

# The Legend

Number 147



Newsletter of  
North Gloucestershire Orienteering Club  
September 2010

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



# NGOC Committee

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

**Cover:** See inside for our review of the Penguin Special entitled "Signalling and map-reading for the Home Guard" published in 1941

# *Chairman's Chat*

## **NGOC Chairmanship**

I am very grateful that I have found a member of the present committee prepared to take on the role. However he would still be delighted if someone else came forward. We both realize that the job calls for a rather different approach to that required for other committee roles. This should not put off others having a go as the committee members will, I am sure, be very supportive.

You have until the AGM on Monday 8<sup>th</sup> November 2010!

## **My last edition of the Chairman's Chat**

I have enjoyed writing these articles over the past three years as it gives me the chance to reflect on current and future issues and how they may affect our sport. As many of you know I have taken great interest in local, national and international affairs and there are always matters turning over in my mind.

- Having been at the Lakes 5 Days I am very conscious of the growing problems that we can all face. Day 3 was postponed to the rest day, the fourth day, and then cancelled altogether due to car parking problems following heavy rain. Permission for a parking area used on many occasions in the past and in all types of conditions was finally refused by the land owners, United Utilities. The police also banned the reserve area which was parking along a back lane that is little used. I also gathered that the more local clubs were not that keen on staging the event at all and that it was the clubs outside the area that had persuaded the Region to continue with this major multiday event every fourth year. Personally I guess that this year's Lakes 5 Day could possibly be the last as the pressure grows on areas like the Lakes and the authorities get more concerned with political correctness. (A personal view). However there are still members of NWOA keen to stage it again.

On a more positive reflection regarding the Lakes 5 Day event I was very glad to see so many juniors in club kit from many different clubs taking part. In this respect NGOC has quite a way to go. However we have made a good start with progress in offering more local evening events this summer especially thanks to Club Captain, Greg Best.

- My next reflection is upon the future funding for our Federation. At present the Federation is enjoying better support with ring fenced funding for development and our National teams. Currently this is all scheduled to end after a fixed period. In the current economic climate can we dare hope that it will continue? It is not always understood that this extra funding stems from the government's ambition to reduce obesity and increase participation in physical activities. With this came targets to meet in the increased participation in orienteering. Have we done our bit nationally and locally? The participation project that NGOC has joined is a part of it.
- Now I come to the White Rose weekend. This bank holiday weekend event has always had its place in the annual calendar. In the early days there were problems with the noise that the youngsters created. This has now ceased to be a problem as they are invited to gather a little away from the others. Of course the forests are not exactly amongst the most desirable in the UK but running a whole weekend from one large assembly field has great attractions. Admittedly we personally enjoy the luxury of our caravan in the field. To be able to go straight from the caravan to the start and then return after download for a shower is really great.
- Transporting the club tent and banner was a task that we took on for both the Lakes 5 and the White Rose but it proved a bit impractical. The banner had its uses but the tent was never erected once due to differing constraints. The main one having to carry it for up to 3 km to assembly and the second to find anyone else with the space to transport it.

## The Chairman's Conclusions

Once again I reflect that my interest in many aspects of orienteering is wider than those of many of you. It has really played a significant part in my life for the past 45 years. Really it has offered a fantastic opportunity to be involved in its growth from a very small beginning and to have played a part at local, regional, national and international levels. I am very grateful to NGOC for having allowed me to be your chairman for the 3 year term.

I wish the club continuing success and promise to go on making my contribution.

Good orienteering.

Chris James - *Chairman NGOC*

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### **Chairman's Challenge – 11<sup>th</sup> September 2010**

Do come and join our club barbeque after the event. It is one of those occasions in the year when we can really try to meet others. Thanks to Carol Stewart and Jan Jones it is also good food at a very reasonable price.

The setting will be very attractive and given the present good weather it should be ideal. It is right next to the woods but at the far end of a very pleasant caravan site.

As for the competition area it will be a challenge. Sadly brambles are very prevalent. Armour plating is advised though my planner, Kyla da Cunha, has kept the controls nearer paths so that you have the minimum to get through. To the best of my knowledge Shaw Common and Hay Woods have never been used before though the southern edge of Queens Wood, Dymock did form a part of the area for the Harlequins event in February.

