with orienteering. Although this is true, and running two or three circuits around a park may not appeal to all orienteers, **Parkrun** is a good way of training and measuring your fitness on weeks when there is no orienteering event.

Until recently, Gloucestershire has not been very well served by **Parkrun**, but suddenly we have three of them on our patch. In recent weeks two new ones have been established, which is what prompted me to write this article. One of these is in Newent and the other takes place in Pittville Park in Cheltenham. In addition, there is a more

established run at Five Acres in the Forest of Dean. Further afield, there are **Parkruns** at Worcester, Swindon and two in Bristol.



To take part in a **Parkrun**, you first need to register your details on-line and then print out your personal barcode, which you must remember to take to each run. You can then simply turn up at any of the locations, run, and your barcode will be scanned at the finish, so you get your time.

Parkrun is free because it is run by volunteers and is not profit-making. Every now and then, all runners are expected to take their turn to help out as marshals, time-keepers etc.

I know that several NGOC members have already given it a go. Personally, I love the simplicity, the ethos and the efficiency of **Parkrun**, and would certainly recommend it. You can find more details at <http://www.parkrun.org.uk/>

GREG BEST
Club Captain

A Fall (Fool?) in the Forest

I owe an explanation to any competitors in the recent Mallards Pike League event whose quiet progress was suddenly interrupted by an insane screaming as if a murder was taking place. It was coming from me.

Let me fill you in. I was walking/occasionally running the Green course and had a reasonable event, with the exception of control 2 where, luckily, Mike Farrington appeared at the right moment leading me into it. Control 8 was my undoing: I just couldn't get the ditches to line up. I could not find anything to relocate from, and then suddenly the control was there about 20 metres away. In my unexpected joy I sprinted for it, but I must have hooked a foot under a tree root. I went crashing down on to another tree root with my left arm trapped under my ribs. The next moment I was trying to catch my breath punctuated by involuntary screaming.

Two lovely ladies from MADO, one of whom I later learnt was Lynden Hartmann, managed to calm me down, for which I was extremely grateful. I managed to carry on with no navigational problems in pouring rain and was pleased to see Lynden waiting at the finish for me. She explained that it's not so much that I was winded but probably that the diaphragm went into spasm. That would account for the horrible noise!

Even then my problems were not over. As I got into the car and pulled the door shut, there was an excruciating pain which I recognised as a shoulder dislocation. It was with some relief that when I let go of the door and retracted my arm, there was a reassuring 'clunk' as the joint went back into place. I have a weakness there from a past dislocation – also connected with orienteering.

I'm going to have to take it easy for a bit. It would be quite possible to dislocate my shoulder at the moment partaking of my other hobby – Morris Dancing!

John Coleman

Mapping News

Now that we have a longer fixture list than we used to, and the Forestry Commission broadens its programme of thinning and other forest operations to ever wider stretches of the forest, the quest for new areas to map, or older areas to re-map, is becoming more urgent. We also need new types of areas to be mapped if we wish to run some of the newer types of events, such as urban and park events.

Forest

Of the traditional areas, you will be aware that we are currently mapping Woodchester Park, on a volunteer group basis. Much of the work has been done, and we will be meeting with the National Trust in mid-June to discuss use of the map, and the design of the permanent course to be installed there. Bob Teed has the challenge of stitching together and standardising the contributions of the 6 mappers – Bob himself, Tom Mills, Roger Coe, Alan Richards, John Coleman and Pat MacLeod, most of whom are pretty much novices! The first planner – Alan Richards – is a brave man!

Bob has also started remapping Oakhill Wood and some adjacent parts of Tidenham Chase. These areas used to form part of Bob's Poors Allotment map, though back then it was largely "dark green". It is much more useable now, though probably for not much more than a mini-league scale event.

We are still hoping for a further opinion or two on Little Doward, which is just across the Wye over the Biblins footbridge, and will need to discuss its use with WOA before deciding whether to map it or not, if felt to be a viable proposition. As with Woodchester, climb will be the main challenge for planners!

