

# The Legend

Number 169



Newsletter of  
North Gloucestershire Orienteering Club  
May 2014

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



# NGOC Committee

## Chairman

Gary Wakerley 01594 862690  
chairman@ngoc.org.uk

## Secretary

Caroline Craig 01242 528326  
secretary@ngoc.org.uk

## Treasurer

Carol Stewart 01242 514988  
treasurer@ngoc.org.uk

## Club Captain

Greg Best 01242 516053  
captain@ngoc.org.uk

## Membership Secretary

Simon Denman 01452 863833  
membership@ngoc.org.uk

## Equipment Officer

Pat MacLeod 01594 528128  
equipment@ngoc.org.uk

## Fixtures Secretary

John Coleman 01594 582151  
fixtures@ngoc.org.uk

## Mapping Officer

Paul Taunton 01594 529455

mapping@ngoc.org.uk

## Club Welfare Officer

Gill James 01989 720122  
gilljames@dalcross.plus.com

## Club Development Officer

Pat McLeod 01594528128  
pat\_macleod@btinternet.com

## Additional Members

Roger Coe 01594 510444  
randvcoe@btinternet.com

John Fallows 01684 290256  
john@greyeye.co.uk

## Legend Editors

Gill Stott  
01291 689471  
legend@ngoc.org.uk

## Website

Eddie McLarnon  
01242 673079  
webmaster@ngoc.org.uk

**Cover:** .Captain Greg 'holding' the Harvester Trophy at the Harvester Relays. The results are on the SLOW website if you'd like to inspect them... I say no more. Ed.

*Captions invited.*

*"I got a brand new combine harvester and I'll give you the key"*

## Chairman's Chat Chairman's Chat May 2014

Well that's the JK done for another year, with the Club helping on Day 4, the weather gods certainly smiled on us. Pat organised the dedicated band of car parkers and with the usual understated efficiency, we delivered. A lot of preparatory work to the arena was carried out by Club members as well as repairs afterwards ( see pictures on website). My JK is best not spoken about, but that's another matter, Laura earned a few brownie points, by rescuing this lost soul from a relocation nightmare.

I have been getting on with the admin for the Clubmark renewal, I designed a new page for the website and promptly made Eddie's life a nightmare, by deleting some things I should not have.

Thank goodness for backups, sorry Eddie.

A recent training day organised by Tom Mills and Gill Stott, yielded a formula for future coaching sessions. Thanks to everyone who helped make that day a success.

Recently I've had a thing about First Aid, whether we are fulfilling our obligation as a Club at Level

D events. After looking into it and with advice from Committee members and Chris James, I feel that we meet our obligation. This along with new First Aid kits, being put together by Ellen, allow us to maintain our high standard at Club events. One point for new organisers though, it is crucial you get the Risk Assessment right.



-Neil Cameron Should've gone to Facesavers!  
- I knew I should've bought the larger size of O specs  
That was a close shave [Pat Cameron]  
Wild boar? No, it was a vampire! I'm bats about orienteering. [John Bennison, WRE]

Gary Wakerley

### **NGOC Facebook page – contributions invited**



Vanessa Lawson has been busy and updated the Facebook Page

<https://www.facebook.com/northgloucestershireorienteeringclub>

Whilst we need content for the website too, if you have content of a more informal and chatty/newsy nature (especially photos), then you could send it to Vanessa. Already she has posted the latest on what is happening in our club – you can add your own notices too or to [vanessa.lawson@btopenworld.com](mailto:vanessa.lawson@btopenworld.com) who can add it to our page. Thanks Vanessa.

## **ORGANISERS STILL REQUIRED**

An Organiser/Planner is required for each of the following:

Minchinhampton training event – 11<sup>th</sup> October 2014

Cranham training event – 31<sup>st</sup> January 2015

Unlike the League events, you will not be on your own, but working with a coach who will take full responsibility for the event and work with you to implement his or her training exercises, based around Yellow, Orange and Green courses.

If you are new to planning, it is recommended for the following

1. It's easy and fun to 'armchair plan' on computer.
2. The next stage of checking out control sites by actually walking on the area is enjoyable in a quiet and unhurried situation and will definitely improve your map reading and fitness.

You will have no problems enlisting help for the standard tasks on the day.

i.e. registration, car parking, setting out and collecting in controls.

There is comprehensive information on organising and planning events on the NGOC website.

Overall you should not have problems but, if you do, a coach assigned to help you will provide support.

*John Coleman*

Offers Fixtures Secretary – John Coleman    01594 582151 [fixtures@ngoc.org.uk](mailto:fixtures@ngoc.org.uk) or [johnniemorris9@gmail.com](mailto:johnniemorris9@gmail.com)

## **CAPTAIN'S LOG**

### **Re-Launch of Pittville Park Permanent Course**

Cheltenham's Pittville Park permanent course was re-launched in April, ready for the Easter school holidays. Damaged or missing posts have been replaced and a new colourful, eye-catching tri-fold leaflet has been produced. These are available free of charge from the popular Central Cross Cafe and the Boathouse, both of which are actually in the park. There are 13 posts to be found, and the course is particularly suited to families and children looking for something different to try. An article was published in the Gloucestershire Echo to announce the re-launch, together with a photo taken in the park, showing me wearing NGOC top, with the other people involved.

