

The Legend

Number 203



Newsletter of
North Gloucestershire Orienteering Club
October 2022

www.ngoc.org.uk



NGOC Committee

The Principal Officers	
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Treasurer Alan Pucill treasurer@ngoc.org.uk	
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Membership Secretary Ginny Hudson membership@ngoc.org.uk	Equipment Officer Pat MacLeod equipment@ngoc.org.uk
Mapping Officer Ian Phillips mapping@ngoc.org.uk	Development Officer Post vacant
Communications & Publicity Officer Tom Cochrane communications@ngoc.org.uk	Fixtures Secretary & Permissions Officer Greg Best permissions@ngoc.org.uk
Welfare Officer Judith Taylor welfare@ngoc.org.uk	Club Captain Suzanne Harding captain@ngoc.org.uk
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Volunteer Coordinator Ian Prowse volunteer@ngoc.org.uk	
Other Useful Non-Committee Contacts	
Club POC Manager Caroline Craig pocs@ngoc.org.uk	

The above shows the committee structure following the 2022 AGM

Front cover: Training in the Czech Republic . . .

Chairman's Chat

Welcome to the three new committee members, Ginny, Suzanne and Ian, who were elected at the AGM. It's good to see some new faces joining in with the running of the club. *(Their contact details are provided on the opposite page)*. I'm sorry to say we have yet to find replacements for Pat Macleod as Development Officer and Gill Stott as Club Coach. If you feel that you might be able to assist the club in either of these roles then please speak to me - you'll find me at most events. *Also, a reminder that I have now served two years as chairman so, according to the club constitution, I must step down at the 2023 AGM.*

In my annual report to the AGM I said "Recently, the club was also represented in the Southwest junior orienteering squad (SWJOS) at the Junior Inter-regional Championships (JIRCS) in Northern Ireland, with some successful runs (but no silverware)" and said that hopefully somebody would correct me if I have missed any other junior successes. **My apologies to Reuben and Seth Lawson who ran in the same event, but on behalf of the Welsh junior squad, and contributed to Wales's best result in the JIRCS since 2016!** Well done to you both.

Following the recent League event at Parkend, we received a complaint from a horse rider that there had been no warnings of the event and inconsiderate orienteers had spooked her horse. This is the first time, to my knowledge, that we have received a complaint from a rider. Nevertheless, on 22nd September (within a week of her complaint) we responded with an apology and suggested the following:

- We will put out more warning notices (a condition of our permission from Forestry England) at least a week in advance of the event;

- The safety section of the details of the event provided for competitors will include a warning to runners to give plenty of space to horse riders.

There has, to date, been no response from the complainant. Signs warning the general public of our recent event at Headless Hill were erected well in advance of its date.

This year NGOC got off to a slow start in the UK Orienteering League. Now, with only one event to come, we remain in 22nd place out of around 100 clubs. I don't think the club will have sufficient runners scoring in the final race, the November Classic (in the New Forest on 6th) to match our 10th place last year but we might get a few more points, as seven NGOC members have entered already. Currently our highest placed individual in the UKOL is Rebecca Ward who has increased her score to 376 points out of a possible 400 from her best 8 races, keeping her in third place in W20. Well done Rebecca!

The big August holiday event this year was the Lakes 5-days. The weather was good, although unpleasantly hot on the last day. The (expensive) ice cream van in the assembly area had a queue longer than the toilets! Walks to the start were, as is often the case in the Lakes, arduous, like a route described in one of Wainwright's guidebooks. On Day 2 at Threlkeld Knots what appeared to be a crowd of ants on the fell side opposite the car park was in fact the start! I was pleased to see that 22 NGOC members took part. Congratulations to overall (4-days counting) prize-winners Rebecca Ward (2nd, W20L) and Helena Clarke (3rd, W10A), who I believe received prizes of sticky toffee pudding and trees planted in their names on the Isle of Mull!

This year's Harvester relay, originally scheduled for 13th August in Dumfries, seems to have been quietly cancelled, and I can't see any explanation why on the FVO website. Maybe a lack of entries? A great shame, as an overnight relay is an unusual event. Starting your run in pitch darkness and then seeing the

sun rise before you reach the finish is a wonderful experience! Maybe NGOC should consider agreeing to stage the Harvester again in a couple of years?

The other popular August holiday event used to be the White Rose, and it was held for the 50th time in 2022, but I'm sorry to say that the Tauntons were the only NGOC members who took part this year. Samuel added to the family collection of White Rose mugs by finishing 3rd in M35L over the 2-day event.

This September the Caddihoe Chase was held at Haytor and Houndtor in Devon, with the southern (and additionally the southwestern) classic-distance championships held on the Saturday and the southwest middle-distance championships on the Sunday. The Caddihoe trophies were awarded for total times over the two days, although Sunday's race was run without the traditional chasing start. **There were three NGOC winners during the weekend:** Vanessa Lawson (southern champion W50L), Ros Taunton (southwest champion W70L and Laura Clarke (Caddihoe champion, W40). Apologies to Laura as I didn't stay for the Trophy presentations so don't have a picture of her to include. Can I remind everybody that next year NGOC is hosting the Caddihoe over the weekend 30th September/1st October? Plans are at an early stage, but it is intended that the event will be based on our Mallard's Pike map, with parking at Speech House field, and will again include southern and southwestern championship events. The Veteran Home Internationals will be run on the same areas in parallel with the Caddihoe. Please put those dates in your diary now, as the complexities of the weekend will demand more than usual numbers of helpers for this event!

Our juniors have been busy too, Seth and Reuben Lawson finishing as runners up in the Welsh championships in M14 and M16 respectively. Then they travelled to Scotland with the Welsh junior squad for the JHIs in Aviemore, doing relays at Loch Vaa and individual races at Creag Dhubh. Jessica Ward also took

part in the JHIs. Another success for Reuben, as he has been selected to run in the Welsh M20 team at the SHIs in November.

Last weekend a strong team of 21 runners (*not quite a full team of 25*) travelled to Devilla Forest, near Stirling, for the final of the CompassSport Cup. Competition was fierce, as we were up against the best clubs in the UK, like SYO (currently top club in the UKOL) and Forth Valley Orienteers on their home ground with an entry of over 100 runners! Thanks to Shirley for arranging the coach travel (shared with HOC) and succeeding in getting together such a good-sized team for an event so far away. **The headline news is that we beat BOK!** They couldn't persuade enough people to go to make up a reasonably sized team. So special thanks to every one of our team for making the effort to travel all that way. Following some excellent individual performances we ended up in sixth place (of the nine clubs that qualified). Better luck next year, when the final will be closer to home, a BOK event, possibly at Gare Hill near Frome.

Paul Taunton



Above: some of the team the night before the CompassSport Cup

Below: some of the team before the start





On Day 2 of the Lakes 5-days at Threlkeld Knots: what appeared to be a crowd of ants on the fell side opposite the car park was in fact the start! (See next page for detail)





Vanessa Lawson (southern champion W50L),



Ros Taunton (southwest champion W70L)

(NGOC's Rosie Taylor, Jessica Ward and Reuben Lawson recently attended a training camp in the Czech Republic and Seth Lawson attended a training camp in Scotland. Thank you to all four of them for writing of their experiences for Legend)

Czech Junior Tour 2022

by Rosie Taylor

The JROS training camp to the Czech Republic was like no other. It was a week of wonderful and valuable experiences, and of course, incredible orienteering.