Greg Best is working on an extension to, and update of, Cranham, to include the area around Cooper's Hill, of cheese

rolling fame. We will shortly also embark on a professional re-map of Mallards Pike, as although significant forestry work is scheduled for large parts of the area, we will be using some of it for the Caddihoe and Veteran's Home International next year.

Finally, we are also looking at remapping all or part of the old Soudley Ponds map, perhaps with a view to using it jointly with parts of Mallards Pike for the Caddihoe Chase next year. Once again second and third opinions on its useability would be much appreciated.

The Foresters (of Dean, that is) amongst you may be aware that Lydney Park has given up shooting, I am told in favour of some sort of equestrian development, so many of the access restrictions on the Park may disappear, or be replaced by different ones. Current informed opinion, however, is that the going has deteriorated across much of the Park, due to undergrowth and forest work, and so a re-map is currently not worth consideration. Likewise Lightning Tree Hill was thought to be coming back into consideration until larch felling trashed it once again.

Urban

Outside the Forest, we have been approached by Mark Boyce of Gloucester City Council to consider mapping the City centre. This would fit in well with the rapidly growing trend for urban orienteering, and with the Docks already mapped could create a good area for us to exploit for a major urban event. The challenge is that we have little or no experience in this kind of mapping, nor in this kind of event. One of the main issues with highly detailed urban maps is the high cost of base data at the necessary level of detail, but with the involvement of the City Council this might be an issue we can overcome.

Over the last couple of years we have implemented a successful programme of summer evening 'suburban' events, and the maps for these have evolved from rough hand-drawn street outlines to

more elegant o-maps based on Ollie O'Brien's Open Orienteering maps, which are in turn based on the public domain Open Streetmap. The next evolution is to enhance Ollie's base maps with additional detail useful to our street formats; Open Streetmap does not always hold all footpaths for example, so our approach should be first to add detail to Open Streetmap, to wait for that to transfer to Ollie's Open Orienteering map, and then to drop that into OCAD and add the fine detail we might want for our events. Pat MacLeod has started down this road by adding missing paths around Longlevens to Open Streetmap - in readiness for the opening summer evening event in June. This is something we should consider doing for all of our suburban areas. Talk to Pat if you would like to find out what is involved in updating Open Streetmap.....it is fairly easy to master the basics.

Other

Harlequins recently held an inaugural event at Hope End, which is an area of mixed woodland and pasture near Ledbury. It was pretty hard going, both climb-wise, and through the brambles in the woods, but the idea of using areas such as this is worth a thought, and we may have one or two candidate areas, such as the National Trust's Newark Park, outside Wootton-under-Edge, and maybe Sherborne Park, on the A40 east of Cheltenham.

Given the variety and scale of events we now hold, many small areas we might not previously have thought worth mapping might now be candidates for a review, so if you know of any, do get in touch.

A. Mapper

(Next Year's Mapping Officer?)

Alan and Ann have an adventure at Hope End



Chairman Pat had told Alan about this event on a completely new map by Brian Hughes of Harlequins on 27 April. Alan thought this sounded really super and, as soon as he was allowed, he sat down at the computer and printed off the flyer. It really did look good so Alan rushed off to see Ann who was washing up in the kitchen. Alan read out all the details from the flyer, especially the bit about the patches of woodland and rolling fields landscaped by Capability Brown. "And Hope End House was the home of Elizabeth Barrett Browning," he added impressively, making a mental note to look up Elizabeth Barrett Browning to find out who she was.

Alan felt a bit cross when Ann ignored this and started grumbling about all the vacuuming, ironing and cleaning of bathrooms that she had to do. Alan had always thought that girls liked doing these jobs and felt a bit discouraged but carried on, pointing out that the terrain was mostly undulating open fields and that the orange course was guaranteed bramble-free. "The weather is supposed to be good on Saturday so why don't we just walk round the orange course together and then go for a pub lunch? I hear all the pubs round Ledbury do very good ginger beer." "A pub lunch does sound nice." said Ann, "Let's go then." Alan felt exhausted after all his persuasive efforts so went for a sit down while Ann carried on with her chores.