I realised that the orienteering course's profile needed to be raised, as nobody in the town seemed to know about it, and that included employees of the Recreation Centre, where previously the leaflets supposedly were distributed. Despite being a keen-eyed orienteer who regularly visited the park, it was only after living in the town for quite a number of years that I realised that this course even existed. Having recently designed the Crickley Hill Country Park permanent course and the associated leaflet, I decided to contact Cheltenham Borough Council to suggest some improvements to hopefully make the course more visible to park users and therefore better used.





### What do I have to do?

The aim is to find all of the 13 posts (controls) in any order you wish. You can start from anywhere in the park, for example the cafe, boathouse or pump room. Each post has a letter marked on it. To show that it has been correctly visited, take a pen to write down this letter alongside the associated control description. When re-arranged the letters spell something - see if you can work it out.

Use the control descriptions to help you find the posts and the feature you are looking for. The feature is at the centre of the control circle shown on the map. It can be treated as a race to see who can find them all in the shortest time or else you may prefer just to add some interest to a walk in the park.

### Some other ideas for groups....

**Single Controls.** Visit one control, noting the letter on the post. Report back to the group leader. If you have the correct letter the leader will give you another control to visit.

**Short Loops.** Visit a group of 3 controls in the order given by the group leader. Start with controls close together. As you gain confidence increase the length of loops. Example loops are:

5 to 6 to 7 and return to start

5 to 9 to 8 and return to start

5 to 4 to 10 and return to start

**Score Competition.** How many controls can you visit within a set time, perhaps 20 or 30 minutes? Score 10 points for each control visited. If you do not get back to the start within the allotted time you lose 10 points for each minute late.



### If you enjoyed this...

Also try the permanent orienteering course at Crickley Hill Country Park. What's more, the local orienteering club puts on frequent events at places like Cleeve Hill, Cranham Woods, the Forest of Dean and even urban streets. Newcomers are very welcome to come along and give it a go, and there is always advice available and courses suitable for novices. For more information and a full list of dates see the club's website, [www.ngoc.org.uk](http://www.ngoc.org.uk)

These leaflets are available from  
The Boathouse and Central Cross Café ....



**Central Cross Café**  
Central Cross Drive  
Cheltenham  
GL52 2DX  
Tel: 01242 234907  
[www.cheltenhamcoffee.co.uk](http://www.cheltenhamcoffee.co.uk)

in partnership with ....



General enquiries 01242 262626

## Pittville Park Orienteering Challenge



Take part in a challenging outdoor adventure activity which is suitable for everyone to enjoy.

Use this orienteering map to find and navigate between the 13 wooden marker posts located around the park.



While on the subject of POCs, at a recent visit to Crickley Hill, I was pleased to be told by the head warden that the course there is proving very popular, and with groups too. They even had a visit recently of a group of 50 pen-pushers (his words) on exercise there with NATO! The leaflets can be had from their visitor centre, or else they can be downloaded from Gloucestershire County Council's website.

Greg Best

[gloucestershireecho.co.uk](http://gloucestershireecho.co.uk)  
Wednesday, April 9, 2014

## Families can find way to enjoy park

A WALKING group has helped design an orienteering route around Pittville Park.

Members of the North Gloucestershire Orienteering Club (NGOC) have been working in partnership with the Green space development department at Cheltenham Borough Council to relaunch this free challenge.

The challenge involves visiting 13 posts around the park to collect 13 letters that can be rearranged to make a word.

This is a beginners' course and is ideal for families to explore more areas of the park. Leaflets explaining the challenge are available from Central Cross Café and the Boathouse in Pittville Park.

Janice Peasey, council community ranger, said: "This is a great idea for encouraging families to experience orienteering and to let off steam in one of Cheltenham's beautiful parks."

Greg Best, of NGOC, added: "We have enjoyed working together with the council to give the people of Cheltenham a chance to try this gentle introduction to orienteering. Children and others will have fun searching for the posts."



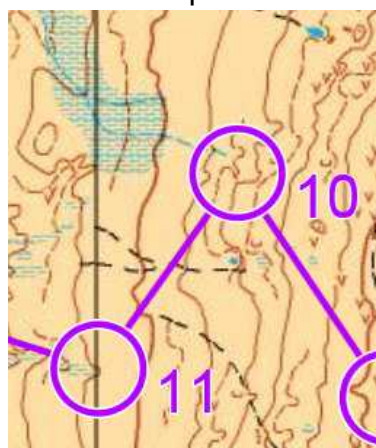
BRIDGING THE GAP: Neil Ingram from The Boat House, Jacob Payne, seven, and his mum community warden Janice Peasey, and Greg Best from North Gloucestershire Orienteering Club

## Orienteering Techniques Section – Map Memory

Ever wondered how some orienteers manage to navigate so quickly? Well of course, one obvious reason is that they are fit and able to leap through rough terrain. Failing training like an athlete preparing for the World Championships, you could try and interpret and remember more of the map information each time you check it on your course.

This needs practice but can be done at home.

1. Find map from one of your orienteering competitions, maybe one where you feel you could have gone round quicker.
2. Choose a control circle which is in a more complex area of the map.