Young athletes from across the UK came together in the Czech mountains east of Liberec, for a week of training in foreign terrain. The overall aim of the camp was to give us the chance to experience orienteering abroad and see how it differs from racing at home. We became familiar with how terrain was mapped in the sandstone and mountain regions, for example the use of beech trees which contrasted with the coniferous woodland. These beech trees were mapped as distinctive trees and so we had to practise looking up at the canopy in order to spot them. This was one of the new techniques we found ourselves using often in the foreign terrain. In the sandstone terrain I had a lot of fun, winding around the 'rock cities' always in awe of the impressive rock pillars. I found myself going very slowly in these areas because it was so easy to lose contact with the map! The sandstone terrain definitely sharpened my navigation, especially under pressure as our races at the end of the week were in this type of terrain. What we learned in the terrain was reinforced by the evening sessions we had, allowing us to consolidate our knowledge and ask the coaches lots of questions! The evening sessions included a WOC analysis session (following a day spent on the WOC 2021 middle area) and a talk from Czech National Team member Tomáš Krivda.

We had three days of racing at the end of the week and I really, really enjoyed it, it gave me a chance to incorporate all the skills I learned over the week. It also allowed us to meet other orienteers our age; as most of them spoke incredible English we were able to discuss routes and chat about our favourite terrain. There was a great vibe at the races with delicious food available and o-kit stalls that tempted many of us.

The tour was a great way for us to get to know each other, after not having the best of luck with camps thanks to Covid. We stayed at Potávárna u Havrana (AKA Raven Haven), a guesthouse run by orienteers. Each day we were spoiled rotten, the breakfast was the perfect way to start a day of orienteering and the dinners never disappointed, from dumplings and potato pancakes to homemade pizzas on our last night. We also had free roam of the Raven Haven's facilities which included a volleyball court, a hot tub, sauna, plunge pool, teepee, fire pit and even a resident llama! I found that we were given a lot of freedom when we weren't orienteering and so our spare time was spent with rounds of chess, intense volleyball games and exploiting the hot tub and sauna. We even had a cook-out around the fire pit with guitars and dancing. On our final night we were treated to traditional Czech dancing lessons which I really enjoyed, this was followed by a ceilidh and then a talent show. All of this wouldn't have been possible without our lovely hosts who welcomed us with open arms and truly made us feel at home. It's safe to say that the Czech Tour couldn't have gone any better.

I'd also like to say a big thank you to NGOC for the support, I am truly grateful.

Rosie Taylor

Next page: Day 3 Pekne Prazdniny



2022 CZECHIA TOUR

by Jessica Ward

My time at the Czech tour was an adventure, a fun one too. Starting with a successful attempt to navigate our way around Stanstead airport, with a few friends and little flying experience on my part, in order to get on the flight to Czechia. From that point on we were faced with new technical orienteering terrains, meeting fellow orienteers and plenty of entertainment and memorable moments.



Training day

The week began with three days of training so that we could get used to the new terrain, practice certain areas of our orienteering, and fine tune some of our current skills. There were a lot of coaches on the tour which meant that we had plenty of chances during training to be shadowed to get feedback on how we orienteer and areas we can improve on. We then had a (mostly) rest day, followed by three days of competition.

The orienteering in Czechia was interesting to say the least with hundreds of rock features including towering crags and unusually large boulders. Lots of chances to roll over ankles as demonstrated by several people. But when done properly, was lots of fun to jump off them and navigate the best way down. But we can't forget the climb, my legs certainly won't be recovering for a while! Small relays and other variations of orienteering was something we did at the end of each day of training, as well as a

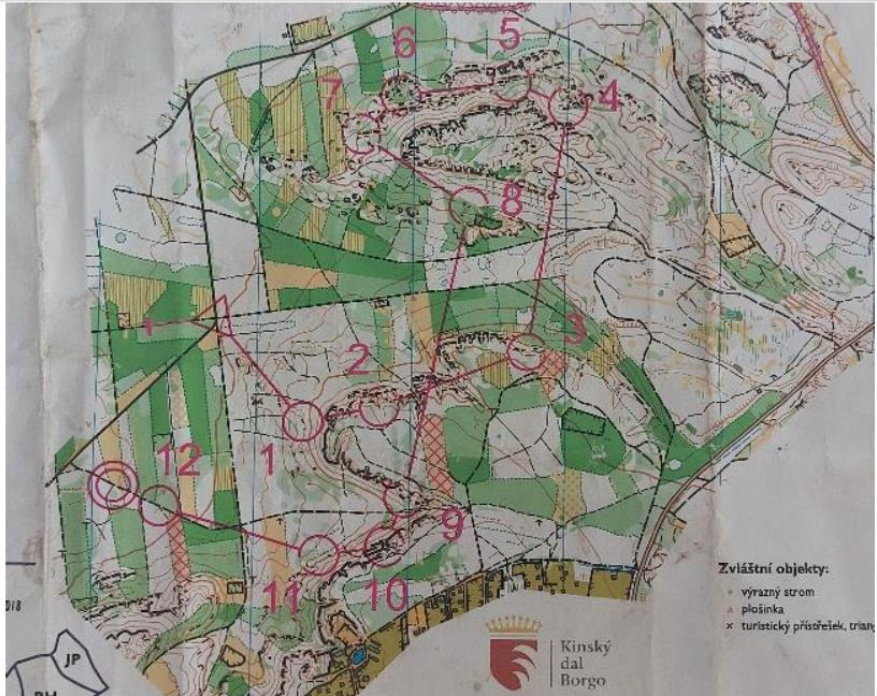
micro-O on the rest day. Race days were a great experience, and it was interesting to compare how well we did in comparison to the Czech kids as well as each other. Something we all noticed about orienteering in Czechia was how much less competitive people appeared to be despite how good they were. It surprised us that around the woods you would constantly see orienteers talking to each other about where they were and what controls they were going to.



sandstones training area

But you have to remember, it wasn't just orienteering we did as, of course, one of the best aspects of any training tour is the socialising. After each day of training there was an option to go swimming, including a visit to a waterpark on the rest day. There were also chances on the training days to explore the caves and go climbing around the huge stone structures created by the towering crags we had previously been orienteering around. And then there was volleyball, music, and a hot tub and Sauna, all accessible at the accommodation we stayed at.

