

The Legend

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North Gloucestershire Orienteering Club
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www.ngoc.org.uk

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Chairman's Chat November 2015

The first year of our modified league is coming to a close and the feedback is positive. We have been asked to consider adding a light green course to the league. A survey was sent round asking for your opinion, so please if you haven't replied do so, this will allow the committee to make a decision at our December meeting, in time for next season.

Today saw our part in the SWOA 50th Anniversary celebrations, the weather gods were on our side, Joe Gidley planned some excellent courses and there was a good turnout. What else can I say except a visit from the Duke of Wellington, no not the real one, but Andy Creber displaying that despite forgetting his O shoes, you can't stop him winning the green. See front.

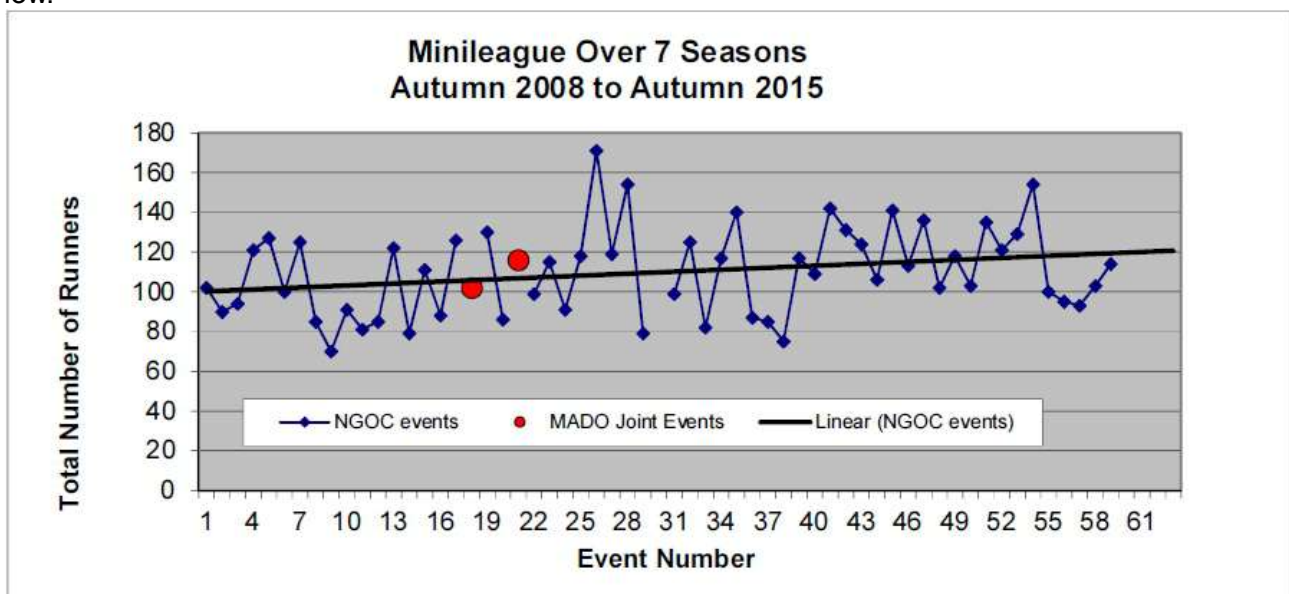
Gary



Club Development by Pat McLeod

As we approach the end of our first calendar year based season I thought it would be worthwhile to look at how things have gone. It has been a busy and ever changing year, and I hope all of you would agree that the 'Good Old Days' don't apply to NGOC – now we are busier, more dynamic, and more successful than we were 'then'.

First, and of course the most important aspect of our activities, events. The new 12 event NGOC league (it is no longer a 'mini' league!) appears to have been well received. There has been a bit of a dip in runner numbers over the summer, but as the graph Paul Taunton produced for this year's AGM shows, attendance at league events has maintained a modest but steady growth for a few years now.



The dip is perhaps attributable to our introduction of urban events, which are not to everyone's taste. during the summer months. We had 103 runners at Trellech, however, and 119 at Highmeadow, so back in the forest numbers are still looking good.

As well as increasing the number of league events, we have also introduced 2 new elements to league events – the café, and the string course. Whether these become permanent features at every event remains to be seen, and will depend, as ever, on available volunteer effort, but behind both is an intent to make events both more attractive to youngsters and families, and also more sociable. It is hugely to Sheila Miklausic's credit that after only a year or so in the club, and orienteering, that she has bravely taken on the job of offering string courses at league events.

The other major development in this year's event programme is the introduction of training days in place of the old 'Informals'. Masterminded by lead coach Gill Stott, these, too, have been well received by all attending them, from beginners to experienced orienteers, who recognise that there is always room for improvement, however good you think you are. We will soon be planning the training programme for 2016, so if you have any thoughts on what you would like to see included in the training programme, do get in touch with Gill (apg.stott@btinternet.com)

Finally, on the Event theme, we have maintained our policy, started last year, of trying to organise a

large event each year. This year we held the hugely successful Triple Gloucester, over the early May Bank Holiday weekend. Next year we are hosting the Harvester Relay on Cleeve Hill, and we will no doubt be aiming for a Triple Gloucester 2017, or something similar. Although they entail a great deal of work, these large events are important for several reasons:

They are generally quite profitable, providing funds which allow us to invest in new equipment, pay course and travel fees to club members attending external courses, and subsidise events such as the Chairman's Challenge and the recent SWOA 50 anniversary event, as well as keeping fees for training days down;

They provide opportunities for club officials to develop their skill and experience levels; And they enhance the status of the club across the wider orienteering community, by demonstrating that though not a large club, we can nevertheless put on highly 'professional' events. This matters when we are competing for membership with the big clubs around us.

So, events-wise, a good, progressive year. The challenge now is to maintain this progress. To do that we need to keep on building our pool of volunteers, and their skill levels. This year Clive Caffal has run a very successful controllers course, resulting in several new grade 3 controllers, and Tom Mills has run his 'Understanding the Planner' course to help people get a feel for what is involved in planning league events. We have purchased more OCAD licences, and several club members have attended mapping courses run by BOK. I am hoping to run an event computing course before Christmas, to boost the number of people in the club able to run the computing side of league events, and on top of all this several new planner/organisers have taken up the challenge of planning both 2015 and 2016 league events. Early next year I plan to sit down with lead coach Gill Stott, volunteer coordinator Gill James, and whoever else would like to be involved, to discuss our volunteer development plans for 2016.

Taking all this into account, I think it's fair to say that the club is thriving. Membership numbers are holding up, and may increase as the new BOF membership year gets under way. This is in contrast to some clubs who are struggling to keep their numbers. It was encouraging at the SWOA 50 event recently that there were several families there who had not orienteered before, and who had found us either via the web, or through flyers left (by Greg Best, I believe) at a running shop in Cheltenham. I hope they all enjoyed themselves; one challenge we still have is that first timers can often find themselves at a loss as to what to expect, and what to do, and we need to get better at making sure people are around who can help them and make them feel welcome. It is difficult when doing registration to give people the time they need, and we need to develop a 'buddy' system or similar, to ensure newcomers are properly looked after.

As well as complete newcomers, we have picked up some good orienteers who have either moved into the area, or have 'migrated' from neighbouring clubs. I'm sure our competitive performance will improve next year.

Despite all this, there is still more we can do to make the club more sociable, more competitive, and more fun. We need your ideas, and your involvement, so make it a resolution in 2016 to do a bit more for the club, as well as running a bit more to improve your ranking. We are keen to hear your views to, on what you would like to see from your club, suggestions for ways forward, and so on.

Pat Macleod pat_macleod@btinternet.com
Development Officer

NGOC AT PARKRUN *by Richard Cronin*

Parkrun is a series of 5km running events (not races) – free to enter and hosted by volunteers – that takes place at venues across the country at 9 a.m. every Saturday morning. For many years, the runs have been taking place in the Forest of Dean, at Newent, and in Cheltenham – but recently several new courses have launched in the area – two in Gloucester, Tewkesbury, and a further launch due at Lydney in early 2016.

These races are a perfect way to build running fitness when there's no Saturday league race to go to – and are over early enough for you to still have most of the day free to do something else. Plenty of variety – from fast flat tarmac in Cheltenham to deceptively hilly Newent to mud and water in the Forest!

I've been a regular at the Forest of Dean course for some years now and it's been great to see so many more representing NGOC and orienteering – and demonstrating to runners that we are a serious sport and not just a walk in the park! With the increasing numbers I've recently began monitoring and recording club performances – as well as performing some analysis (not statistically robust, I should add!) on relative toughness of each course.