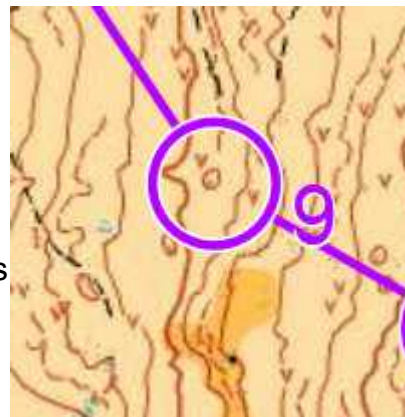


3. Study the map features within the circle for 10 seconds only

4. Turn the map over and try and reproduce the bit of map within the control circle

5. Repeat with another control circle, this time right down in words what you expect to see.

6. Next time you go to an event, try at least one control location where you try to remember the features within the circle before entering it



## THOUGHTS POST AGM & JK 2014

I am writing this on a personal basis rather than in my capacity as Chairman of the Federation's Events & Competitions Committee. It is a gathering of varied thoughts regarding how our sport strikes me especially after the JK 2014 weekend.

### Reflections on JK 2014

Firstly within the Club our sincere thanks go to Pat Macleod for all his hard work in organising our Helpers team and to Greg Best for getting the Relay teams sorted. I ran or rather staggered round on Days 1-3. I even won my M75S on Day 2 by keeping to bearings and watching for honey pots. The terrain wasn't too rough so enabling me to jog parts of it. However with a late start on Day 3 in thunder, rain and mist I had little hope of finding a small pit No. 4 in the middle of a rough moor all on my own. So I ran 1-3 and 11-Finish as these were all on the lower parts. As I came in I was declared winner of M75S by the commentary team – little did the commentator realise that I had not completed my course. The irony was that I DID win M75S over the 2 days as only one other competitor ran on Day 3 and he missed No 8.

Just how many areas are there in the UK and Regions capable of organising such a large jamboree with sufficient manpower, suitable terrain and parking adjacent to it? I gather that for Days 2 & 3 we lost a further parking area beyond Assembly due to nesting birds, though the mapper, whilst doing final checks, sat eating his sandwiches watching the quarry lorries going through this same area! Of course this meant that those parked just beyond the

entrance gate had approaching 3 Km to walk. I believe that if this fact had been previously communicated to competitors it might have alleviated the strong feelings that ensued. It was also pointed out to me that there were potentially serious safety issues regarding access for emergency services during the event. It could be said that on that basis the two areas were inappropriate due to parking difficulties.

### **The National AGM at Swansea on Day 1.**

I am naturally sorry that the LOC Proposal on Map Scales leaving the choice of scale to the local planner & controller for Levels A & B events was adopted despite the significant efforts of the Events & Competitions Committee to tackle this issue with reasoned debate. In some ways I am less concerned regarding the immediate significance of the scale issue as we had already granted an exception for JK 2015 and we have our work plan to look at the whole issue of map clarity more thoroughly. This year all maps were at 1:15,000 & 1:10,000 whilst next year the 1:7,500 will be used for part of the JK 2015. I hope that you have or will complete the questionnaire telling us what you thought of the map clarity?

Informally many competitors were saying just how clear the maps were especially on Day 4 and that 1:10,000 was entirely appropriate. What a pity that the AGM vote had already taken place. Dave Peel confirmed that he had significantly de-cluttered and re-drawn areas of the map. The result was a readable map on a sensible sized sheet of paper rather than carry wallpaper around.

However I am more concerned at the breakdown of the quality control of this aspect of level A & B events. Due to the outcome of the proposal adoption my committee no longer has this quality assurance aspect. Personally I think that this has serious consequences in maintaining us as an international sports organisation. The potential precedent that by using the LOC approach for implementing policy change it could open up gaps in our structure. Out of 10,000 members only less than 300 voted one way or the other. At the meeting it was only around 50-60 that heard the arguments and the votes cast were, I believe, just in favour of rejecting the proposal. It was, not surprisingly the proxy votes that swayed the issue. With hindsight perhaps E&CC should have equally sent a missive to all Clubs or even all members putting the E&CC view well before the AGM. It is certainly not as clear cut as LOC would have us all believe.

What worries me more is the impact that this whole saga might have on persuading volunteers to take on roles such as Chair of a main committee. My committee all put in a great deal of effort trying to get a proper debate of progressing wider issues. For Gill & I it has been a considerable disruption to family life and an intrusion into other activities. I am not about to resign but I do believe that this governance issue needs looking into urgently and I intend to do so.

Chris James

April 2014.

## Apocalypse Now? Today? Are You Sure?

When I first discovered that JK2014 was to be held in South Wales, never did I think I'd enter. I've run twice before at Merthyr Common and once previously at Pwll Du but never actually finished a race at either, giving up part of the way round whilst failing miserably to locate the right pit/crag/re-entrant. I remember clearly how at a British Championships in the area, Chris didn't run as he had a marathon the next day; he came to the start with me and as I waited in the start lanes, he picked up one of the loose maps and just stood and laughed and laughed and laughed as he looked at the complex contour detail, the myriad of crags, pits and boulder fields and the complete lack of vegetation changes! Rotter! However, Chris was keen to go this year, quite rightly pointing out that orienteering in such a technical area can only make you improve and become stronger.