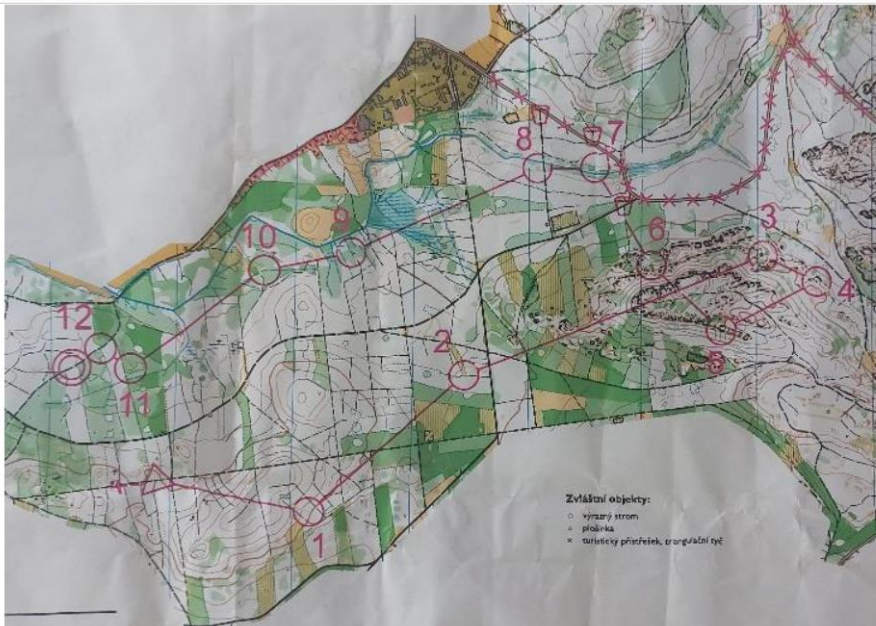
The accommodation was lovely, especially as the owners have their own experiences with orienteering. It was here that we had the chance to experience traditional Czech food, and plenty of it too! I think we would all agree it was delicious and that we loved the friendly staff.



Day 1 course for D16(W16)

With our return flight cancelled and so an extra two nights at Czechia, we were given a couple of chances to explore Prague city centre at night and, despite being orienteers, it was a miracle we didn't get lost! The city was absolutely stunning though, and we had lots of fun looking around.

Evenings were an eventful aspect of the tour, with lots of people lacking in much needed sleep by the end of the week, something that was expected but not necessarily supported. We also had evening talks with the coaches, including either a presentation or a race analysis of the day as well as one night involving a strength and conditioning session.



Day 2 course for D16(W16)

I think my favourite part of the tour was getting to know the other athletes to a better level throughout the week. I personally think it's important to get to know the people you see on the results all the time, so they become people and friends rather than words on a screen. It makes the races more competitive as well as you get to compare your routes with friends.



Day 3 course for D16(W16)

Overall, I really enjoyed my time on the Czech tour, and I think as well as improving my orienteering, it helped me to become more independent from the experience of going abroad and having to do so much by myself or with a few other kids. The coaches were wonderful and with us the whole time helping with our orienteering and guiding us on what we should be doing throughout our time there.

Jessica Ward

Simon & Ashleigh win top prize

At the Chris James Memorial Event Simon and Ashleigh Denman won the raffle prize of a 2-night stay at Greg and Sophie Best's hotel - Cheltenham's answer to Fawlty Towers (Greg's words, not mine)! They took advantage of this in mid-July, which included a very pleasant evening being wined and dined in the garden. The photo below is a selfie they took outside the hotel and the other is of them being waited on hand and foot at breakfast by the long-suffering landlord.

Bearing in mind Greg's comments about a well-known television series you might like to think of a caption for the second photo.



Caption Competition



Send your entries to legend@ngoc.org.uk

Czech tour 2022

by Reuben Lawson

The tour started on the 13th of August where Jess Ward, Rosie Taylor, Freddy Lake (SBOC) and I drove to Stanstead airport to catch our midday flight. There we met up with roughly half of the athletes on the tour and we all got on the aeroplane together. When we arrived in Prague we met up with more athletes and our coaches who drove us two hours to our accommodation: Potkavarna u Havrana near Liberec in the north of the Czech Republic. In the evening the coaches introduced themselves to the athletes and told us the plan of the week and told us to get a good night's sleep, which we did as we were all pretty tired from a day of travelling.

The next day we woke up and ate breakfast (delicious meals were a common theme at the accommodation) before leaving to do a morning of training at Bramberk. The area was lovely, pine trees with distinctive deciduous trees in abundance all over the map; the green was fairly runnable; boulders and crags scattering the entire woodland, on the smaller side compared to the later days. However this still didn't stop me jumping off a crag and rolling my ankle on my second exercise and being forced to stop for the day. We came back, had lunch and went back out to do a 'friends relay':

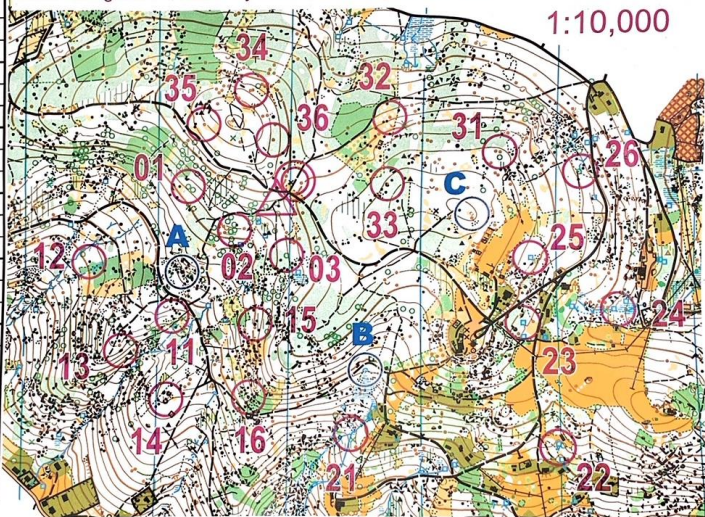
Czech Tour Day 1	
Fwends	5.2k max 1.6k min
01	▲
02	▲
03	▲
A	III ▲
11	▲
12	▲
13	III
14	▲
15	↓ ▲
16	III ▲
B	III
21	III
22	III
23	III
24	III
25	III
26	III
C	III
31	→
32	●
33	●
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35	●
36	●