I've identified 33 NGOC runners across all parkruns – including those representing their running clubs, or declared unattached. Ordering by parkrun PB – you get the usual suspects at the top end, bolstered somewhat by our new signings for 2016

1st	Richard PURKIS	00:16:44	18th	Greg BEST	00:22:42
2nd	Pete WARD	00:17:07	19th	Steve WILLIAMS	00:23:15
3rd	Matt STOTT	00:17:10	20th	Neil CAMERON	00:23:19
4th	Steven HARRIS	00:17:53	21st	Sue ASHTON	00:23:28
5th	Paul MURRIN	00:17:55	22nd	Guy COOPER	00:24:12
6th	Andy MONRO	00:17:58	23rd	Shirley ROBINSON	00:24:12
7th=	Richard CRONIN	00:19:15	24th	Andy BRAY	00:24:20
7th=	Simon DENMAN	00:19:15	25th	Rebecca WARD	00:24:35
9th	Ben ARKELL	00:19:47	26th	Steve LEE	00:25:13
10th	Vanessa LAWSON	00:20:06	27th	Michelle WARD	00:26:35
11th	Judith AUSTERBERRY	00:20:13	28th	Jessica WARD	00:26:39
12th	Joe GIDLEY	00:20:17	29th	Roger HARDIMAN	00:26:47
13th	Matthew LAWSON	00:20:29	30th	Pat CAMERON	00:27:24
14th	Dave Nicholas AUSTIN	00:20:35	31st	Ashleigh DENMAN	00:27:57
15th	Grubby CREBER	00:21:29	32nd	Stephen ROBINSON	00:30:11
16th	Allan MCCALL	00:21:43	33rd	Lisa HARDIMAN	00:33:17
17th	Gerry ASHTON	00:21:54			

Of course, with each persons PB set on a different course it isn't really a like for like comparison – so I've done a bit of number crunching, using course PBs from above list, and friends from Bristol OK, FoDAC and MDC to work out a multiplier to apply to normalise each time. As the choice of multiplier of 1 is arbitrary, I set the base as Little Stoke in North Bristol – as the course is the exact definition of average.

For local parkruns the table of multipliers is as below. A multiplier of 0.98 would mean that you should expect to be 2% faster at Cardiff compared to Little Stoke. Newent has the largest multiplier of those with reasonable sample size – 9% slower than Cardiff. The effects of having small sample size at certain venues is apparent as, anecdotally, Newport is faster than Worcester. Seasons also

affect how fast the off road courses are, and I've not allowed for underfoot conditions when each course PB was set – so these can only ever be rough estimates.

Cardiff	0.98
Cheltenham	0.99
Chipping Sodbury	1.01
Evesham	1.03
Forest of Dean	1.03
Gloucester North	1.01
Hereford	1.03
Kingsway, Gloucester	1.02
Little Stoke	1.00
Newent, Forest of Dean	1.07
Newport	1.03
Swindon	1.07
Tewkesbury	1.08
Worcester	1.02

Applying multipliers to get normalised times for the NGOC 33 (yes, I have allowed for a slower time on a slower course to be a better performance than the headline PB!) gives indicative Little Stoke times as:

1st	Richard PURKIS	00:16:44
2nd	Pete WARD	00:16:57
3rd	Steven HARRIS	00:17:22
4th	Paul MURRIN	00:17:24
5th	Matt STOTT	00:17:31
6th	Andy MONRO	00:18:02
7th	Ben ARKELL	00:18:29
8th	Richard CRONIN	00:18:51
9th	Simon DENMAN	00:18:52
10th	Joe GIDLEY	00:19:42
11th	Matthew LAWSON	00:19:53
12th	Dave Nicholas AUSTIN	00:19:59
13th	Vanessa LAWSON	00:20:31
14th	Judith AUSTERBERRY	00:20:38
15th	Grubby CREBER	00:21:04
16th	Allan MCCALL	00:21:17
17th	Neil CAMERON	00:21:35

18th	Gerry ASHTON	00:22:21
19th	Guy COOPER	00:22:37
20th	Sue ASHTON	00:22:47
21st	Greg BEST	00:22:56
22nd	Steve WILLIAMS	00:23:29
23rd	Shirley ROBINSON	00:23:30
24th	Andy BRAY	00:23:37
25th	Rebecca WARD	00:23:52
26th	Pat CAMERON	00:25:22
27th	Steve LEE	00:25:28
28th	Jessica WARD	00:25:52
29th	Roger HARDIMAN	00:26:00
30th	Michelle WARD	00:26:19
31st	Ashleigh DENMAN	00:27:24
32nd	Stephen ROBINSON	00:29:18
33rd	Lisa HARDIMAN	00:32:19

OK – the indicative time for Little Stoke versus my actual time doesn't *quite* tally up, but the table should at least give a good comparative running speed for each over 5k; so if Ben and Guy (Newent only runners) have ever wondered why they appear to be 2 mins slower than everyone else – now you know why.

I won't go in to analysing age-grading, as the parkrun website already does that – but a much deserved special mention to Shirley, who since starting at the Forest parkrun has consistently set the best age grading each week, has the 15th best age grading score ever recorded for that course, and 13th best ever in her only visit to Newent.

We have some brilliant runners in NGOC and its great to see more of us sporting our running vests and showing the local running clubs just how good we are. I'm already planning the 2016 Cotswold Way Relay team...

The Judith Interview - Beginner to champ 12 months.

When was your first experience of orienteering?

In 1990, at school in Scotland. A night event in the snow. I only found one control and it wasn't even on my list of ones to find, so just went for a run instead. I got detention for not trying. I'm not sure that counts as an "experience" of orienteering!

I didn't orienteer again until the Stotts' Christmas event at the end of 2013. It was raining; I did Orange; it took ages.

What sporting activities have you been doing since then?

From 2010 until 2014, running. Some road running (particularly marathons and half-marathons), but preferably fell and cross-country. Before running: climbing, mountaineering and ski touring.

What brought you back to orienteering?

I started orienteering to improve navigation skills for mountain marathons. Also I was getting bored with just running and was keen on the idea of a more complex, but physically very demanding, sport.

When you started orienteering again, what was your approach and what were your initial goals?

The primary objective was mountain marathon preparation but I wanted become competent at orienteering. I don't like being rubbish at things so I bribed Andy Creber to coach me. I did a few events in January - March 2014 but was put off by the fact that orienteering is really hard, and gave it up for a bit in favour of the mountain marathons. Then we went up for Lakes 5 Days in August 2014, and although I was still mostly rubbish I had a couple of good runs and really enjoyed the whole week. So the decision was made to focus on orienteering.

My plan was to give it a year (to August 2015), and if I didn't achieve an acceptable level of competence by then I'd go back to running. My goal for the first six months (to February 2015) was to feel confident and competitive on Blue courses.

How did you train up to competition speed?

I'm nowhere near competition speed yet! I think it'll take about another four years to reach optimum competition performance.

But even so, to get from the level I was at in August 2014 to now has still been a lot of work. I've had extensive technical coaching from Andy Creber, covering control-by-control reviews of my recent runs, armchair study of different areas and courses, through to technical exercises out in the forest.

On my own, I perform extensive post-race analysis of each event and use this to create focus areas for short-term future development. I study maps and previous courses for forthcoming events. I practice control memorisation and map interpretation at home. I spend a lot of time thinking about orienteering!

I go orienteering as often as I can. Usually this is 2-3 times a week, all over the south of the UK but occasionally further afield for higher-level events on quality areas.

What is your weekly training regime?

It varies a bit, depending on the time of year and which competitions are coming up, but at the moment (November) a typical week looks something like this:

- 2-3 orienteering events (I approach most events as training runs, and only race properly once every 3 weeks or so)
- 1 hill running session (about an hour, hard)
- 1 medium-length run (7-8 miles, easy)
- 1 shorter, hard run in rough & hilly terrain (5 miles or so)
- 1-2 strength training sessions at the gym (1 to 1.5 hours)
- 4 yoga sessions

I'm in base training phase at the moment so the runs are quite short. As training ramps up through the winter months (to peak in March/April 2016) it will increase in duration and intensity. Training cycle is usually 2 weeks hard, 1 week easy with easier weeks before major events.

How important is it to you to train on specific orienteering skills and where do you train?



For me, specific skills training has about double the performance-improvement value of general running training.