So I entered the two main days; Chris also entered the urban sprint event and relays, with both of us helping on the Monday. We planned a lovely long weekend with the caravan at Tredegar Country Park. Unfortunately on Maundy Thursday evening I became quite poorly with a bit of (no sniggering please!) trapped wind which kept me up most of the night and meant I was too ill to travel on the Friday morning. Chris went to the sprint event on his own and did fairly well at what his first ever event of this type. He returned for me and the caravan and we set off on Saturday morning. I was still too "rumbly" in the tummy to run on Saturday, but by Sunday I was feeling chipper enough to have a bash, so (sensibly for me, which is unusual) changed from my long course to the short version of about 4.3K.

So what were the tactics for my fourth time out in the Brecon Beacons National Park? My goal was to finish; my stretch target was to finish in the top half (given that I was now on the short course) and I wanted to feel that I'd managed the technical aspect as well as possible. I know that generally I can navigate well on a bearing as long as I concentrate and having been poorly, I knew I would be doing a lot of walking rather than running - we all know that as one's running improves, one's navigation needs to speed up too and it doesn't always work out quite like that!

I stuck to the strategy of concentration and "steady away" and to my delight I even managed to stay in touch with the map throughout, understanding the contour detail and using the boulder fields to help relocate quickly when a few metres off course. I was a bit sad when I realised that after only a few controls, I was effectively on my way in to the finish but that disappointment evaporated when as I downloaded, I was on the podium, being 3rd of 18 at that time. I knew it would be unlikely to stay like that, but hey, hurrah for the moment! In the end my place was 13 of 48 which I was very very pleased with. I usually try to punch above my weight in any race, orienteering is no different; for instance I know I am more competitive on green rather than blue courses. This result proved that but I dare say it won't stop me taking on more than I'm really capable of. Still, I now have not only a finish in the area but not a bad place too!

So how come the apocalypse? Well, in ten years of orienteering this was the first ever event I've been to at which cagoules were compulsory. We managed to time our arrival to the car park so that we had a short walk to the start, which was just as well because the wind was whistling and the rain was miserable. It was foggy and cold and I decided that rather than a cagoule, I'd wear my waterproof mountain-walking coat! I'm so glad I did too. I offered Chris a spare buff, an offer that was met with the most grateful response I've ever heard, as he tugged it down over his ears. Brrrr.



The weather didn't improve and although a little too warm in my top coat, I was glad of it as I'd been slow after feeling poorly a day or two earlier. As I left the download tent, I realised that the parking which had been oh-so-convenient for the start, was now a very long way away. But the wind and rain was on my back, so with hood up and clutching proudly my splits printout, I set off on a jog/walk to do the 2K back to the van. I'd only gone about a hundred yards when I realised just how dark it had gone, all of a sudden. It was so dark, my thought was, "I saw the weather forecast and they didn't say anything about the end of the world this afternoon....." There was a flash of lightning, a bit too close for comfort, followed instantly by a massive thunderclap that rent the air around me. Ooooooh I was a bit frightened! I want the safety of a Faraday cage if there's any thunder about, so my jog to the van became a little more, er, lively!

I felt very concerned for those competitors still out on the courses, with no cover at all on the bleak, exposed hillside as the storm continued. I understand that the organisers did contemplate halting proceedings for safety reasons but of course it's nigh impossible. Good job the thunder passed fairly quickly, even if the rain lashed down for a bit longer. For half an hour there, it really did look like the end of the world was upon us. Ironically, that evening we had a proper night out in Brecon, going to the pictures to see..... Noah!

To round off, I spent Monday in the map issue tents at the relays and had a thoroughly nice time, making sure everyone got the right map at the right time and generally offering a big smile and a bit of encouragement with an air of calm. Monday night saw me rushed to hospital with a return of the "trapped wind" which became emergency surgery for a ruptured ovarian cyst plus appendicitis. I said earlier that I usually try to bite off more than I can chew, but two illnesses at the same time is just ridiculous! I am now well on the mend but won't be running for many weeks; luckily we are now at the end of the main orienteering season and I'm looking forward to building on the high of seeing "you are currently in third place....." Happy days!

## **Victoria Harvey**

### **Alan goes to Caerwent**

Alan jumped out of bed very early because it was Wednesday and Wednesday means Army Orienteering. Army Orienteering was Alan's favourite because there were always lots of tough-looking soldiers about and the areas always had interesting lots of Army-type things like trenches and old blown-up tanks and lorries. Sometimes there were shooting sounds and explosions in the distance.

Today's adventure was to be at Caerwent. This was an old ammunition dump with lots of old tumbledown buildings. The buildings had all been built a long way from each other and some had big earth banks round them. Alan had been told that this was because if there was an accident, and the building blew up, it wouldn't damage any other buildings. Alan, who had been there before, thought this was very exciting and just knew that it was going to be good today, especially as the courses had been planned by Mr Grant and the map had been made up-to-date by Mr Teed. Alan's friend, Carol, was giving Alan a lift and Alan was so eager to start that he got to Carol's house ten minutes early. They both jumped into the car and whizzed down the A48 through Lydney and Chepstow to reach Caerwent. Caerwent was huge and had a big fence all the way round - with barbed wire on top. At the gate they had to show their passports to a soldier before they were allowed in.