*** Friendship Relay ***

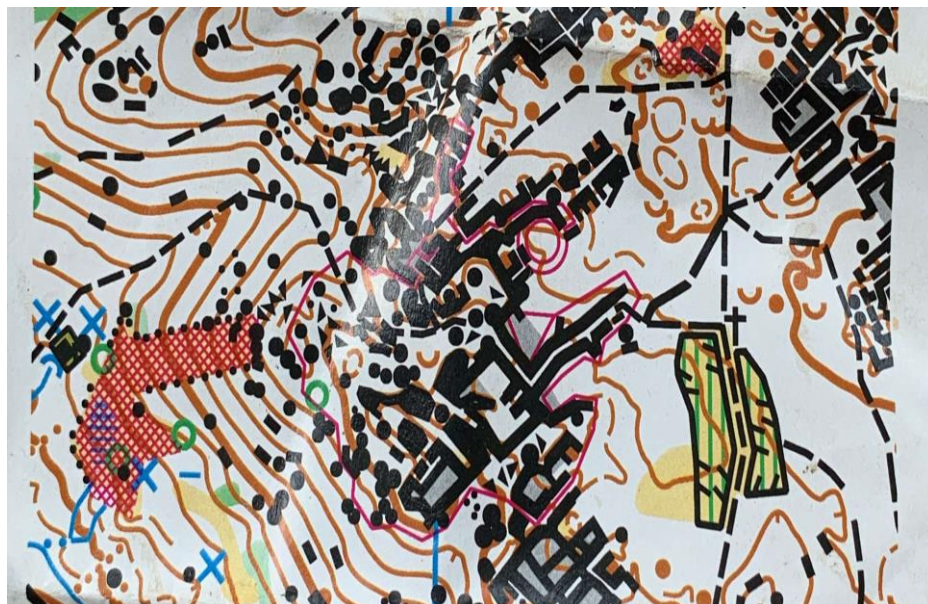
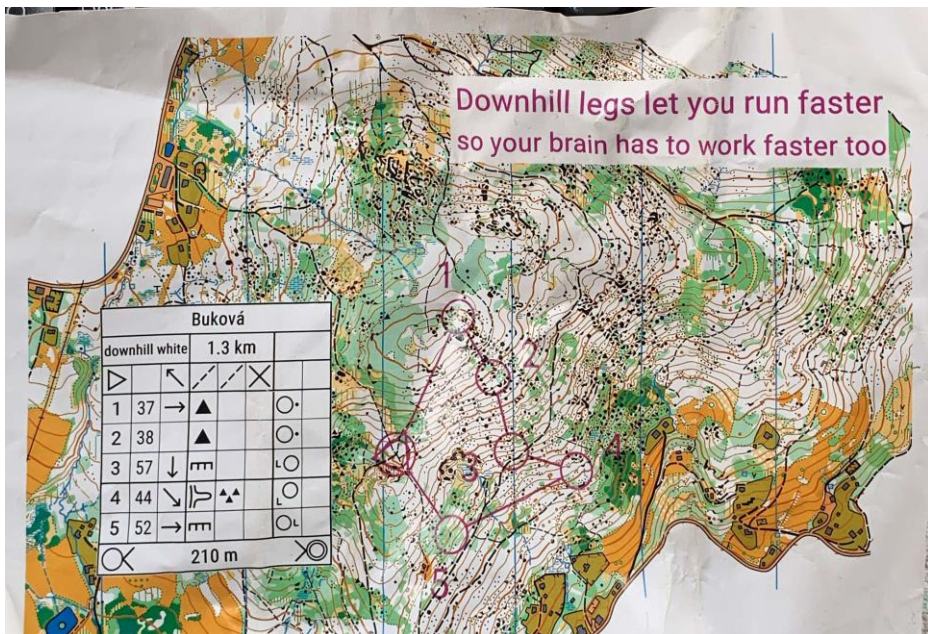
A member of each team must visit every pink control.
 All team members must meet at A, B and C before moving onto the next set of controls
 5.2km straight line if visit every control, 1.6km if just visit ABC



1:10,000



On the second day we drove a little further to a place called Bukova where the WOC 2021 middle distance events were held. The terrain here was a lot more varied than the previous day. The green was very difficult to traverse but the white was all very runnable, the boulders and crags also seemed to be bigger (which was a sign of what was to come). I did an exercise which was basically all in the green; this forced me to really stay on my compass as even walking through the green in a straight line was difficult. I did multiple other exercises that day, one of which was the downhill white:

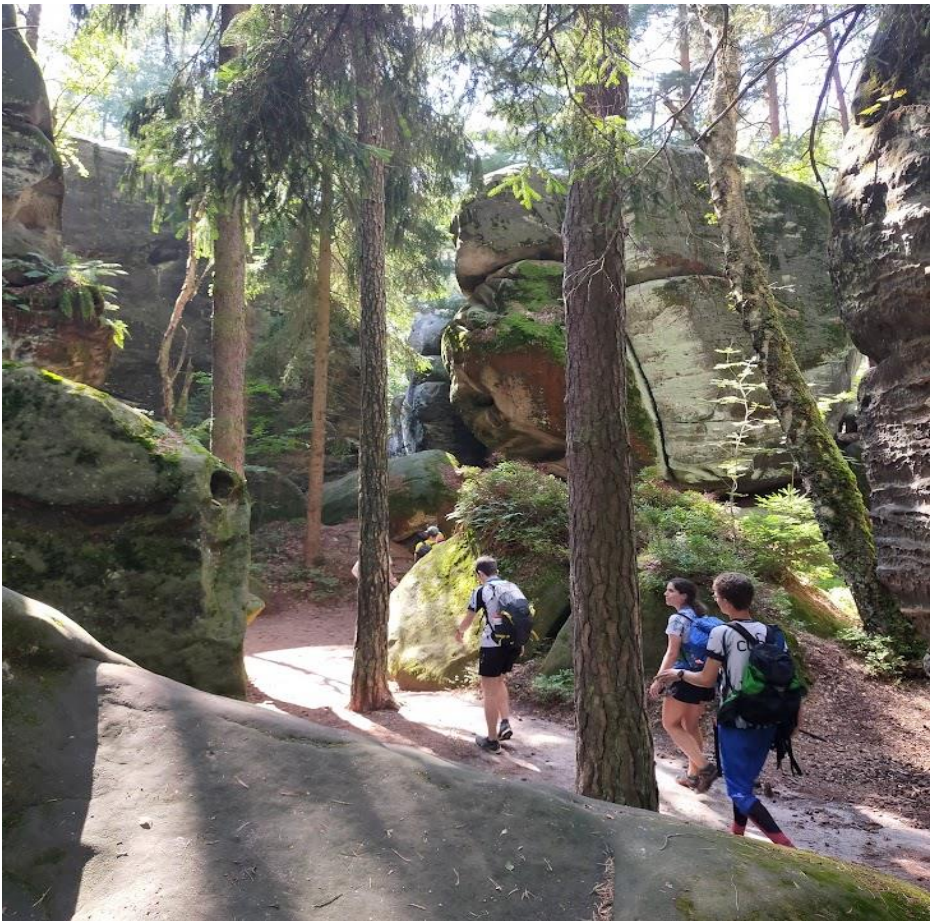


Later in the evening the coaches told us that some of the legs we had done were actually legs in the WOC 2021 middle so it was

fun to compare what we did compared to the professional athletes using Routegadget.

For day 3 we went further afield to a place called Kalich, our first sandstone area. This was by far my favourite area; it was quite literally a maze of boulders and cliffs, some of them reaching up to 20m tall. On my first exercise I did a line course which seemed like some sort of cursed urban course with crags instead of buildings, very good fun.

Later after the training we had a little explore of the area, here are some pictures to put the crags into perspective:







On our rest day we went to a waterpark which was really good fun.

For the next three days we took part in Pěkné Prázdniny, an annual Czech event in a really quite tough area. The camp only included days 1 and 2 but due to our home flight being cancelled we were able to participate in day 3 as well.

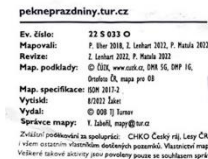
KOST

1:10 000 ekv. 5m



BRANŽEŽ

1:10 000 ekv. 5m



Selection of photos from the official photographer over the event:







After this event we changed accommodation and stayed in Prague for two extra nights because our original flights were cancelled. During this time we explored the city. On our first experience with the Prague metro we athletes got on a train without realising that it was about to leave, so the coaches didn't have enough time to get on it before it departed.

On our last day, my and Freddie's alarm didn't go off, so we woke up when we were supposed to be leaving. Packing was a little hectic but we got to the airport on time.

The 2022 Czech tour was amazing, the best JROS camp I've ever been on. I felt my technical ability improved a lot and I look forward to putting this in practice over the coming season.

Reuben Lawson



CLUB SEARCH

Can you expand these abbreviations into the full names of orienteering clubs? Or are you true NGOC (Never Goes Out of County) and know nothing about other clubs? Answers in Brashings.