So any complaints are to be referred to me.

Chris James - *Chairman NGOC*

## **British Orienteering Regional Roadshows**

British Orienteering Staff and Directors are taking to the road to visit all 12 Associations and give members an update on current projects within orienteering in the UK. Roadshows will cover the Competition Review, the 4 tier event structure, plans for the future development programme and much more.

All members are welcome to attend. Refreshments including a sandwich buffet will be provided. Roadshows are completely free and all that is requested is that members register their attendance in advance with the British Orienteering National Office. Please email [info@britishorienteering.org.uk](mailto:info@britishorienteering.org.uk) with your name, membership number, the roadshow you wish to attend and any access and dietary requirements. More details are available on the BOF website.

All times are 6.30pm-9.30pm. 6.30pm for buffet, 7.00pm start. Dates for the Roadshows closest to NGOC are:

### **Tuesday 12th October SWOA**

**Taunton**-Conference Suite, Lyngford House, NHS Conference Centre, Selworthy House, Priorswood, Taunton, Somerset, TA2 8HD

### **Thursday 21st October WMOA**

**Coventry**-The Gallery, The Alan Higgs Centre, Allard Way, Coventry, CV3 1HW

### **Wednesday 10th November WOA**

**Cardiff**-Boulders Indoor Climbing Centre, St Catherine's Park, Pengam Road, Cardiff, CF24 2RZ

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## **MEMBERSHIP NEWS**

### **Change of details:**

Pat MacLeod: [pat\\_macleod@btinternet.com](mailto:pat_macleod@btinternet.com)

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

## **The Lakes Five Days Competition and two days of the White Rose Weekend 2010**

During a great week of orienteering a friend described the competitors as runners and those who proceed! As one of the latter here is a very personal view of six days of very enjoyable orienteering. The registration area in Coniston was very busy when we arrived on a bright sunny afternoon to pick up our number bibs. Chris and I knew we had an early start with a 35 mile journey to Swindale North for the first competition on Sunday 22<sup>nd</sup> August, followed by 2.6k with a 220m climb to the start! However, once into the race the ground was open, runnable moor with lots of marshy areas. I really enjoyed it and found myself actually finishing first in my class. Alright, I admit at that stage I was the only finisher, but it was the first course I have completed in nearly a year, so it felt special.

Day 2 at Guards Wood and Tarn Hows South found us all parking in Coniston for a lengthy but level walk of 2.5k to Assembly, followed by a 700m with 80m of climb up to the start. I could have done with leaving myself a bit more time although I did arrive with a couple of minutes to spare. It was damp at that stage and as later competitors we found a number of elephant tracks, but not necessarily to the right control as I found in searching for my first three controls. Then the rain came down in torrents – I could see my control way up a hill and thought “I have had enough, I’m cold, soaked and want to get in the shower”, so I carried on to the finish and followed Chris back to the car, enjoying walking part of the return route with Sam Taunton. At this stage there was doubt as to whether Day 3 at Harrop Tarn would take place due to parking constraints, the police having vetoed the contingency plan to park cars along a virtually unused road alongside Thirlmere, leaving gaps for passing traffic (maybe 6 cars in a day!).

A decision was taken to swap the rest day to give the parking for Day 3 a chance to dry out. However, a number of competitors who did not have access to the web, or were staying in places out of contact of others made their way to Thirlmere. Eventually the event was cancelled completely. Such a shame as the weather turned out to be rather nice and many then enjoyed a walk in the area, or more strenuous walks over Helvellyn or The Old Man of Coniston. We were a little more leisurely and with my brother, Sandy, from

Kerno, paid a visit to Tarn Hows in the late afternoon and whilst we were too late to pick up a map for the trail O course, we enjoyed spotting the 3 choices, including one set being placed across the Tarn. We then went on to join Pat and Neil Cameron for dinner in Ambleside. On Wednesday the three of us went to Sizergh Castle having paid homage to Lakeland Plastics on the way.