Saturday morning dawned bright and clear and Alan jumped out of bed quite early for a weekend and made himself a great big breakfast and got compasses and dibbers ready to set off. He was sitting down all ready to go but there was still no sign of Ann. Eventually she emerged and started to eat her breakfast very slowly while Alan was fidgeting about in the sitting room and trying not to point out too often what the Registration and Start times were. "Why are girls so slow?" he asked himself. "Do they do it deliberately just to annoy boys?"

At long last they set off in Ann's pretty little blue car. It was still lovely and sunny with a bright blue sky but Alan spent a lot of the time looking at his watch and thinking that Registration would be closed by the time they got there. At last they got to Ledbury station and saw the first sign pointing to the event, exactly where the flyer had promised. It was a great big sign but Ann complained that it wasn't high enough to see properly. "Why are girls always moaning?" thought Alan to himself. "Or nagging? Boys are never like that."



... some lovely wild flowers ...

They arrived at the car parking one minute after Registration was supposed to have closed so Alan jumped out of the car almost before it had stopped and ran into a large barn marked "Registration". Luckily, the nice HOC lady there didn't seem to mind Alan being a bit late so Alan filled in the form and paid over his money and started off for the start with Ann. The flyer had told them that it was several hundred yards to the start but had not said that it was all uphill. "You're

very unfit!” said Alan, holding his side and stopping. He got out the camera and took a photograph of some lovely wild flowers, just in case Ann thought he had stopped to get his breath.

The start was being run by Mr Palmer. Alan and Ann knew him from NGOC events. “Hello, good to see you here.” said Mr Palmer in a very friendly way. “Good morning, Mr Palmer.” said Alan and Ann together. After a friendly chat and some last minute instructions from Mr Palmer they set off. Ann took the map and told Alan his job was to do the dibbing, especially if a control was set in some brambles. So off they went, still going uphill until they reached the first control. After that sometimes they went downhill and sometimes uphill, but there was always a beautiful view to look at. Ann kept stopping to admire the view and Alan was keeping a careful eye on where they were going: he was hoping that, at any moment, Ann would say “Help! I’m lost, where are we?” Alan could then grab the map and say scornfully “We’re there! It’s obvious!” But, much to Alan’s disappointment, Ann did not go wrong and they finished the course in about an hour.



“ . . . there was always a beautiful view to look at.”

Towards the end of the course they went through a field where there were lambs and their mums sitting amongst wild daffodils. Alan had to take the photograph because Ann was too busy making sappy noises and, naturally, this was the highlight of the course for Ann. Alan thought that the dead lamb at the second control had been much more

interesting but Ann said that dead lambs were nasty and horrid and they made her feel sad.



“ . . lambs and their mums sitting amongst wild daffodils.”

Back at the Finish Alan downloaded and then told Mr Palmer about the dead lamb so that he could tell the farmer. Alan and Ann then both chatted to their NGOC chums who all seemed to have entered the more difficult green or blue courses. They didn't seem to have had so much fun as Alan and Ann: some kept muttering about brambles and a couple of them had even given up.

On the way home Alan and Ann found a nice friendly pub where they both had ginger beer and a nice scampi and chips, all for about £15. Ann said that it was cheap and cheerful and Alan agreed as he still had some pocket money left and that made him cheerful. Ann sighed and said that wasn't what cheap and cheerful meant. They very nearly had an argument about it.

That evening, sitting in their cosy armchairs in their snug sitting room Alan and Ann talked about the day's adventure and how nice it had been. "How about some more ginger beer instead of cocoa tonight?" said Alan. "NO!" said Ann, "You've had quite enough ginger beer for one day; you'll have your cocoa and like it."





Uringa Orienteers

Using electronic tools to improve your orienteering

You are fit. You have been trained in the dark arts of fine navigation. You settle into a zen-like trance and cut the chatter before you step into the final start box. You had a great run. But you still didn't win! Gah! What does a person need to do to get a podium place around here?!!