AUOC _____

BUMC _____

EBOR _____

ELO _____

HALO _____

HAVOC _____

INT _____

KFO _____

MWOC _____

OROX _____

STAG _____

WAROC _____

Lagganlia 2022

by Seth Lawson

We arrived at Lagganlia on Saturday afternoon. The trip had been long, 10 hours in total, and I was relieved to end the arduous journey. The first fraction of a day was very simple, and I used my free time to explore the area that we were in and talk to new people, both coaches and other junior athletes. We had dinner and everyone gathered in a room to learn each other's names. We played a game involving throwing a toy to each other whilst calling the recipient's name. It was an enjoyable and useful way to spend the first evening. Then, everyone went to sleep, in preparation for the next day.

The second day was to be spent training in the Moor of Alvie. We woke up, had breakfast, prepared our lunch and kit, and left at around nine-thirty on the minibuses. The journey was not long, and afterward I learned that my coaching group was myself, Finlay, Olivia and Anna. Our first activity was a Walk-O. We walked along a path with two coaches assigned to us, Ian and Chloe. We identified features that would normally be unseen in a race, which I found especially useful, as it gave me a chance to study a map in greater detail. We had a difficult relocation exercise, and then every coaching group returned to the minibus to complete some of the various exercises for the day. I completed four of the six exercises.

The first was a short pacing exercise, involving measuring the distance to each control and comparing this to a number each of our coaching group had calculated beforehand. I found it very useful and informative. Then I did another course on the other side of the map, which I found fairly easy. I tried using contours, and I believe that I was successful. Then, one of my coaches, Ian, wanted to follow me on a course, which I completed whilst

trying to employ my newfound skill of pacing each leg. This course was longer and allowed me to explore a greater area of the Moor of Alvie, which was enjoyable. After this, I had my prepared lunch, and did one final exercise before the physically strenuous activity for the day was finished, and we travelled via minibus back to Lagganlia.

After everyone had a shower, we all headed to the main building to divide into coaching groups and discuss the area, our courses, our successes and our failures. It was an interesting and surprisingly useful activity, as it, once again, gave me a chance to study the map in even greater detail. After this, we had dinner, and then some free time, and after this, we had one final whole-group meeting to finish the day. The meeting was on a certain topic in orienteering, and it changed every day, from race preparation to fast decisions in sprints. Unfortunately, I cannot remember which talks occurred on which day. After the talk, we had another hour of free time, before going to sleep.

This was the cycle of activities for the next few days. We went to Roseisle, which was a forested sand dune area; Creag Beag, which was an exposed mountainside covered in bracken and gorse bushes; and Culbin, which was an open and highly runnable forest. The exceptions to these were the sprint in Glenmore Lodge and Badaguish, and the final event in North Granish. Glenmore Lodge was an urban area with buildings on one side of the map, a forested slope on the other, and a wide, runnable open space between. It was a tough race, and I made a mistake on the first and last controls, causing me to do badly. We then went to Badaguish, a much more open area with a stream dividing the map into two sections. A small portion of the map was filled with buildings, but most of it was open grass with very few scattered trees. On the fringes of the map the terrain grew more difficult, with large, impassable bushes and high grass. I thought I ran well in that race, coming seventh overall for the boys. I unfortunately did not make it to the final, which was the top six boys and the top six girls, but I was pleased with my run

nonetheless. The main event at North Granish occurred on a different day, and the area was very different. It was a semi-forested undulating place that, without its many small hills and depressions, would have been quite flat. There was no general slope to the area. North Granish was divided into three sections by fences, with the upper sector being the starting area with one small ridge, the middle area having the most complexity with its contours, and the lower area being particularly simple. I used fence corners and junctions for the longer legs, and short bearings for the shorter ones. I enjoyed the course, despite not doing particularly well, and I finished ninth overall.

And after this, Lagganlia 2022 was over. We returned, had a celebration dinner, and at eleven pm everyone left the buildings and ran around in the forest for an hour while junior coaches hunted us down. It was very fun.

Overall, I enjoyed Lagganlia a lot, I made new friends, I learned new skills and I felt like I succeeded in not making too many mistakes. It was definitely worth my time, and I would like to do it again.





Roseisle runnable woodland



Next three pictures: me on various exercises



North Granish

Scale 1:7500
Contour Interval

0 metres 300

Lag 2022 -Tour Champs				
M14-2		4.7 km		260 m
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10	105	⋯		⊖
11	104	⊖		
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16	112	⊖		○
17	110	⊖		
18	107	⊖		
19	106	▲		○
20	119	⊖		
21	118	⊖		

Note: The water level in this area varies widely, many ponds may disappear at some times of the year.

Magnetic North 2013

STIRLING
SURVEYS



Deeside Orienteering & Leisure Maps
2 Cromar Drive, Tarland
Aberdeenshire, AB34 4UF
Tel/fax 013398 81203
e-mail: jon@big-jon.demon.co.uk

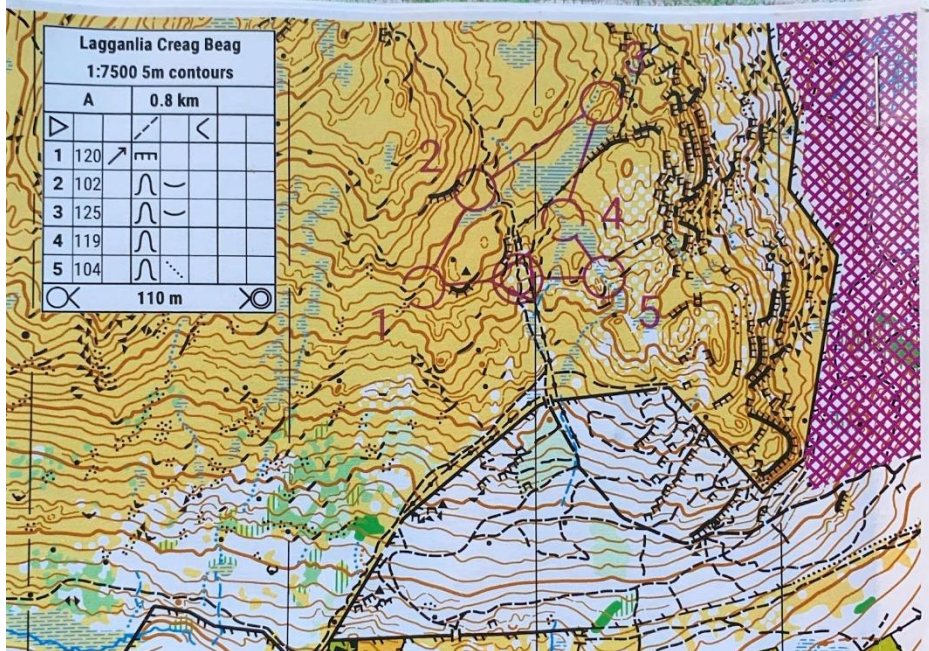
- major r
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- pile of stones, bri
- crossing p
- building, i
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- gully, small g
- knoll, depression
- cliff, stony gro
- boulder, large bou
- boulder
- group of bould
- loch, river, p
- wide stre
- spring, stream, d
- narrow marsh, me
- indistinct me
- uncrossable me
- open l
- cropl
- rough open l
- rough semi open l
- forest:
- forest: slow
- forest: v
- impenetr
- undergrowth: slow
- undergrowth: v
- distinct vegetation bound
- settle
- permanently out of bou

Based on a photograph

Survey and c
Orienteering
Revision: vegetation
North Granish area

Copyright © Scottish C
2013. Grid

Access to the land shown on this map is covered by the principles set out in the Scottish Outdoor Access Code. For further information see www.outdooraccess-scotland.com



2 _ 2

What is SWOA?