I practice map reading on the run, pacing and running on the needle on my in-terrain training runs in local forests. As most of my O events are "training", I often use them to practice specific skills rather than just "racing" the fastest (or easiest!) line. I attend as many events and training sessions as I can.

For our structured coaching sessions, Andy selects training areas/terrain depending on which skills he thinks we need to focus on and which events are coming up.

Before a big event. What preparation do you do?

I find previous maps and courses for the area on Routegadget and try to get a feel for what the area is like – the level of contour detail, any predominant types of control feature, runnability of the terrain etc. In the week leading up to the event, I study the area maps daily, inventing mini-courses and thinking through route choices. I print off a map and take it out when I run round the woods, so that I feel comfortable reading and thinking about that particular map on the run.

For major championship events, Andy will try to find a local area with similar characteristics to the area I'll be competing on. He will set exercises which get me to focus on specific essential skills and thought processes for that type of area. He also advises me on pre-event preparation and racing strategies.

After an event, what post event analysis do you carry out and why?

I print off the splits for my course, mark the route I took on the map and then use a modified version of Carol McNeill's template to analyse my performance.

After higher priority events, Andy will review the course with me and look at why the errors happened, identify any weaknesses in performance etc. This helps in planning future training objectives. He can often spot problems and errors I've missed or misinterpreted, and suggests ways to resolve them.

I find post race analysis invaluable. If the event went really well, I need to know how to replicate that. Conversely, if I had a terrible run, I need to understand what caused those mistakes so that I can mitigate them in future. There are usually several factors, which need to be identified, isolated and dealt with. Unless I've really thought about it and written it down, all that performance-improving information is lost.

Routine post-race analysis reveals trends and bad habits in my orienteering – e.g. a spate of runs where I've lost height while contouring or misinterpreted veg boundaries. I can then focus on these issues going forward and work out strategies to deal with them.

Which websites/books/training material do you recommend?

Websites:

World of O

Routegadget

Books:

Carol McNeill's book ("Orienteering", Crowood Sports Guides)
"Orienteering Techniques", by Gareth Bryan-Jones (published by the SOA)

Training material:

Whatever I get given at coaching sessions!

All my old maps and analyses (I keep them all and review when I'm doing a similar competition/on similar terrain/repeated a favourite mistake)

Tell us about your night orienteering...where, why, differences to daylight navigation tactics.

So far this season I've done the Western Night League at Ashton Court, an Army night event at Collingbourne in Dorset, a nightmarish SBOC Green course on Cefn Bryn, the South Eastern Night Champs (at Ashridge, over by Aylesbury) and the Southern Night Champs (Holmbury, near Guildford).



Even a familiar forest becomes an alien environment in the dark. It's much harder to interpret features; your torch beam bounces off tree-trunks/vegetation/fog/rain, limiting vision depth; you can pass within 20m of a feature and not see it at all. I can't quite explain it, but there's something deeply satisfying about being able to navigate at speed in your little glowing bubble of torchlight with the forest looming dark all around.

Tactics wise, I rely much more on attack points at night. I take fewer risks, and don't bank on being able to pick out things like funnelling features or contour changes. I pace-count a lot more and rough compass has to be a lot less rough! I slow down so I don't miss things. Depth perception at ground level is much harder, so I'm more inclined to take a circuitous but faster route on tracks rather than go straight through rough and slow terrain.

What is your idea of a good event? area, planning, level of competition, performance, beating people in your own class..

I reckon the most important thing is a well-planned and well-controlled course. A quality area really helps. A great course on a great area is very satisfying, although having an appalling run on it is still hard to swallow!

I used to rate my performance on who I "beat" and would set goals to "win" events or "be faster than so-and-so", but this wasn't very meaningful. It relied as much on other people having a bad run as it did on me having a good one, and that's not a positive thing to aim for. I try to be as good as I possibly can be, and if other people are better on the day then that's an incentive for me to knuckle down and work harder.

You have become a national champion within a year of joining the club. What do you think have been the main ingredients to this success?

Firstly, the field for my age group at the British was quite small. There were some quality orienteers there, but quite a few quality orienteers weren't. Still. I'll take what I can get!

Secondly, hard work bordering on obsession.

Nextly, as much coaching as I've been able to coerce people into giving me – from Andy, from the teams at NGOC coaching sessions, and any other ad-hoc coaching or advice I can winkle out of people.

Lastly, lots and lots and lots of orienteering.

What is your next goal?

- A solid winter training season, carefully planned to minimise risk of illness and injury Being able to run hard and fast, with good flow and minimal hesitation, in low-visibility terrain
- Improving speed and aggression in night events

Events-wise:

- British Nights in February: a focused training build-up and a solid run
- JK 2016
- British Champs 2016
- 2016 WMOC in Estonia (I've got no chance, but it'll be my first experience of orienteering outside the UK and I'm really looking forward to it!)

Helping at WOC 2015
Chris and Gill James



Chris and I originally volunteered to help with WOC almost a year ago and with many other volunteers had meetings with our Team Leaders, Elizabeth Furness being ours, during the JK in the Lake District. We were to be involved with what was called Athletes' Services and it was agreed that Chris and I would share two hour shifts, from 3 – 5 pm, in the arenas rather than in Eden Court Theatre Complex in Inverness.

However just before leaving home in July, we received a request from Elizabeth asking if we could please spare the time to come in on the Thursday prior to the event to help with accreditation and handing over athlete passes to their managers and also to media and guests. We arrived at 9.30am, collecting our uniform of a blue T-shirt and name badges, and left just after 1pm, having found it an interesting experience with unfamiliar languages. Other volunteers were very busy taking and replacing photographs in some instances where requested ones had not arrived so it was impressive to see just how quickly this was resolved. Also dealing with Team enquiries and changes to entry times etc.

Friday, our first official day for helping was in the WOC tent in Forres for the Sprint Heats. We arrived earlier than our allotted time to find that although tents were already there, the loo block was still awaited – it arrived just as crowds were building up. We had little to do there, but sorted out maps and got to know our fellow volunteers rather better, as well as catching up with old friends. Fortunately athletes were unaware of any concerns!

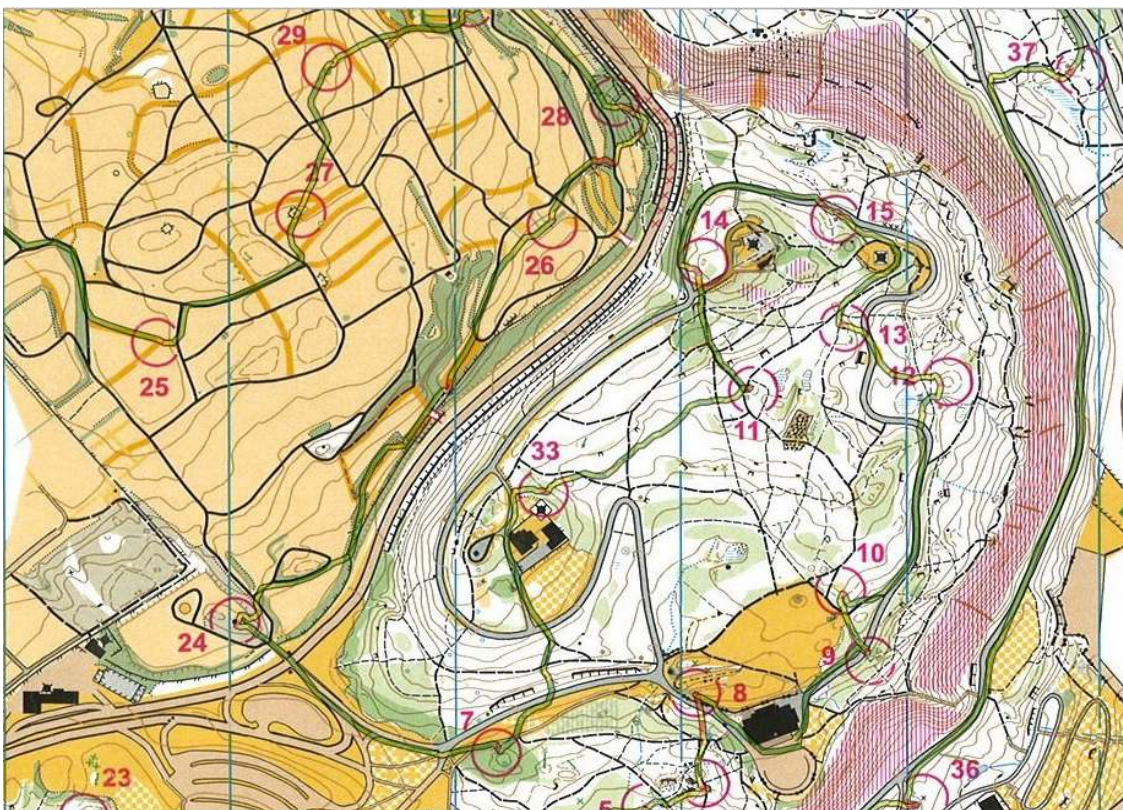
We had to return to Eden Court on the Saturday to collect our own 6 Day bibs, etc and our WOC passes enabled us to beat the orderly queues by getting in before the official opening time. There was also a very good coffee shop in the Theatre entrance which we would use too and meet the family. I popped through to WOC Office and was immediately given a small job, putting updates into Team pigeon holes, which only took a few minutes. We then went on to Nairn for the Opening Ceremony and Sprint Race. Assembly was in a large park near the sea front, which had ample space for spectators standing on banks, the big screen and our many tents. Unfortunately some gazebos were badly wind damaged so unusable. We spent our time sorting out maps for Team officials, VIP guests and the media from various countries as well as going between tents with enquiries which we were unable to answer ourselves. Local people were very impressed with the organisation and the big screen which kept us all in touch with how the athletes were proceeding.