Sometimes the informal review of your performance is just not going to give you the answers you are looking for. Yes, it's enjoyable to talk through your course with your rivals whilst you cool down afterwards, but are you really listening to them, or just giving yourself an opportunity to vent over that overshoot control? How much learning are you really going to do? You need to have a much closer, more disinterested review of your performance. The electronic tools available allow you to delve into your individual performance and compare it with others, to help you gain insights no post run review will achieve when you are dripping with perspiration and disappointment.

So what is available?

Splits

The time you take between controls. SportIdent use means you no longer have to have a sportswatch with splits to get this data. The splits are handed to you at the end of the race and as long as you don't lose that scrappy bit of tissue paper you can have a quick look straight away to see where your major mistakes were (as if you couldn't remember!) When you get home however, take time to have a look at the splits published for your course. As well as the actual time taken the splits also show who was running the fastest for any particular leg.

Let's take Runner A who won one of the Age class Sprint courses at the Coalfields Classic.

1. Runner A **28:42**

3:25	5:37	6:26	7:43	9:35	10:45	11:18	12:32	13:55
3:25	2:12	0:49	1:17	1:52	1:10	0:33	1:14	1:23
15:00	16:44	17:28	22:03	23:04	24:56	25:32	27:35	28:10
1:05	1:44	0:44	4:35	1:01	1:52	0:36	2:03	0:35
28:42								
0:32								

- The cells shaded in pink show his cumulative time across the course until he finishes triumphant with 28.42 as his result. The blue figures in these cells show where he hit first place
- The unshaded cells show the split between the controls. The blue figures in these cells show where he was the quickest competitor to the control

So what? We can tell the following things from this:

- Runner A started well and was one of the quickest on many of the controls across the course.
- He wasn't the fastest in the earliest part of the course as he didn't hit 1st place until control 13. This could indicate a couple of things:
 - He is a consistent runner with stamina, who doesn't lose concentration towards the end of the race
 - That he takes a while to warm up
 - That his rivals are not as fit as they should be as they slowed down in the later parts of the race

These figures will only be helpful if viewed against other similar races over a season or two, to see if there is a pattern emerging for Runner A.

Looking at the comparison with the other competitors will give more insights. Looking at the 2nd placed runner, Runner B, we can see that control for control there wasn't a lot in it

2. Runner B 34.04

1:44	4:01	4:53	6:08	7:59	8:55	10:07	11:02	12:23
1:44	2:17	0:52	1:15	1:51	0:56	1:12	0:55	1:21
13:15	14:41	15:43	24:09	25:03	27:56	28:30	32:47	33:29
0:52	1:26	1:02	8:26	0:54	2:53	0:34	4:17	0:42
34:04								
0:35								

But we can see that Runner A was slow out of the blocks, and had Runner B not made mistakes around Control 13 and 17 he would have been much closer to Runner A. Runner B would be reviewing those controls himself to see what went wrong, but I suggest that Runner A also ought to look at those two controls and reinforce to himself what it was that he did right particularly Control 13, - 3rd place Runner C also made a major mistake there.

As well as uploading data to the OA results database some results are also uploaded into WinSplits. This is a tool which allows you to play around with the split data. One particular favourite is where you can instruct the application to rank the runners as if none had made any mistakes (you can specify what a mistake is – i.e. any result 20% worse than the average). I have won many a race according to this version of WinSplits! ***Importantly this tool shows you your potential if your technical skills are up to scratch.*** Time to think about what parts of your orienteering need brushing up to iron out the mistakes.

Margaret Jones

Uringa Training Officer

A Congratulatory Message from B. Wooster Esq to BOK News on its 250th Edition

What-ho Mr Blackstone,

My valet, Jeeves, tells me that the next edition of BOK News is number 250 and that you're going to make the dashed thing a bumper issue. Amazing chap, Jeeves, how does he know all this? I hear you say. Well, it's his enormous brain, nourished by eating plenty of fish, if you really want to know.

Where was I? Oh, yes, Jeeves said that a note of congrats. from a "name" in NGOC would be in order. For me it was the work of a moment to snatch up a pen and paper and start scribbling, so here it is.