Did you know that for every event your club puts on a levy is paid to the South West Orienteering Association (SWOA)?

But what is SWOA and what does it do with that money?

- SWOA is there to encourage, promote and control the sport of orienteering in the South West.
- SWOA sponsors the South West Junior Squad.
- SWOA provides colour coded badges to juniors.
- SWOA offers grants to juniors selected for camps and tours (over £6000 paid out in grants already this year).
- SWOA offers grants to clubs putting on volunteer training.
- SWOA keeps records of controllers.
- SWOA arranges the South West Orienteering League and the South West championships.
- The SWOA fixtures secretary works with club fixtures secretaries to make sure there is a full programme of events throughout the region, and with fixtures secretaries in other regions to avoid clashes of big events and share out equitably the hosting of major and international events throughout the country.

If you are a member of a South West club, you are, with very few exceptions, a member of SWOA.

If you would like to be more involved in what SWOA does and help to shape the future of orienteering in the South West, come along to the SWOA AGM – Wednesday 26 October (on Zoom, so no travelling required) and GET INVOLVED.

3 in 1 Bertie



What is the fellow on about? I hear my loyal readers ask. Well, it's like this. The longest course (Blue) at the MLS at Congo Stream started off with the usual fare with 25 controls but then, and mark this carefully, there was a maze section and then, if this was not enough to test the little grey cells, some map memory.

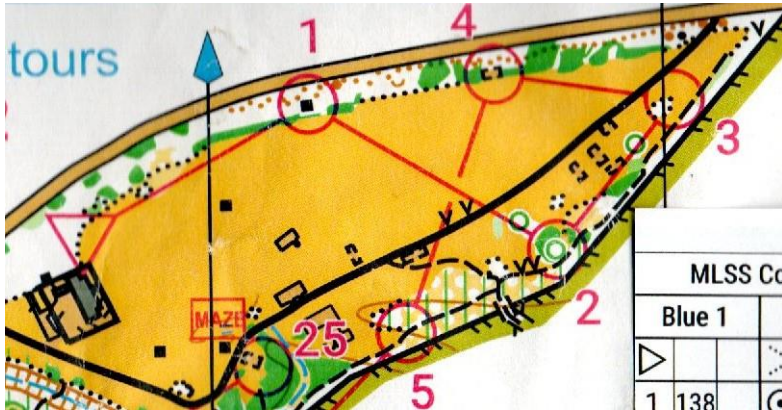
Today's binge was attended by the NGOC contingent of Ginny, Kim, Tom, Tom's grandson Isaac and self. On the way to the event we all talked at once, telling anyone who would listen (i.e. no one) how well we were each going to do. On the return journey there was little mention of the course since three of us were DSQ for punching a wrong control or dropping some other clanger. I will discreetly avoid naming names except to say that Isaac and Bertram successfully completed the Blue. However, one of these two may have admitted to the undetected crime of approaching a control or two from the wrong side of the tape in the maze section and leaning over to dib. By the way it wasn't Wooster, B.

Now the name Congo Stream, to me, conjures up an exotic location, maybe in Africa, of a steaming jungle with chimpanzees or even Tarzan himself, swinging through the trees. The reality, I found, is a bit different. What I take to be the Congo Stream is a revolting trickle of water running through the middle of the map; it is an unhealthy dirty orange colour that one would not want to step in, let alone suffer complete immersion. That is without mentioning the oily, scummy substance floating on top.

There are few places to cross this plague-ridden effluent (bridges would be too flattering a term for some rickety planks or bendy branches). In fact, these contrivances seem designed to pitch the unwary to their doom in the fetid depths. The banks are mostly too wide to step across and taking a running jump is not feasible because of trees and what not being in the way. Even where there is a gap on the near side there will be a tree on the far side. I can imagine Bertram making an impressive leap only to hit said tree fair and square and slide gracefully down into the Styx, the river of the ancient Greek underworld. I've seen too many Tom & Jerry movies to be fooled into taking that sort of risk.

Start

Quite often the Start is situated in a cunning way so that punters waiting in the queue cannot see which direction is taken by those in front of them. The planner at Congo Stream had an original slant on this – everyone started off by running along a path in full view and, just as one had forgotten which chap was running the Blue and which chap was running the Green, they all suddenly went in different directions. Some went into the undergrowth at the side, some carried on along the path and, to confuse the viewer even more, others emerged from the undergrowth at sundry points. For number 1 Bertie went past the control whilst looking for some way into the u.g. When he did get through the very sharp gorse there was a control but not with the number he was seeking; returning a short way in the direction of the Start the correct number was found. Bertie's tip of the week: check that the number on the kite tallies with that on the control description sheet.



There were 25 controls altogether, some made difficult by the high bracken. The leg that I messed up most was the shortest, between 22 and 23, and I still don't know how or why.



One control was of a very original type; number 14, I think it was. One of those X marks the spot variety, it was in accordance with the map legend as "hide / ruined car". Yes, an ordinary hide made of broken branches and shaped a bit like a tent. However, the kite was placed inside this structure and was only clearly visible when approached from a certain direction. Tom, with all the inevitability of a Greek tragedy, approached from the wrong d. and went some way past before turning round and seeing it. I can see why Tom was pipped but I thought it a bit hard on the fellow who put out the control to describe him as a "deleterious slab of gorgonzola". After all, as Jeeves informs me, the competitor should be able to see the feature before seeing the kite.



Number 13 was one of those X marks the spot controls. I think it was the remains of a rusty old water tank that merged with the bare soil under a gloomy canopy of trees. The control kite, in contrast, looked dazzling so that you saw the kite first and then tripped over the water tank second.

The maze

Though I say it myself I am pretty good at mazes; I have a secret plan to deal with them. I did wonder whether I should keep this to myself but my conscience eventually overruled this and I have decided to share it with my public. Firstly, I would like to point out that this method is entirely of my own devising – Jeeves is not the only one with brains.

And the method? Well, mazes are quite small so that you can see the whole rigmarole from the Start and see where the control you want is. So, instead of running round the corners head down looking at the map and bashing into people it is much easier to visually locate the control and then just run to it, keeping your head up and navigating by the actual tapes. I mean to say, you can choose not the shortest route but the least crowded: being small the maze is often infested with many orienteers (and you don't often find orienteers marked on the map). Just think about it: everyone else has their head down and there are collisions aplenty but with the Wooster Method you can dodge them all. I always avoid routes infested with six-foot tall orienteers who might squash me into the ground but I go where the weedy, spotty youth types are and I push them out of the way. And as the maze was infested with a (large) number of (large) orienteers

my plan worked a treat. Best time between controls was 11 seconds.