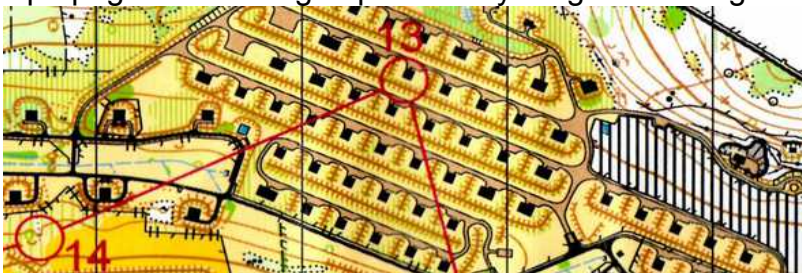
*"some had big earth banks round them"*

At the car park lots of BOK Army people were already parked and getting ready to run. After weeks of grey skies and inches of rain today was nice and dry and everybody looked happy and gay. Registration was in a scruffy old building. There were portaloos outside and there was a little generator chugging merrily away on the doorstep to power the laptops inside. This made Alan think that perhaps the Army had not paid its water or electricity bills.

It was a short walk to the start where Mr Teed was standing. He explained to Alan that the orienteering had nearly been called off because the police had wanted to use the area to practise car chases and some extra-tough soldiers had also wanted it all to themselves. Alan was disappointed that he couldn't see any car chases or soldiers shooting at each other but Mr Teed told Alan that only one lot of people could use the place at a time or they might all get muddled up with the police running over orienteers or the soldiers shooting the wrong people.

"You wouldn't want to get shot, would you, Alan?" said Mr Teed. Alan thought very hard about this. It would be great to have just one very small bullet wound in his arm that he could show off to all his friends. On the other hand Ann would be cross and very frightened if he came home with his "O" kit covered in blood. He would never hear the end of it. He might have his pocket money stopped and, worst of all, he might not be allowed to go orienteering again. By this time many NGOC members were coming up to Mr Teed and saying "Good morning, Mr Tweed." Then they started laughing and Mr Teed started looking grumpy. Suddenly Alan remembered that someone had spelt Mr Teed's name wrong in the joining instructions. Alan was talking to Mr Taunton and they both remembered a cartoon character from a comic - it might have been the "Eagle" or the "Victor" or even the "Wizard". The character was called Harris Tweed; Alan quite liked the cartoons, which were all in colour, but was puzzled why they always drew Harris Tweed wearing a very loud check jacket.

At last they stopped chatting and Alan lined up at the start: he was doing Blue today. Alan rushed off, determined to remember Mr Teed's advice: "It can be very confusing with all those buildings and roads, Alan, and if you lose contact with the map it is very difficult to relocate!" So Alan ticked off in his mind every turning and building that he ran past. He was going so fast that he overtook Mr Taunton before Control 3. Alan went even faster when he tripped over a tussock. He didn't actually fall over but nearly did himself a mischief trying to keep upright. "This rough open is very rough" he thought.



*"It can be very confusing with all those buildings and roads, Alan, and if you lose contact with the map it is very difficult to relocate!"*

Controls 9, 10 and 11 were in some nice woodland on the edge of the camp. But as Alan was emerging from the edge of the wood he felt a twinge in his leg. "Bother," he thought, "my hamstring again. I'll have to walk the rest of the course." Alan found the rest of the controls easily but was feeling rather sorry for himself, especially when Mr Taunton ran past him and disappeared into the distance.

At Download Alan found out that you could get a free massage in the next room so he went in there. A strong-looking man started pinching and pummelling Alan's bad leg. This was all right until he got to the damaged bit. "Ouch! Yaroo!" It hurt so much that he was surprised that he felt so much better when he got back on his feet to go to the car park.

On the way back to Cheltenham Alan thought that the area and course at Caerwent was just as good as he had expected but perhaps it was his own fault that he had got a bad leg because he had tried to run too hard. And he wasn't looking forward to getting home because Ann would have plenty to say about him hurting himself.



*Alan's guide to*

### **Royal Navy Propellant Factory Caerwent**

Alan found Caerwent so interesting that he looked it up on the internet and scribbled down some interesting facts about it:

Made explosives or stored ammo 1939-1993

Now used for military exercises but can be/has been hired for car rallying, storage, breaking up old railway carriages etc

Did have its own railway lines connected to the main line but most of these have now been taken away

Perimeter road is over 7 miles long; area enclosed by the perimeter fence is 1,163 acres

When it was making 150 tons of cordite a week Caerwent needed 3 million gallons of water a day. The Severn Tunnel, built by the Great Western Railway, is only three miles away.

Because of the underground "Great Spring" over 9 million gallons of water are pumped out of the tunnel each day; Caerwent used some of this.

Became a U.S. ammo dump after the U.S. military left France in 1967. Shells, rockets, mines, flares and small arms ammo arrived by road and rail. Much arrived in the UK at the nearby Barry Docks. Over 80,000 tonnes, a large part of the U.S. Army's European stocks, were stored here.

Over 12,000 tonnes were shipped out for Operation Desert Shield/Desert Storm.

Closed down following the collapse of the Soviet Union

Has a permanent orienteering course

Used for NGOC badge event in 2003, JK Relays in 2007, MLC (Military League Central) event in 2014

### **Bertie Ventures North**

One morning a few weeks ago I was just starting my sustaining two boiled eggs and dozen soldiers when Jeeves wafted in with the post.

"There is just the one communication, sir, with a *northern* postmark."

I thought the fellow looked a bit sniffy and he might even have raised his left eyebrow a fraction. Now I'm broadminded myself. If people want to live up north, let them say I. So with typical Wooster decisiveness I ripped open the letter.