Yes, I think I've seen some of your chaps at NGOC events, they even win them sometimes. Not good form, if you ask me, beating one's hosts, but that's bally orienteers for you.

Well, Mr Blot-Scribble, congrats on reaching 250 – I see NGOC's Legend is about a hundred issues behind you so I'll have to have a word with the Legend editor to pull his s. up and try to catch up a bit.

I'll see you on the yellow course quite soon and this evening down at the Drones Club I'll raise a glass of b and s to BOK.

Pip, Pip!
Bertie

FORTHCOMING EVENTS

Enquiries to Organiser or Fixtures Secretary – John Coleman 01594 582151
fixtures@ngoc.org.uk

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

Date	Event	Location	Signposted / Forest Entry	Organiser
1 Jun Sat Mass start 1400	End of Season	Cleeve Hill	SO013205 GL54 4HF SO010235 GL54 5TL	John Coleman 01594 528151

2013 SUMMER PROGRAMME

Date	Event	Location	Signposted / Forest Entry	Organiser
Sat 8 June 1200- 1300	Summer Saturday	Crickley Hill <i>Coaching available</i>	SO935163 GL4 8JY SO935163 GL4 8JY	Tom Birthwright 07870 594898
Thu 13 June 1800- 1900	Summer evening	Oxstalls Campus and surrounds	SO848192 GL2 0JF	Pat MacLeod 01594 528128
Sat 22 June 1200- 1300	Summer Saturday	Hartpury College <i>Coaching available</i>	SO797232 GL19 3BB	Tom Mills 01452 760451
Thu 27 June 1800- 1900	Summer evening	Pittville Park and surrounds	SO953237 GL50 4NE	Carol Stewart 01242 514988
Sat 6 July 1200- 1300	Summer Saturday	Cleeve Hill <i>Coaching available</i>	SO989275 GL52 3PP	Neil Cameron 01684 294791
Thu 11 July 1800- 1900	Summer evening	Tewkesbury	SO901329 GL20 8AB	John Fallows 01684 290256

Thu18 July 1800- 1900	Summer evening	Park Campus and surrounds, Cheltenham	SO938209 GL50 2RZ	Caroline Craig 01242 696443
Sat 20 July 1200- 1400	Summer Saturday	Elton Maize Maze	SO703138 GL14 1JG SO694138 GL14 1JN	Pat MacLeod 01594 528128
Sat 10 August 1200- 1300	Summer Saturday	Painswick Beacon	SO870117 GL6 6TW	Dave Hartley 01452 863805
Thu 15 August 1800- 1900	Summer evening	Minchinhampton	SO858012 GL5 2PN	(tbc)
Sat 24 August 1200- 1300	Summer Saturday	Cranham	SO913122 GL4 8HG	Roger Edwards 01684 566552

Summer Saturday courses on offer are:

Easy(Yellow)

Moderate(Orange)

Hard(Green)

Fees: Seniors £3 plus £1 dibber hire if required; Juniors £1, dibber hire free

Summer weekday evening events are normally 1 hour or 70 minute score events around the streets and parks of Gloucester, Cheltenham and Tewkesbury, though we may also go a little further afield. They sometimes include a short sprint section in a park or campus, followed by the normal street score event. The more control sites you get to, the more points you get. Registration and starts are between 18.00 and 19.00

Fees: Seniors: £3 plus £1 SI dibber hire if required. Juniors £1, dibber hire free

2013 - 2014 SEASON

Date	Event	Location	Signposted / Forest Entry	Organiser
31 Aug Sat	Chairman's Challenge	Ninewells	tbc	Pat MacLeod 01594 528128
21 Sep Sat	League 1	Sheepscombe	tbc	Caroline Craig 01242 696443