Map memory

Of course, the most difficult part was saved to the end when your average punter is starting to feel tired and the concentration is waning. Now for chaps who need an explanation, a map memory course is where a small section of the map is fixed to a post or tied to a branch with a piece of string. This section of map shows just the location of the very next control: one memorises the details needed to navigate to it and when (or *if*, in some cases) the control is reached the process is repeated until the Finish is reached. No physical map is carried, only a virtual one in the brain.

But we Woosters are not to be daunted by such matters and Bertram rushed to the start of the map memory only to discover that we had to memorise not one but two controls at the same time. A bit thick, you may think, wondering whether it was a plan to make things more difficult or just a trick to save the planner cutting up and laminating extra maps. Luckily, the legs were not difficult and the distances short.

After two sets of two controls there was one long leg and this was where I came unstuck, being distracted by someone gibbering. I was minding my own business, studying the map tied to a branch next to the Styx* when along comes some geezer who decides he wants to cross and land just where I'm standing. He was gibbering about how I might get pushed into the stream so I moved a bit and started gibbering a bit myself about goodness knows what. Don't you find that with gibbering? It's catching: bump into someone who is gibbering and before you know it you are gibbering yourself. Honestly. I am seriously considering writing to BOF to ask them to pass a law banning such people.

As a result of this gumboil spoiling my concentration I found myself searching for the control in the wrong area and had to return to have another gander at the map. On the second attempt I found the control easily but I next had to memorise three controls, although I must admit that they were in almost a straight line. The first control was easy and then I found myself at the third with only a sketchy notion of how I had got there. Looking round I saw someone dibbing at what was apparently the second control – and so it proved when I ran back to check.

After that it was easy enough and I finished in good form, although still gibbering to myself. I even found time for some star gazing – because it was a longish course on a small area I found myself running along a certain path for the third time. This had several quite low trees and, ducking for a third time under the lowest, I did not duck low enough. Hence the stars. I now have a bruise on my head but I don't expect any sympathy: my readers will be feeling sorry for the tree.

Footnote * (by R Jeeves). Perhaps Mr Wooster should have identified the Congo Stream with the Lethe rather than the Styx. In Greek mythology, the Styx is the river that forms the boundary between Earth and the Underworld and a ferryman, Charon, carries the souls of the newly dead across. Considering Mr Wooster's problem with the details of the map memory leg I would say that a more suitable river for this account would be the Lethe, also in the Underworld, where all those who drink from it experience complete forgetfulness. Hence the word lethargy from lethe (forgetfulness) and argos (idle).



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Legend for December 1979:

KARRIMOR INTERNATIONAL MOUNTAIN MARATHON '79

George Wormald

"This could be the toughest yet! Be warned! This years terrain makes for a severe test, for teams and equipment. The terrain is rough, complicated hill pasture...the most energy sapping ground to be found anywhere in Britain...in short, it is uncompromising terrain and great care is needed."

With thoughts of these warnings from Karrimor's entry form ringing in our ears my partner, Martin Curren and I were struggling to beat the closing time of the controls on the first day - we had entered Class B leaving the Elite and Class A to fitter mortals (like Joss Naylor and his Mars Bars).

'The Rhinogs' (the peaks do rise up like rhino horns) is damp, rockstrewn and thick heather mountainous country, situated between Dolgellau and Blaenau Ffestiniog, rising to over 700m. Although it was the last weekend in October the first day was beautiful and it was only after 10a.m. on the second day that rain and low cloud made navigating a problem.

This was our third 'Karrimor' and the organisation was again immaculate. The small army of voluntary help was led by Gerry Charnley. Paddy Buckley, Brian Timms and John Bennsion were the planners and Chris Brasher the controller. Many Deeside OC members helped at the start, midway camps and finish. The Harvey Map Services 1:40000 map which has become a feature of the Marathons was excellent.

This year a successful attempt was made to break up the 1150 teams and many of the crocodiles of previous years were eliminated. There was good route choice and certain controls could be visited in any order. It was route choice that lost us an hour on the first day, but then our time for this was in excess of the winner's time for two days!

We do not go in for lightweight equipment and with a minimum amount having to be carried according to the rules - tent, sleeping bag, clothing, stove and food we still believe in comfort at the overnight camp so that the 06.30 hrs reveille and mass start an hour later is met with some degree of enthusiasm. Looking at the Elite and 'A' starters with packs one third of ours it can only be our intension to compete, finish and 'enjoy' the memories. Over half the B course had retired on Day 1 and we had to descend a steep rock strewn gully by torchlight from the final control and creep in at 8 o'clock with the finish organiser surprised that we were going to have a go at Day 2.

It is an orienteering, fell running(!), endurance test for us - 51km as the crow flies - which has now gathered its regular devotees. This is an annual event which we would not miss, in spite of the hardships and a strong desire to throw in the towel whilst hunting for that last control in the dark - a Llyn surrounded by crags which was at a point other than where we were! We only saw two other N.G.O.C. members so why don't you take heed of Karrimor next year and have a go! You may win!

Legend for April 1980:

Basic Technique

PACING by Frank Smith, Octavian Droobers

Introduction

I am not an expert on pacing. However, I have grappled with the problems, so my ideas may be of value, particularly to those who have not yet tried pacing. What follows are my own thoughts resulting from a little reading, some instruction, and a lot of trial and error.

First a warning. All orienteers must be versatile. Having studied a particular technique, there is a tendency to overuse it at the expense of other techniques. This can be worse than not using it at all.

Basic Theory

Pacing is a method of measuring ground distance. By counting paces, and knowing the length of your pace, you know the distance travelled. For ease of operation, double paces (DP's) are counted – i.e. the count is made every time the right OR left foot goes down. If you try counting every pace, you will realise why!

The Romans used this method – in fact, our mile (or mille – thousand) is 1,000 times a legionary's DP, which makes their single pace 31½ inches.

Pacing is most often used to locate a point on the ground, knowing the map distance and compass bearing from a fixed location. This requires that you are able to convert map length into DP's or vice versa. So let's follow the process through.

- (1) Measure the length on the map in mm or cm.
- (2) Convert to ground distance, using the map scale.
- (3) Knowing the length of your DP, convert to DP's.

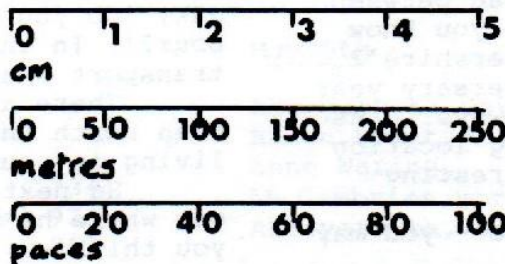
Anyone got a calculator?

With different scale maps, an odd number of paces per 100 metres, heart pounding, hot and bothered, such complex maths is impossible. The only satisfactory solution is a personal pacing scale, with which map length is measured directly in your DP's.

Getting Down to Practise

I've referred to paces and pacing scales, but how long is a pace? In an orienteering event over hilly terrain, my pacing can vary from 30 to 100 DP's per 100 metres. I suggest that for your scale, you use your pace length for an easy lope over roughish terrain when tired. The only way to obtain this is to measure out 100 metres and count your DP's

under the specified conditions. Also check your walking pace. I find that my number of walking paces per 100 metres is half as many again as when loping.