We left whilst racing was still in progress and it was fascinating seeing unobtrusive officials watching each control from a discreet distance to ensure no irregularities took place. It also brought back memories of my childhood swimming off Nairn beach with my cousins and Aunt.

On Sunday we were again in Forres for the Sprint Relay which took place in Grant Park - a great venue, for spectators and locals to see what was happening. Our group was split into two, with some volunteers on map sales and the rest of us on enquiries – the two tents being rather far apart – all good exercise. We had a good view of the big screen and also saw the pre-runners coming through as they tested the courses and ensured that all was operating correctly.

Monday and Thursday were rest days for the WOC athletes, though some took part in the 6 Days competition. Tuesday was the day of WOC Middle Distance and Wednesday the Relay races with Assembly in a superb setting in front of Darnaway Castle, home of the Earl of Moray, and where the Highland "O" Fest also took place. The Earl also kindly opened the Castle Gardens for people to enjoy. Again our time was spent running errands, counting out maps for delivering to Media and VIP guests and helping athletes and Team Managers. Friday was held in Glen Affric, with a few problems for athletes, when a minibus went into a ditch on single track road, which meant athletes who had taken kit with them to the start, did not receive it back for some time, and the day was very windy and cool. All in all a very interesting and challenging week for us all.

ORIENTEERING AT MOUNT ROYAL by Andy Stott



I was delighted to find that my meetings in Montreal at the beginning of November coincided with the annual Mount Royal score event organised by Montreal Ramblers OC. Mount Royal (from which the city gets its name) is a big volcanic lump of rock around which the city is built – the downtown high-rise office blocks and St Lawrence Waterway on one side and the suburbs spreading on the other. It was a cold, wet, windy morning with low scudding clouds but still the vibrant red, orange and yellow leaves clung to the maple trees on the steep and craggy slopes rising above the city. I've been on

the hill many times before as I am a regular visitor to Montreal which hosts the secretariat of the Convention on Biological Diversity, and I have orienteered there once before.

Fortunately the registration was inside the large Pavillion that sits on the top of the hill. We sheltered there for the event briefing, given in English as well as French. Then the 160 competitors trooped outside reluctantly for the mass start at 10.00. My target was to try to do all of the 40 controls within the two hours, but I wanted to choose a route that gave mesome flexibility towards the end. So I headed off down the hill and round to the cemetery at the back where there was a scatter of higher point controls. Not sure I've ever orienteered in a cemetery before. It was fast and soft underfoot but lots of obstacles to dodge! We were using the old punch and card system with difficult to spot ribbons on trees for control kites. Ramblers don't like to use their new electronic kit in the urban park setting. Back on the hill itself there was a lot of contour detail, rock features and low visibility woodland which slowed me down towards the end of the race, and I almost missed out one of the controls. No brambles though! I managed to do all 40 controls and cover 14k within 1hr 53 mins, but I was well behind the winner Tapeo Haarla another visiting orienteer from Finland who got all the controls in 1hr 21 mins. I finished in 13th place.

The Ramblers made me very welcome but I couldn't hang around, I had to rush back for a very welcome shower, and a meeting at 1.00. It was great to see so many youngsters and students out on the course, some in families and others in pairs or small groups – seemingly not too concerned about the weather (and it did clear up as the morning progressed). A great place for novices, but oddly the start and finish were not marked on the map – which could have been a problem!

CAPTAIN'S LOG:

Greg Best

Here is an early warning that I will soon be starting with the recruitment and mobilisation of our team for the up-coming **Compass Sport Cup** match. This year, it is extremely local to us, being held at Cannop Ponds in the Forest on Sunday 13th March, so no excuses will be accepted. I am hoping that we will manage to beat last year's massive team of 66 !! For those that don't already know, the Compass Sport Cup is the national inter-club championship where all of the UK's clubs compete against each other. There are qualifying matches held in different parts of the country, and the winners go through to a national final later in the year.

All club members are very welcome to take part, regardless of ability or experience. Don't worry that a bad performance might hold the team back, as the competition doesn't work like that. Points are scored by individuals depending on their performance on the day. The 25 people who perform best contribute to the team's score, but there are rules to ensure that these come from a wide spread of age classes. Even if you are not among our top 25 on the day, your performance can still be valuable as by finishing ahead of people in other teams, you will limit their scoring potential. The courses available are shown overleaf.

Brown (for men of any age)
Short Brown (M40 or older, M20 or younger)
Blue Women (women of any age)
Blue Men (M50+)
Green Women (W45+, W20-)
Green Men (M60+)
Short Green Veterans (M70+, W60+)
Light Green Men (M18-)
Light Green Women (W18-)
Orange Men (M14-)
Orange Women (W14-)
White and Yellow (non-competitive)

The club will subsidise the competition entry fees. Adults will have to pay £5, while juniors will be free. All entries must be made through me, so please let me know if you would like to be in the team.

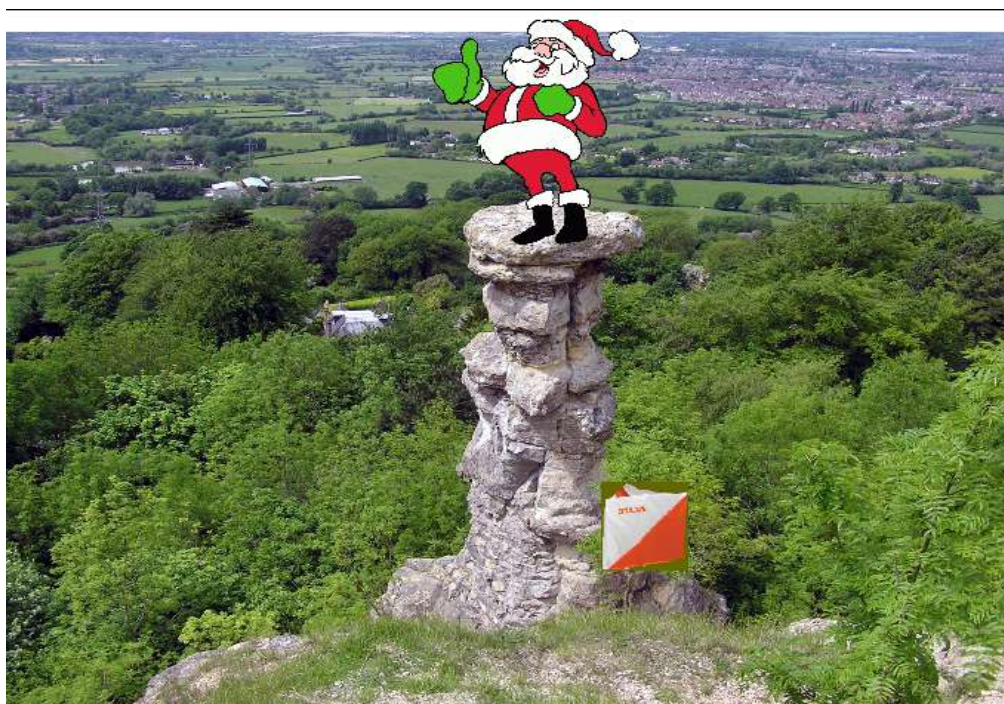
One exciting piece of news is that NGOC's bid to host the **Harvester Relay** next year has been accepted. This will be held on Cleeve Hill on 26th June, with camping and assembly in the field we used for the last league event held there. Clearly, this will be an excellent venue for it, not least because it is unaffected by summer undergrowth. Again, I am hoping for a big turnout from NGOC with it being our event and local. An annual event, the Harvester is an over-night orienteering relay starting at mid-night and continuing past dawn into the early daylight hours. There are two categories, one for teams of 7 and a shorter variant for teams of 5. As legs vary in length and difficulty and there are night legs and daylight legs, all can be accommodated. The Harvester is a very special event, and if you have not done it before, why not give it a try. Why not brush up on your night-O skills by trying some night events in readiness! The Western Night League season has now started, but there are plenty of events left. Have a look at the WNL website for more details.