Brashings

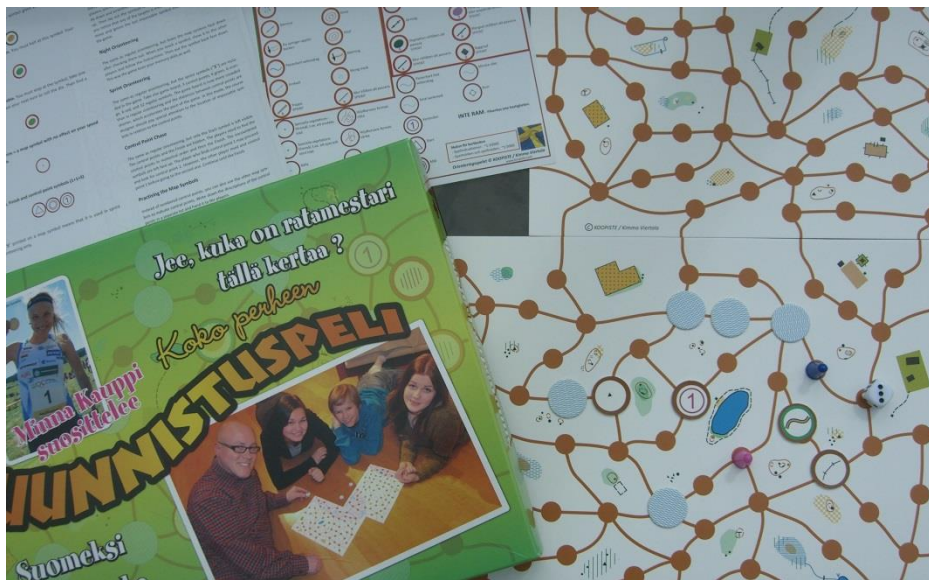
Stick up a recruiting poster!

NGOC has some good orienteering posters. If you would like one or more to display at work, school etc please contact Chairman Pat MacLeod.

Orienteering and Henry VIII (by Neil Cameron)

It is a little known fact that orienteering was popular during the reign of Henry VIII. It is even suggested that Hampton Court Maze was an early Sprint-O venue. The latest reference to this is in Hilary Mantel's Man Booker prize-winning novel, where on page 266 there is this passage:

"He said, lie down, open your body, let us do our duty and make our father a grandfather, and then if we have a son we can live apart. I said to him, then do it if you think you can, pray God you may set seed tonight, and then you may take your dibber away and I need not look at it again".



New orienteering board game from Finland

Look out for a review of this in a future issue of *CompassSport* magazine.

The 2012 CompassSport newsletter awards

Legend was judged to have the most humorous articles. Our rivals in Bristol had their newsletter, BOK News judged worthy of displaying the CompassSport banner for one of the best ten newsletters - for the sixth year running. I have a paper copy of BOK's 250th bumper edition full colour newsletter if anyone would like to read it - it includes a letter of congratulation from prominent NGOC member Bertram Wilberforce Wooster. Mr Wooster's letter is copied elsewhere in this Legend.

London 5th London City Race urban orienteering race

This year's race is on Sunday 22 September and will be held in the Dockands. For full details go to <http://cityrace.org/> For a headcam view of the 2012 race go to "Previous Years" from the home page. You don't have to watch all 47 minutes but it will give you a flavour of running round the Inns of Court, which I found very enjoyable.

NGOC donates £150 from New Year's Day event to Pied Piper Appeal

According to the letter of thanks to NGOC The Pied Piper Appeal is working to provide child friendly medical, play and learning equipment, as well as providing a less threatening environment for sick children in Gloucestershire. Some of the projects helped in 2012 were buying three continuous positive airways pressure machines for the children's ward in Gloucestershire Royal Hospital and a new play area at Belmont School in Cheltenham. They have also provided equipment to make blood tests easier for the children in hospital, as well as lots of distraction toys whilst other procedures take place.

NGOC donates £200 from sale of "Forest Challenge" to the Woodland Trust

This is in addition to the £300 given to the Woodland Trust last year. Thank you to everyone who has bought the game.

NGOC donates £35 to South West Junior Squad from sale of booklet "Orienteering in Poems and Prose"

Thank you to everyone who has bought the booklet, which is still available.

Have your say!

Are there any matters that you would like the Committee to consider? Contact the Club Secretary, Caroline Craig, or any member of the Committee. The next Committee meeting is on Monday 22 July at 1930.

Articles for Legend

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

Disclaimer

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