Make separate pacing scales for all the map scales commonly used (1:20,000, 1:15,000; 1:10,000). The relevant scale can then be taped to the edge of your compass before any event. Having produced a pace scale, it is of course only applicable to one pace length. Allowances must be made for the variation caused by differing circumstances. Some examples are given below.

Physical Condition

(a) Temporary — freshness — as you tire towards the end of an event you take shorter strides, thus more DP's per 100 metres. This is why you should measure your standard pace when tired.

(b) Permanent — fitness — as your fitness improves your stride lengthens. Remeasure your basic pace scale from time to time.

Incline

The steeper uphill, the shorter the stride; the steeper downhill, the longer, at least up to a point. On very steep slopes, pacing is not practicable.

Runnability

(a) Terrain. The rougher the terrain, the shorter the pace. Soft ground, marsh, or freshly turned ground generally has the same effect.

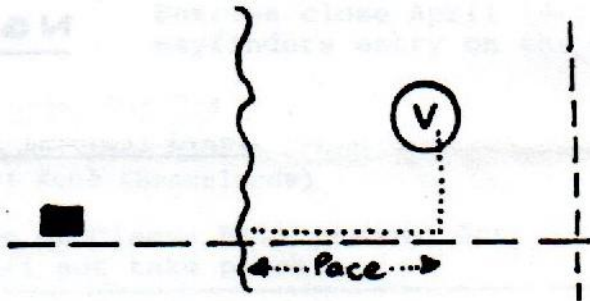
(b) Surface. Density of vegetation, brashings, long grass, and the like will reduce your stride. I have noticed that in low bracken or heather or clumpy grass my stride lengthens. I try to bound like a deer with the longest possible strides — tiring, but effective!

When to Use Pacing

So now we know how to pace, and have the equipment, but where and when should you pace? The experts say count all the time, if you do it automatically it doesn't influence your other mental processes. This can be achieved quite easily with practise, but in my opinion has two definite disadvantages. I suspect that when counting

subconsciously I may miscount — i.e. it is very easy to jump from 79 to 90, and there is no check. The other problem is that if a crisis occurs, the first thing you forget is the number you were at — just at the time you need it. I therefore recommend conscious counting and making positive mental note of the number at any crisis point.

If features are distinct, such as well defined paths or roads, there's not much point in counting between them, but it's good to count between features which may be indistinct. As recognisable features on the map are passed, the count should be restarted; this will reduce the final error near the control.



Pacing can also be used to give an artificial attack point close to the control. For example, the control is in the area between a crossing path and a stream (see illustration). On the map, measure along the path from the stream to where a line to the control is at right angles to the path. Pace up the path to this point and go in at right angle to the control.

Most benefit is obtained when locating a control in an otherwise featureless area, when pacing must be used in conjunction with accurate compass work. For very accurate distance measurement, use walking pace.

Summary

Pacing is only an aid — do not neglect the basic map-reading.

Use a simple personal pace scale suitable for the scale of the map being used.

Assess when pacing should be used.

Count consciously and make positive mental note of the count at any crisis.

Restart counting at all recognisable map features.

Allow for pace variation and error.

Walk pace for very accurate measurement.

Good luck with your pacing. If anybody has any further tips, or experiences to relate, do send them in and let us share them.

Brashings

Club search answers

AUOC - Aberdeen University Orienteering Club

BUMC - Bath University Mountaineering Club. Walking, climbing, scrambling, orienteering, winter mountaineering or simply enjoying the great outdoors

EBOR - Eborienteers. Covers York, Selby, Ryedale and Scarborough. Eboracum is the Latin for York

ELO - East Lothian Orienteers

HALO - Humberside and Lincolnshire Orienteers

HAVOC - Havering and South Essex Orienteering Club

INT - Interlopers. "Edinburgh's friendly orienteering club"

KFO - Kingdom of Fife Orienteers

MWOC - Mid Wales Orienteering Club

OROX - Orienteering Runners of Exeter (University)

STAG - St. Andrew's Orienteering Club [Glasgow]

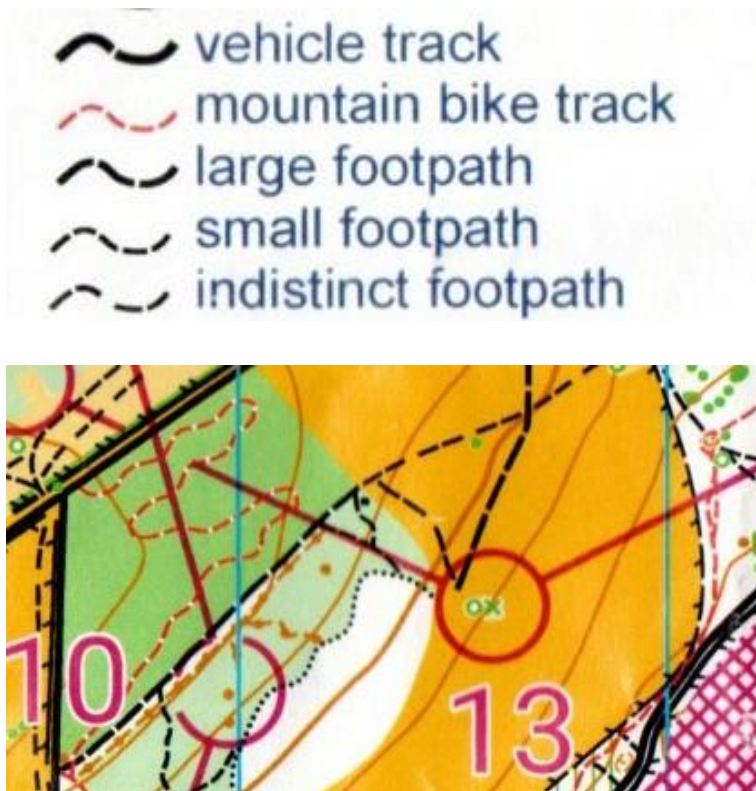
WAROC - Warrior Orienteering Club. Based in the Lake District

TINTO

In July's Legend I asked if anyone knew where the club TINTO (one of those in the Word Search) got its name. Neil Cameron says "I would guess that TINTO is named after Tinto Hill, a 700m+ hill in the club's area." (This is south of Lanark.)

Mountain bike tracks

In case you have not seen maps that show mountain bike tracks as a separate feature here is an example from the BOK Ashton Court map. Same size as a "small footpath" but in purple.



Memories of Devilla from David Lee

An article inspired by seeing the results of the latest NGOC trip to Devilla in the CompassSport Cup final.

In 1992 the club took part in the Harvester at Devilla. Two cars 'full' was sufficient for us to maintain our place as an ever-present team at the Harvester. Dave Jones had his son Ian as one passenger with Chris and Jonathan Poole completing the load. Bill Budden had the rest of the team in his car - Ann and David Lee. We managed to complete the event with Ann being out for almost two hours at night. The journey home was long and lost from memory.

My thoughts go out to all who visited Devilla this year.

I have to limit my orienteering to the NWO Urban League now.

I shall remember my years with NGOC with affection.

Have your say!

Are there any matters that you would like the Committee to consider? Contact the Club Secretary or any member of the Committee.

Articles for Legend

We are always looking for articles and photographs on anything to do with orienteering. Send your article/pictures to legend@ngoc.org.uk. 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.