Unfortunately, the Cotswold Way Relay is on the same weekend. I do, however, think that we should prioritise the Harvester this year, although there may be some who will consider attempting to do both. I managed the "double" last year, but you certainly will not get my recommendation for this act of pure folly!! The CWR is on Saturday during the day, while the Harvester begins Saturday night. Also, BOK's Adams Avery relays are being held on the Sunday, at Dyrham Park, which is also in the Cotswolds, so an insane "triple relay" may appeal to the daft with insatiable appetites and boundless energy.

I thought I would share with you some information on my current **Mapping Projects**. With the combined Cranham/ Cooper's Hill/Sheepscombe map finally complete, I needed something new to fill my limited spare time. So to this end, I have 2 new projects now running in tandem.

With the Harvester coming up, I felt that we should update the gorse thickets on our map of Cleeve Hill, as these are now quite badly out of date, particularly in the southern half of the map. The Cleeve Conservators have done good work to remove a lot of gorse, which has improved access to areas that were previously impenetrable. The easiest way to do this is

with the aid of a recent aerial photo, so after a trawl of the internet, I purchased one that is just over a year old. In addition, the photo clearly shows all of the faint paths that litter the hill, so I intend also to check that our map shows all of the most significant ones. Finally, I discovered that the existing map is out by 5.5 degrees, so this will be corrected. This explains why at the last event we held there, I very carefully ran on a bearing towards a distant clump of gorse, only to be dismayed on arrival to find I was at least 100 metres from where I expected to be.



Devils Chimney, Leckhampton Hill

The second project is one I have considered for several years. One of my favourite places to run and to walk the dog is Leckhampton Hill, and I have long thought it would be great to orienteer there. This lovely hill is famed for its Devil's Chimney and offers plenty of variety and fine panoramic views of Cheltenham and beyond. There is a wealth of contour detail, owing to ancient earthworks and to the extensive quarrying that has been carried out for centuries. The main draw-back for orienteers is that it helps to be a mountain goat or a rock climber to get the most out of it!! I have already made the base map in readiness for the survey. This in itself was an interesting exercise, as it had to be made from several distinct sources. Part of the area is covered by the Cranham Lidar data, another part is covered by the Environment Agency Lidar data. The remaining one third of the total area has no Lidar data available, so the contours for this will be based on the Ordnance Survey. In addition, I have 2 aerial photos taken several years apart, which are very useful, particularly as quite a lot of the area is open land. It will be interesting to see if people can work out where the join is between the lidar and non-lidar! I hope the map will be ready by the summer, so expect to be able to try it out at a league event in 2017.

Greg Best, Club Captain (You can contact me at captain@ngoc.org.uk or 01242 516053)

BEFORE YOU BLAME THE PLANNER by Tom Mills

If you've finished your orienteering course, and your run wasn't the greatest you've ever done...

Before you blame the planner consider the following:

Is the map the right side up.

Is the map the right way around.

Are you the right way around

Are you wearing your glasses.

Have you lost your glasses.

Is this page a blur.

Did you take your medicine.

Did you have a bevy last night

Did you have a bevy this morning.

Can you count on your fingers

Do you suffer from illusions

Are the police following you

Are you following a member of the opposite sex

Is stalking crime

Has something moved the control .

Are you seeing several controls at once

Has something moved the feature

Is that feature a feral pig.

Has something moved magnetic North

Is there a magnetic North.

Do you have a vivid imagination

Is that the moon above you. (Give up if it is)

Is it all a dream.

Are you prone to distractions, for example, Trees

Is incontinence affecting your concentration

Are your underpants the right way around

Are you attracted to sheep

Did you follow that good looking ewe

Do you have a name tags on your clothes

Does your mother know where you are

Does anyone know where you are

Do you know where you are

Do multiple Universes exist

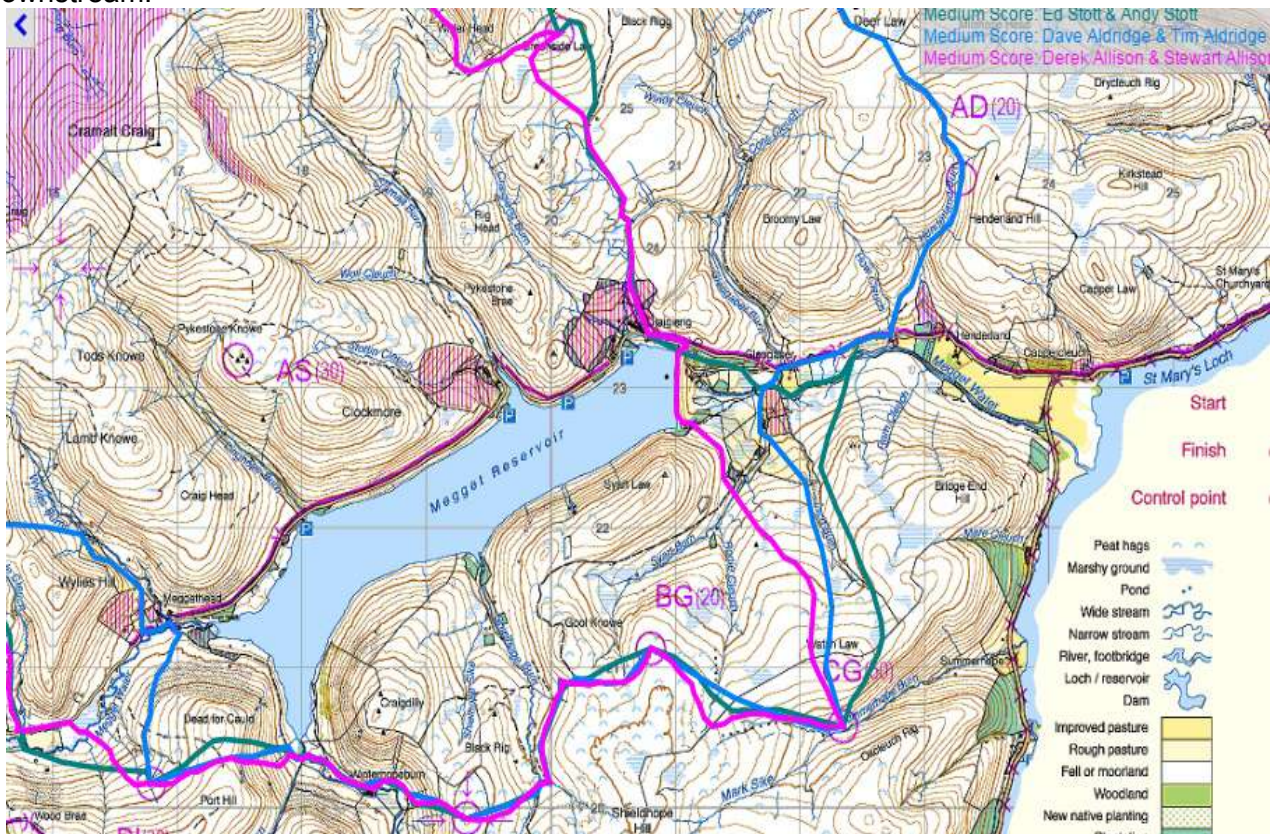
Which one are you in

IF NONE OF THESE APPLY, THEN YOU CAN BLAME THE PLANNER.