"It's from an old chum of mine! By coincidence he has started orienteering too and he has invited me for an "O" weekend. Listen to this, Jeeves: on Saturday there is to be an urban

event in Grantham and on the Sunday there is a traditional event on Matlock Moor.” I sensed a shudder from Jeeves as I uttered the word “urban”.

“We are not forgetting that NGOC League 4 is at Danby Lodge in the Forest of Dean on the Saturday, sir?”

“Would you turn down an opportunity like this, Jeeves? Two new areas. And are you forgetting that Grantham is the home town of Mrs T? Pounding the same streets will be an honour.”

“I was not aware that the lady in question was an orienteer, sir.”

“That chap was right who said that NGOC stood for ‘**N**ever **G**oes **O**ut of **C**ounty.’” I said this in a very marked manner and Jeeves should have looked contrite and embarrassed but he never as much blinked. “No need for you to come along, Jeeves, I know that you are keen to plough through the mud of Danby Lodge. Just send an email accepting the invitation, will you, and pack a small rucksack with my “O” gear.

### **Grantham**

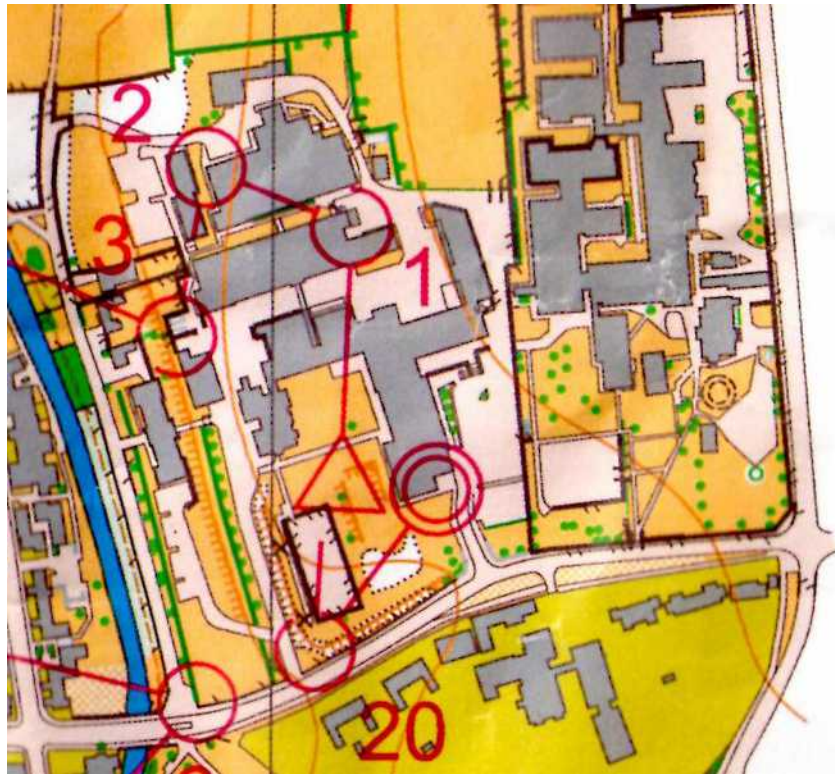
The Grantham event started pretty early on the Saturday morning and so it was that on a grey Friday afternoon in January I found myself speeding northwards in a first class railway carriage. I alighted at Cromford and began to hoof it into town. My map-reading skills, keenly honed by nearly a dozen orienteering events, led me straight to the correct street. I started examining the houses looking for number 34. Then I noticed one with a pile of muddy trainers on the doorstep so I headed straight for it, quickly checking the number before dibbing the doorbell.

Now Grantham is some way from Cromford so we set out betimes (I think that means early, I’ll have to check with Jeeves) on a grey drizzly day. Driving there was going to be simple because my chum, Ian, had got one of these new-fangled GPS gadgets for Christmas. However, as the journey wore on I became less and less impressed with the little woman giving directions; the route she had worked out was long and complicated and took us through the middle of Nottingham.

Also the blighted female’s social skills were not up to the mark: just as I was telling a funny story and had got to the punch line, when timing was of the essence, she would butt in and tell us to “Turn left in two miles”. And anyway young ladies of delicate upbringing should not have been listening to my story about the M21 and the Controller’s daughter. I was beginning to see why Jeeves was opposed to my getting such a device for the two-seater.

By the time we arrived it had almost stopped raining. The parking was in a college car park – proper tarmac, don’t you know – and Registration and Start were only ten yards away. We both chose the Long course (5.1 km) and immediately had a disagreement as to who was going to start first. Neither wanted to go first and then get overtaken by the other before we were out of the college grounds. In the end Bertram did the decent thing and went first. I picked up the map and went round the corner of a building into the unknown. Getting the feel of the 1:5,000 A3 map took me a while and I ran past the first bally control and had to come back. By this time Ian had already caught me and I had that desperate, panicky feeling that sometimes, well quite often actually, comes over me when orienteering. The next two controls were close together in the college grounds and then it was out into the big wide world.