Tom Mills

Pride before a fall: OMM 2015 Tweedsmuir Hills, Medium Score, Andy and Ed Stott

We were dead chuffed to be in 4th position at the overnight camp, just 12 points behind the leaders, and so hangs a story. Day 1 started in a downpour with gale force winds and a dimly lit trudge up the hill to be greeted by the cheery start team (Gill, Cate, Sue and Gerry – NGOC in force). Our first leg took us on forest tracks and soggy rides through a dense monoculture of Sitka spruce, but we were grateful for the dark shelter. By the time we emerged on fells the wind had dropped and the rain had lessened, though the rivers and streams were in full spate. We slipped side of Broad Law (840m) and decided on a long loop out to the lower hills south of Megget Reservoir, heading for a jewel of a 50 pointer at the cheerful Summerhope Burn. We made good time on the heavily grazed hills and we weighed up our options for the route back to the overnight camp, just 7km in a direct line. We had seen that the reservoir was half empty after the dry spell, which had just emphatically ceased, so we reasoned the reservoir would be filling (rapidly) and we'd be able to cross downstream.



Well we were right, there was no overflow from the reservoir, but we hadn't reckoned on the torrents issuing from the tributaries immediately downstream of the reservoir. Ed got half way across the Megget River, up to his waist, but it was a wide, fast flowing channel, of dark brown water and I wasn't going to follow. So we had to backtrack a kilometre up the river to a bridge below the dam, the whole episode costing us 30 minutes dear. We now had no option but to take a more direct route to the overnight camp, with fewer points, and that turned into quite struggle through deep, energy sapping mossy tussocks on Greenside Law. Then a bit of jog saw us into the finish, just a minute over the 6 hour time limit. With our early start we were all camped (and cramped) up in a prime spot in the shelter of a tall dry stone wall by 3.00pm, with clothes drying on the fence before heavy

showers rolled in. As the evening wore on we watched the lights of competitors on the line courses still trickling off the fell as we set down for the night at 8.00 pm.

Day 2 had dawned with a portent conjunction of Venus, Mars and Jupiter. After our misadventure with the river we were surprised by our overnight 4th place and as we queued in the chasing start we nursed high ambitions for the day! Route options were limited by last minute access issues (neatly hand drawn on the maps by the aforementioned trusty start team). We set off east for another 50 pointer, sapping energy and time through a heavy bog on the slopes of Black Law, at the same time as putting more distance between ourselves and the finish. As we turned back west, we realised we were over-stretched. The speediest option was a 6km gruelling jog along the road on the north side of Megget Reservoir, flat but hard, painful on tired legs but offering 40 more points at Muckle Cleuch. Which is pretty much how I felt when we got there. Now we had to cut back north over the hulk of Broad Law, with a long ridge slog back to Tweedsmuir Head. On fresh legs and without a looming time penalty this would have been a delight. Our 5 hour time limit passed, our energy faded and our knees started to give way. We staggered into the finish 45 minutes late, earning a 90 point penalty. Needless to say we hadn't closed the gap on the leaders, and finished just outside the top ten. We had covered around 70km over the 2 days. Not a bad result but we should plan better next time..... And thanks to all the helpers!

Old Boys on Tour Quiz by Tom Mills

For those who did not enjoy the luxury of Bearnock Lodge at the Scottish 6 days, a prize of incredible value awaits should any one crack the clues to the quiz below. All you have to do is put a name to the characteristic described. Get them all right and Carol will fund either a huge pint of ale or a Cherry B or if temperance, a Horlicks.

To submit your answers telephone myself via the numbers found in the NGOC members list.

On 0987654321

"Calls from BT landlines are £1.00 a minute, mobiles can be higher."

Alternatively email your answers to tomexjack@gmail.com

Bearnock Boys on Tour were;

Tony (Colonel) Noott

Pat Macleod

Bob Teed

Laurence Gossage

Alan Richards

Roger Coe

Dave Andrews

John Fallows

Tom Mills.

Questions: Who were/are the following?

1. The person with a fetish for laundry becoming the resident Doby wallah`
2. The man who followed Anthea (a bit of alright) to sea, twice.
3. The man who can differentiate large stems of cotton wool from biscuits.

4. The one which knows the technical attributes of cotton wool in water.
5. He who wears black thong underpants
6. The man who made sea to air missiles for a living
7. The person who used Turkey chatter to communicate in Singapore
8. The old soldier who hit a boulder and burnt the arm off of the sergeants
9. Korean campaign greatcoat.
10. Which were the ones to survive Day 5 and attend Day 6.

To get you started here are clues to 1 and 2.

1. Wears glasses and is not Welsh.
2. Had to tone this story down a bit

Wikipedia can be used to research your answers.

Training and Skills Section *Gill Stott*

Our training events have been attracting a larger group of people and a wider range. We have adopted a training theme for each event, then designed the activities for the different levels, TD1-5, around this. We are lucky as a club in that there is a hard working group of people willing to coach people and we try and organise ourselves well enough beforehand so that each person knows what their task is. Sometimes it is difficult, if several new groups of people turn up at once but we manage and aim to keep in contact with all newcomers so that they are kept informed of club events. The Pop Up cafe (renamed Yak Yurt by the Stotts) is proving to be popular and provides an area to discuss activities, courses afterwards.

The younger people seem to enjoy the drinks and snacks too.

So what have we got in store for 2016? Well we are planning a training event each month, adopting our principal of theme based activities, advertising the format of the day beforehand so that orienteers know what to expect and, I hope, helping us improve as a club.



If you have a particular skill you would like to see covered in our future training events, then please let us know on coaches@ngoc.org.uk. Thanks! If you want to become a champion in double quick time – then read Judith's interview and find out how she did it. Judith has attended nearly all of the NGOC training events – (though she has done lots of other things as well).

One idea we would like to adopt, is the creation of a log book for youngsters to keep a record of what level they are achieving and what skills they have covered. Hopefully we can tie this in with the colour coded award scheme. Even our new string courses show map symbols they would find on a real orienteering map – start them off young!

Next training event is on the **30th January 2016 at Blakeney**. Please check our website nearer the time for details.



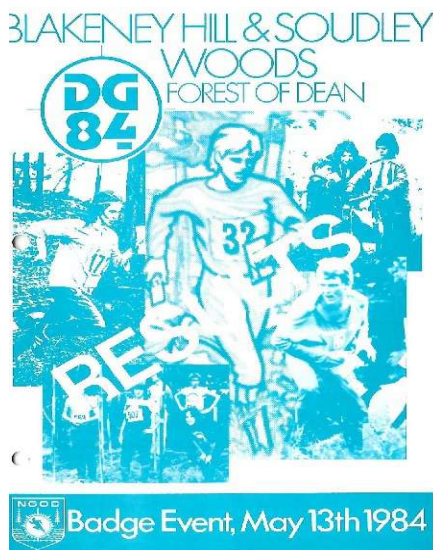
The NGOC Archive: Caroline Craig and Lin Callard

Caroline has been delving in the archives and come up with this classic "*Intelligence and a sense of direction are hereditary rather than acquired virtues*, yet both give their possessors overweening superiority. To be fit and healthy into the bargain, is nine-tenths of the way to being totally objectionable, yet a sport which combines all these characteristics continues to attract more and more followers. Orienteering is now so popular that it is almost impossible for a normal sedentary family to picnic without being jumped on by some sweating person in a tracksuit. They have no time for the botanist or birdwatcher. They do not even see them, plunging ever onwards with their compass and bloodstained map. Off they go from each control point, leaping over burns and through bramble bushes, scrambling over rocks and fallen trees in search of the quickest route round an otherwise peaceful and attractive habitat.

There must be something in it, for it is a sport that attracts women contestants as well as men. This week's events are centred on Pitlochry, and competitors were yesterday required to traverse country around Birnam Wood..." Glasgow Herald, August 9th 1985

RECOLLECTIONS By Lin Callard

The first big event I planned was a Badge Event (whatever that meant) at Blakeney Hill and Soudley Woods with about 500 entries on Sunday May 13th 1984. It was the only event of that years' Double Gloster.



I have two recollections of the event, one of which involved vandalism. To explain what happened an extract from the Planners Comments, that appeared in the printed results, is reproduced here. (with acknowledgements to Tony Noott (BOK), a very well organised man, who provided a copy of the results.)

"Some of you with early starts will have had your runs affected by vandalised controls. We suspected we might have a little trouble and indeed had two controls vandalised on the Saturday afternoon. We had arranged for four continuous Forest Patrols, but the trouble really started about 9.30 am on Sunday morning when we had reports of three flags and punches completely gone in an area where had not expected trouble. This continued until about 11.00am when a gang of five or six local youths, who we believe were responsible, finally decided they were outnumbered and they should create chaos elsewhere. In all we had ten separate control flags vandalised, five of them twice. At the end of

the day we had lost five control flags and twelve punches. We appreciated the fact that none of you registered an official complaint and hope your runs were not spoiled. Next time we will use C.B. radios. They would not have stopped the vandalism but might have speeded up our response."