*"... the college grounds and then it was out into the big wide world."*

Between 6 and 7 my route was along a quiet side street and I was using the dead time to plan out several controls ahead when a car came slowly down the middle of the street. I vaguely sensed it stopping by me and I heard a voice but, concentrating on the map, I just carried on. Then the same voice said, "Huh! Thanks very much!" It then dawned on me that the car's occupant had taken it big because he had been asking for directions – not making funny remarks about my running. A friend of mine says he is often stopped for directions when out training when there are plenty of other people just strolling around who can be asked. Well, that'll teach him to interrupt orienteers during a serious competition. I was now getting to the older part of town, which meant the map becoming more complicated and lots of little alleyways and lots of opportunities for saving or losing time. Now, although the Woosters are renowned for playing fair, I must admit to cheating slightly, albeit inadvertently. To get from 8 to 9 I went through an alleyway and it was only afterwards, that I realised that I should not have used it. In the heat of the moment I did not notice the very short thick black lines at each end of the alley. Suspecting that I was not the only transgressor I kept schtum.



*The alleyway between 8 and 9 that Bertram should not have used*

The remainder of the course had relatively long legs, the difficult thing being to keep running, rather than the navigation. Best was number 11, the outside corner of a churchyard wall. The

control was suspended from an overhanging tree rather than the wall and I dibbed without thinking anything of it. However, Ian, not as tall as me, could not reach it and had to climb the wall. But what helped me beat him by a couple of minutes was his mistake early on of trying a shorter route which ended in a dead-end. We came 10<sup>th</sup> and 16<sup>th</sup> respectively out of 37.



*The churchyard wall*

To crown a satisfactory day we planned our own route home, leaving the little GPS lady in her cardboard box in the glove compartment, and it was quicker and more scenic. And the high point of the day came when we passed an old-fashioned shop, looking vaguely familiar from TV images. As we drove past I could see gold lettering on a slate plaque “Mrs Margaret . . .”. My day was complete.

### **Matlock Moor**

It was only a quarter of an hour from Wooster HQ in Cromford to the Sunday event’s parking on some hardstanding at the edge of town. Registration was in a permanent building which had the heaters turned on full and the number of volunteers in the warm rather outnumbered those outside in the cold. Not to imply any criticism or to say that I don’t appreciate the work put in by volunteers – I do. I must admit that my own first attempt at helping ended with a tent collapsing on the Chairman and my current thinking is to leave it a while before offering to help again. Five years seems about right.

Registration completed it was a muddy fifteen minutes to the top of Matlock Moor. Picking up the 1:7500 A3 map for the Brown course I could see that only a part of it was moorland, the rest being rectangular blocks of plantation. Experience has made me suspicious of places that are advertised as “new map” on areas that have “not been used for orienteering for many years”. The instructions warned of fallen trees and poor drainage and they were right. I had not run a hundred yards before I began to worry about trench foot. After the relatively easy navigation of yesterday’s street-O I knew that Bertram would not take enough care. Having paddled to an attack point I plunged off the track into dark(ish) green, hit a track that was past the control, went back and started again. Second attempt was bang-on but it had taken 13:13.

Although it wasn’t actually raining, it was still grey, damp, cold and miserable and my nose had started to run. Now Jeeves thoughtfully always packs a linen handkerchief in my “O” trousers and another in my beltbag (he eschews the usual term, considering it vulgar) but stopping to get a handkerchief out wastes valuable time. So I wiped my nose on my sleeve and immediately realised that this was not a good idea: mud had been splashing liberally onto my clothes for half an hour and my nose was not only wet but wet and muddy.





Control 9: *"The ride looked clear on the map . . ."*

The open moor was more enjoyable: it was still wet – and tussocky – but you could see ahead and watch other orienteers pinpoint controls for you. Small clumps of trees were useful landmarks and it was satisfying to look up, see a clump, run to it and find it was the right one. I was finding it hard to keep my feet with the tussocks and wet but consoled myself that if I kept my eyes open I should soon see someone else come a cropper. Back in the forest and running along yet another wet track I went straight past a ride and had to go back. The ride looked clear on the map but on the ground the lines of trees seemed only about six inches farther apart than all the other lines of trees. 11 to 12 was about a mile long and it was obvious that the planner planned to shake Wooster to the core. It took me 25 minutes and the leg reminded me of any one of my school reports – a stinker. Route choice was mainly choosing which tracks to follow round blocks of trees. But, of course, I did get one choice badly wrong: a path next to the moor with the idea of avoiding a swamp and the tussocks on the actual moor. But the track was more swampy than the swamp and the fallen trees more awkward than the tussocks so I soon switched to the moor.



*" . . . a path next to the moor with the idea of avoiding a swamp . . ."*

Way down the bottom RH corner of the map I found an intricate little area and 12 and 13. But where was 14? Ah, yes, turn the map over. Arguably, the last four controls could all have been fitted in on the first side. Anyway, they'll need to revise the map soon as some half dozen mountain bikers with spades were landscaping the area for their own purposes.



*"But where was 14? Ah, yes, turn the map over."*

I thought my problems were over on reaching the Finish but keeping my balance going down the muddy path to the car park was much trickier than on the course. When I tottered back to the car Ian had been waiting for me for a long time and, if he wasn't a bored-looking and tired-of-waiting-looking orienteer, I don't know what a bored-looking and tired-of-waiting-looking orienteer looks like. After exchanging what-hos we compared notes and I discovered that both the Greens and Blues also had two-sided courses.

*I had a ready-made excuse of being somewhat fatigued by a hard run on the Saturday so I didn't mind being well down in the results: I had run on two areas completely new to me in one weekend and, of course, had enjoyed excellent browsing and sluicing with my friends in Cromford.*

## Out of sight

Last year I wrote an article for Legend under the above title. Sadly my situation has deteriorated further resulting in my driving licence being very recently revoked following the DVLA Field of Vision test for the 3 year renewal. My last drives were to and from the HOC event at Brockhampton NT area at least leaving a pleasant experience rather than in cities or motorways. There is a slim chance of having this reversed but only if I can "pass" a further test. So Gill is now my career at least for car transport. I will have to tame my back seat driving! Of course I reflect that this restriction makes sense if I am deemed to have insufficient sight for driving. However I have never had any instances when I have missed people, cycles or vehicles and can still judge distances very well. At the Ninewells Informal last November I encouraged a car to pass between two other parked ones to the horror of younger members nearby. It came safely through with a good driver at the wheel. So what about all those drivers on the road who we know should not still be driving – that is another story.

Chris James

## Results Corner:

### **JK – in the top 20**

#### **Day 1 – Urban Sprint Swansea**

M40 Christophe Pige 16<sup>th</sup>

M75 Chris James 15<sup>th</sup>

W35 Heather Findlay 8<sup>th</sup>

W40 Vanessa Lawson 16<sup>th</sup>

#### **Day 2 – Methyr Common**

M21 Richard Cronin 15<sup>th</sup>, Joe Gidley 16<sup>th</sup>

M55S John Fallows 19<sup>th</sup>

M75 Bob Teed 5<sup>th</sup>, David Lee 15<sup>th</sup>

W35 Heather Findlay 7<sup>th</sup>

W40S Vanessa Lawson 7<sup>th</sup>

#### **Day 3 - Llangynidr**

M21 Joe Gidley 7<sup>th</sup>, Richard Cronin 11<sup>th</sup>

M75 Bob Teed 7<sup>th</sup>

M80 Lin Callard 2<sup>nd</sup>



## League Results – final standings

### Blue Course

1. Pete Ward M40
2. Mark Burley BOK M21
3. Joe Gidley M21
4. Steve Green M40
5. Richard Cronin M21
6. Caroline Craig W21

### Green Course

1. Matthew Lawson M40
2. Mike Farrington (HOC) M55
3. Dave Hartley M60
4. Vanessa Lawson W40
5. Simon Denman W45
6. Tom Birthwright (HOC) M50

### Orange Course

1. Adam Watson M16
2. Ashliegh Denman W45
3. Gaye Callard W75
4. Sheila Miklausic W65
5. Peter Watson M12
6. Jeanette Tate W50

### Yellow Course

1. Rebecca Ward W12
2. Reuben Lawson M8
3. Jessica Ward W8
4. Rosie Watson W10
5. Rose Taylor (HOC) W8
6. Claire Ballantine IND W12

## FORTHCOMING EVENTS

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

### Entry deadline alerts

Lakes 5 Day <http://www.lakes5.org.uk/> entries close July 30<sup>th</sup>

White Rose Weekend <http://www.whiteroseweekend.org.uk/> low entry fee ends June 3<sup>rd</sup>.

British Sprint Championships <http://www.britishsprintchamps.org.uk/> lower entry fee ends July 20<sup>th</sup>

Caption Competition Entries

Who is this, singing in a rain puddle?



## Brashings

It is now possible to view and compare NGOC performers for any given week in Parkruns. However, at the moment, only a few NGOC members do Parkruns with NGOC named as their club. Thanks to Richard Cronin for spotting this. The link is

<http://www.parkrun.com/results/consolidatedclub/?clubNum=17952>

Captain Greg

## Filing Old Maps

Orienteering maps are best filed in a chest of drawers. Find a suitable drawer filled with clothes that are never worn (either your old Army long johns which you forgot to hand in when you were discharged or some of your wife's clothes that you hope she won't miss). Remove the contents of the drawer, place them in a charity bag and place the charity bag outside your front door. No further action is required as the bag will mysteriously disappear.



*Place clothes that are never worn in a charity bag*

Now take maps of places that you have run at many times and sort them into alphabetical order and place each set of maps in a good quality plastic bag that you are given at events. Now divide the maps, neatly separated in their individual plastic bags into two piles – BIG maps and SMALL maps. This makes it easier to sort through and there will be room for two neat piles side by side in the drawer.



*There will be room for two neat piles of BIG and SMALL maps side by side in the drawer*

For places that you have visited only once or twice divide these into suitable groups (again in alphabetical order) in plastic bags with suitable slips of paper at the front, eg: HOC maps, BOK maps, JK 1997, maps - donated by friends - of places where you have never run, London Urban race etc. again divide these into BIG and SMALL and place these underneath the first lot.

*How to find a map.* Familiar places will be easy to find as they will be filed in their own plastic bag in either the BIG or SMALL pile, eg Cranham, Parkend, Cleeve Hill. If you are considering going to an event this next weekend and you are not sure if you have run there before look under the organising club. Simples.

*Alternatively,* put a numbered sticker on each map as you file it and keep the maps in numerical order. Create an Excel file and type in details of the map so that you can sort/filter the Excel file. Suitable columns could include: *club/date/name of area/general area/event/course (NGOC/1 Jan 2013/Parkend/Forest of Dean/New Year's Day event/score).*



*“ . . . again divide these into BIG and SMALL . . . ”*

**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 June 9<sup>th</sup> 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](mailto:legend@ngoc.org.uk) or Gill Stott . . . . . 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.