Dudley Budden (BOK), well known to many of you, was Controller that day and his speed of foot and experience in the police force combined to persuade the offenders to find something else to do. He called them "overactive". I called them something else. So next time you plan an event and have a control disappear, console yourself it was only one. I console myself it was not Friday May 13th. What was the other recollection? You will have to wait for the next Legend. Lin Callard

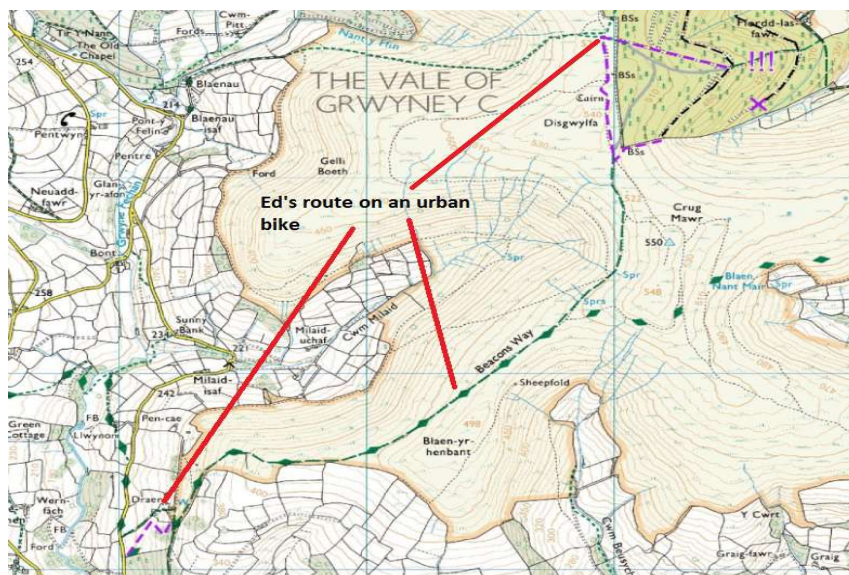
Mountain Bike Orienteering by Gill Stott

I like getting out on the bike but I am not so confident on a mountain bike. All those treacherous downhill bits with loose scree and glaring lumps of rock jutting out as a suicide suggestion at any moment. Then going uphill seems equally difficult, as the tyres slip and the muddy ruts suck the wheels down further.

But mountain bike orienteering is beginning to grow as a sport and maybe half the members are from a biking background rather than an orienteering one. As I am less able to run the fells and walk long mountainous distances I have turned to a bike as a way of getting around. Whilst footpaths aren't really suitable for bikes, the old bridleways or restricted byways are perfect for cycling upon, green lanes and quiet country lanes too.

This summer we tried our first MTBO – mountain bike orienteering event. We piled bikes of all descriptions into our van and set off for Pandy, where an event run by the Black Mountains Mountain Bike Club was being held. As soon as the Stott family arrived, we felt out classed by the sheer range of extra kit other competitors seemed to have. Bikes were being unloaded and primed for optimum performance. Each bike had a map holder (some were home made ingenious contraptions) and of course clothing. What to wear? No studded shoes but mud tolerant wear. One Stott set off on his hybrid bike whilst another set off on his urban commuting bike more attuned to crossing London each day than hiking up hills.

The map was a 1:25000 map of the area which had been slightly reduced to fit an A3 size in a map bag. Then there was a sizeable control description sheet too. Us under equipped Stotts would have to hold those in our hands on the handlebars. It was a 3 hour score event which seemed like a long time to me, until I got out there and was shocked to find one and a half hours gone and more than half the controls I planned to get, still left. It takes a bit of time, to get used to the scale and level of detail, countered by the faster speed on a bike (apart from the rough/uphill bits). The control sites



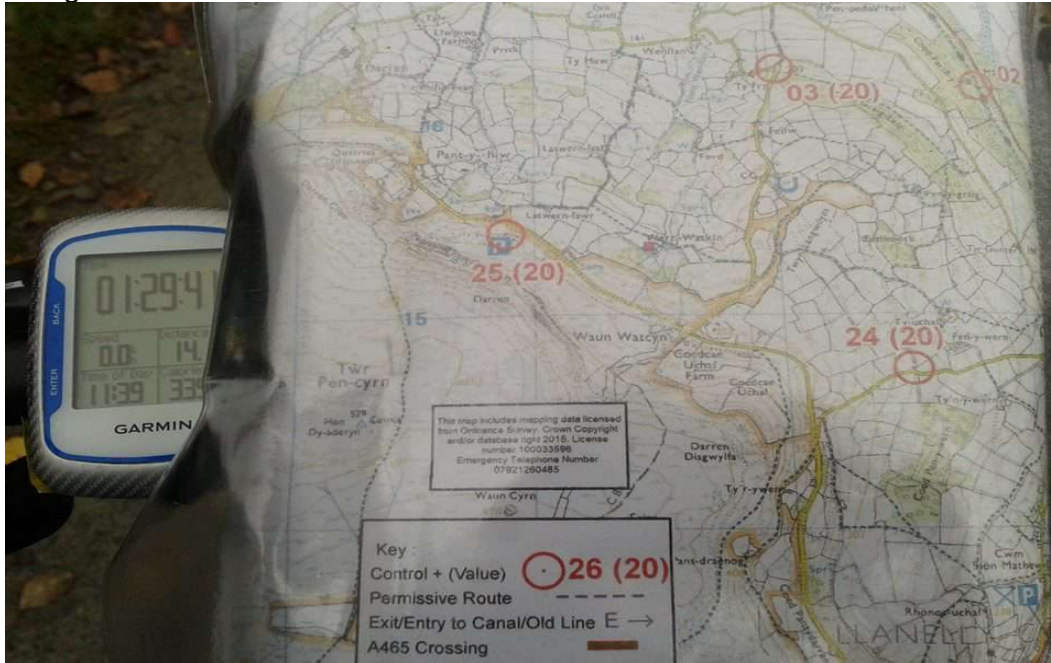
were, to foot orienteers 'easy' – road footpath junctions, track bends, bridges etc. The first control I reached (a bridge – how can you miss that?) I could not see at first. Until I found the SI unit hidden in the grass verge, with a small stretch of tape around a post as a hint. Oh I see. No flag then, you really do have to be right on the spot. Perhaps this minimises public interference.

It was great fun though and, I am proud to say, the Stott on the urban bike managed to somehow ascend Crug Mawr mountain for a control near the

top!

I was less ambitious. Last month, the last score event of the season, started from Gilwern, just outside Abergavenny. Route planning for the three hours was important as half the controls were on

the slopes of Blorenge mountain and the other half were on Sugar Loaf. I opted for the tranquillity of the Brecon Canal with a bit of climb. After the three hours we piled into an outdoor pursuits centre to receive a bowl of chilli, gallons of tea and a group discussion on routes and the map with other competitors. MTB pros felt we had the navigational advantage whilst we envied their MTB skills. It was good to see a significant number of young people, covered head to toe in mud, grinning and enthusing over their three hour tour of the hills and mountains.



Then home, a much needed wash and post event analysis, with thoughts of 'if only I had gone to two more controls...' The reason I enjoy it is that the events are designed for all cyclists, from cautious bikers to adventurous. Then there is the planning element and careful study of the climb involved. Did I need a compass? Not really but I did take some photos.

Fancy a go? Well there are three 2 hour score events taking place January- March, Wentwrod, St Briavels Common (which I am planning) and from Pedal-a-bike-away in the Forest. Details can be found on the MTBO website <http://www.bmbo.org.uk/>

BRITISH ORIENTEERING EVENT SAFETY WORKSHOP **SWOA sponsored with BOK**

BOK will be running a free Event Safety Workshop (sponsored by SWOA) in December. It is open to members of all SWOA clubs and others.

We will discuss event safety issues, drawing on the skills and experiences of the participants. The workshop is also open to any interested orienteers young and old. Note that organisers of Level C events and above, officials of Major Events and new and upgrading controllers are currently required by British Orienteering to attend. From 2017 all organisers, planners and controllers will be required to attend this workshop.

Date: Monday 7 December 2015

Times: 7.0pm to 10.0pm prompt

Location: 19 Bramble Drive, Bristol, BS9 1RE

Food: Hot/cold drinks. Baked potato with cheese/salad from 6.0pm if preordered.

Contact and tutor: Katy Dyer BOK, 0117 968 4173 evenings

Registration: please contact Katy to register for this course. There is no cost.

family.dyer@blueyonder.co.uk

Results Corner

Vets Home International September, West Wales.

2105 and we had TWO NGOC club members, running for England who won their class, Judith Austerberry, W40 and Bob Teed, M75

Well done both – we're proud of you!

At the Scottish 6 Day, Andy Creber was 13th overall (M55S), Bob Teed 14th (M75)

Southern Night Championships

Richard Cronin 13th

Judith Austerberry 34th (1st W40)

Caddihoe Chase, Devon

Pete Ward 1st, M45

Paul Taunton 6th M65

Lin Callard 1st M80

Jessica Ward 1st W10

Rebecca Ward 1st W12

Judith Austerberry 2nd W40

Nov Classic:

Christophe Pige, 1st M40 on Short Brown

Judith Austerberry 1st W/W40 on Blue

Quite a good NGOC representation with David Lee, Bob Teed, Allan McCall also putting in good runs.



South East night champs: (Ashridge East)

Andy Creber 1st on Blue, 14 minutes ahead of his nearest competitor. Judith Austerberry 1st W

Lakeland November Weekend, 7th/8th Nov (UKOL events) thanks Judith for this

A great weekend's orienteering in some challenging conditions with storm Bridget coming over. Well-planned courses on quality areas more than made up for the wet and windy weather. As these were the last two events of this year's UKOL a large and very competitive field was present to enjoy the varied delights of Simpson Ground and Bethocar Moor.

Day 1, Middle, Simpson Ground: Allan (right) was 79th on Brown (4.2km, 21 controls); Judith was 19th/2nd W40 on Blue (3.7km, 20 controls)

Day 2, Long, Bethocar Moor - conditions were tough with strong winds, heavy rain and low cloud but the hilly and rough terrain was superb. Allan had a good run to come in 36th on Short Brown 2; Judith was 13th/1st W40 on Blue 1.

BOF Rankings – filtering NGOC, ranked by number of points. Top 20.

Your name not there? Well have a go at getting in the top 20 by competing in any event which has an 'r' for ranking attached.it..

If you want to see the whole list, it's here <http://www.britishorienteering.org.uk/index.php>

You can Filter the Rankings List by selecting from the Club, Age and Gender dropdown menus and clicking "Filter". Events that are part of the Ranking Scheme will be denoted by an "R" in the Fixtures List. It's all change this time!

1 (72)	Richard Purkis	NGOC	1993	M	7914	1309, 1329, 1334, 1304, 1308, 1330
2 (109)	Andrew Monro	NGOC	1969	M	7802	1287, 1282, 1313, 1312, 1308, 1300
3 (222 +19)	Peter Ward	NGOC	1970	M	7606	1249, 1278, 1276, 1268, 1251, 1284
4 (285)	Joe Gidley	NGOC	1988	M	7515	1245, 1272, 1244, 1243, 1245, 1266
5 (327 -33)	Richard Cronin	NGOC	1989	M	7436	1243, 1233, 1263, 1242, 1232, 1223
6 (369 +94)	Andy Creber	NGOC	1958	M	7392	1251, 1223, 1210, 1225, 1199, 1284
7 (553 +1)	Caroline Craig	NGOC	1984	F	7225	1187, 1188, 1194, 1187, 1227, 1242
8 (563 -1)	Andy Stott	NGOC	1959	M	7217	1187, 1202, 1189, 1199, 1237, 1203
9 (673 -10)	Judith Austerberry	NGOC	1974	F	7105	1207, 1180, 1182, 1179, 1178, 1179
10 (780 +7)	Scott Johnson	NGOC	1978	M	7018	1170, 1157, 1148, 1222, 1152, 1169
11 (889 -166)	Christopher Harrison	NGOC	1958	M	6947	1228, 1167, 1151, 1159, 1164, 1078
12 (985 +66)	Christophe Pige	NGOC	1971	M	6879	1148, 1136, 1121, 1122, 1187, 1165
13 (1104 +3)	Tim Stott	NGOC	1986	M	6793	1068, 1151, 1116, 1209, 1143, 1106
14 (1117 +2)	Greg Best	NGOC	1962	M	6784	1113, 1183, 1086, 1140, 1100, 1162
15 (1134)	Joe Parkinson	NGOC	1962	M	6768	1159, 1113, 1110, 1137, 1116, 1133
16 (1166 +3)	Alistair Ross	NGOC	1987	M	6744	1102, 1194, 1126, 1136, 1097, 1089
17 (1202 +5)	Allan McCall	NGOC	1967	M	6720	1109, 1119, 1125, 1157, 1106, 1104
18 (1324 +2)	Anders Johansson	NGOC	1973	M	6631	1056, 1157, 1119, 1078, 1124, 1097
19 (1441 +2)	Pat MacLeod	NGOC	1947	M	6535	1069, 1091, 1096, 1168, 1013, 1098
20 (1504 -3)	Neil Cameron	NGOC	1946	M	6507	1049, 1078, 1116, 1052, 1117, 1095

FORTHCOMING EVENTS

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

O'Brien's all encompassing orienteering fixtures map of the UK – just type in your postcode

<http://oobrien.com/map/?p=GL15TE&d=on&c=All>

Sun 6 Dec 2015	Level C	SWOC	Welsh League Event 2015	Caerphilly Mountain
Sat 12 Dec 2015	Level D	NGOC	NGOC League 12	Knockalls Inclosure
Sat 19 Dec 2015	Level D	HOC	HOC Club Champs	Callow Hill
Sun 27 Dec 2015	Level D	SWOC	Xmas Score	Gaer Fort
Fri 1 Jan 2016	Level D	NGOC	New Years Day Score	Crickley Hill Country Park
Sat 9 Jan 2016	Level D	BOK	BOK W N L	Stockhill
Sun 10 Jan 2016	Level C	BOK	BOK & ASO Event	Stockhill
Sat 16 Jan 2016	Level D	NGOC	NGOC League 1	Bixslade
Sat 23 Jan 2016	Level D	BOK	BOK Winter Series	Goblin Coombe
Sat 23 Jan 2016	Level D	NGOC	W Night League	Blakeney

Current Club League Standings– with 2 more to go.

BLUE

- 1 Andrew Monro HOC M45
- 2 Joe Gidley NGOC M21
- 3 Scott Johnson NGOC M35
- 4 Caroline Craig NGOC W21
- 5 Nick Dennis BOK M55
- 6 Chris McCartney OD M45
- 7 James Wilkinson HOC M21
- 8 Mark Burley BOK M21
- 9 Anders Johansson NGOC M40
- 10 Simon Denman NGOC M50

GREEN

- 1 Rachel Dennis BOK W45
- 2 Dave Hartley NGOC M60
- 3 Steven Harris NGOC M35
- 4 Mike Farrington HOC M60
- 5 Paul Hammond HOC M50
- 6 Philip Bostock NGOC M50
- 7 Brian Laycock HOC M65
- 8 Hannah Bradley NGOC W40
- 9 Robert Teed NGOC M75
- 10 Lin Callard NGOC M80

ORANGE

- 1 Peter Watson NGOC M14
- 2 Ashleigh Denman NGOC W45
- 3 Rosie Watson NGOC W12
- 4 Cadence Ware NGOC W16
- 5 Rebecca Ward NGOC W12
- 6 Carol Farrington HOC W55
- 7 Gaye Callard NGOC W75
- 8 Susan Perry NGOC W50
- 9 Ann Brown NGOC W55
- 10 Anne Palmer BOK W65

YELLOW

- 1 Reuben Lawson NGOC M9
- 2 Ella May Rush BOK W10
- 3 Seth Lawson NGOC M7
- 4 Jessica Ward NGOC W10
- 5 Rose Taylor HOC W9
- 6 Thomas Harris NGOC M3
- 7 Max+Tim Besien IND M8
- 8 Rowan Murrin IND M5
- 10 Freddy Troy WYEVENTM12



AND FINALLY

Thank you all again for your diverse and interesting articles.

Please keep them coming – from out of the way different events you have been to, to ideas about race strategies, injuries (no moaning mind, keep it positive!), other types of orienteering related sports you have tried...it's all good. Gill Stott legend@ngoc.org.uk

Next planned edition of legend due January 2017.

Next NGOC COMMITTEE MEETING 7th December 2015, Room TC218A , Oxstalls Campus



Source <http://www.pitchero.com/>