Day 4 at Caw Fell, whilst still quite close to Coniston, had the longest route from Assembly to the start and finish. We had a 3k undulating walk which gave spectacular views of Morecambe Bay on a beautiful day. Couldn't quite make out the Club's sail banner from that distance, but the best we could do was to put it up by the car each day as it was totally impracticable to carry it the distance to Assembly. I stopped after a particularly steep section for a breather and looked back to see the car park on the horizon! I had allowed myself an hour to get over to the start and arrived in very good time, but others were not so fortunate and eventually everyone was being told to allow an hour to get there. Chris jogged the whole way in 40 minutes! This is a very runnable area with many rock and marsh features, and even slow walkers like myself enjoyed it. Then the walk back which was only marginally shorter than the walk out! Not too tired to enjoy the views and still with dry feet, I passed a competitor who was taking his shoes off to soak his calf muscles in the stream, which he said was much better than ice packs.

We had changed our Day 5 start times to give us an early start ready to leave for the North Yorkshire Moors and the White Rose as early as possible with the caravan. The journey to Kendall was easy at the early hour and we even managed to do some shopping before making our way to the Old Racecourse for the event. This was the one day when we had minimum distance to go to the start – 250m. We had to wait outside a kissing gate until 10 minutes before our start time so it worked very well. This was another open, runnable area with a lot of limestone, so a little rough underfoot in places. Another day completed in fine sunshine! All in all, a very satisfying week for me.

## **The White Rose 2010**

Our journey across from Coniston to Helmsley took us through very attractive countryside on a fine afternoon. However, just before we reached the North Yorkshire Moors we could tell that there had been heavy rain, so we hoped that the field would not be too wet.





Pleasantly surprised to find it pretty dry and well set out for all to choose a site alongside tapes which marked out rows over the field. As usual, there was a separate area in the far corner of the field for the "youth camp" which seemed extraordinarily quiet this year. There was a sprint event organised on Friday evening for those with the energy, which was repeated on Saturday afternoon to give others a chance to give it a go. This was followed by a night event with the finale to the weekend being the relays. However, Chris and I had only entered the two 'classic' events on Saturday and Sunday, before leaving to visit family in Lincolnshire on Sunday evening.

On Saturday we made our way on a long, but steady climb uphill to the start. We shared the first control and being on the same start time, Chris inevitably got there before me by 5 minutes! It was a very steep slope and although we had only had a short, sharp shower it was very slippery so I was being extra careful. Some controls were quite tricky to spot, but I was pleased with my time on such terrain.

Sunday took us out of the field in the opposite direction along the edge of a field with distant views and the start being just into the wood. Again we had the same start time, but this time as it was not far off, Chris only beat me by 11 seconds! I will have to run faster. The terrain was pleasant, if a little brambly woodland with only moderate climb, but being tempted by the wrong elephant trail towards the end cost me rather a lot of time and left me further down the field than I might have been. So we both ended up in the middle of the field on that day.

Another enjoyable time on the North Yorkshire Moors – perhaps next year we might be able to stay for the relays as well.

Gill James

# NGOC Mini League winners 2009-2010

Prizes of Ultrasport vouchers will be handed out at the Chairman's Challenge to any winner who is there, otherwise at following events.

## **Blue**

Winner	Andy Monro (HOC)	5229 points
Top NGOC	Peter Ward, 7 <sup>th</sup>	3912 points
Top lady	Gill Stott, NGOC, 13 <sup>th</sup>	3449 points

## **Green**

Winner	Mike Farrington (HOC)	4761 points
Top NGOC	Dave Hartley, 2 <sup>nd</sup>	4745 points
Top junior	Ali Wilkinson (HOC), 13 <sup>th</sup>	3670 points

## **Orange**

Winner	Steven Harris (NGOC)	5612 points
Top Junior	Tristan Powell (NGOC), 2 <sup>nd</sup>	4653 points
Top non-NGOC	Adrian Dawson (SARUM), 5 <sup>th</sup>	3902 points

## **Yellow**

No one did more than 3 events; they are all juniors who will receive an O-related prize.

Winner	Joe Hudd (M7, BOK)	2894 points
2 <sup>nd</sup> and top NGOC	Callum Smillie (M12)	2822 points
3 <sup>rd</sup>	Josh da Cunha (M5, NGOC)	2589 points

**Extra congratulations** to John Fallows (Blue), Bob Teed, Lawrence Gossage, Brian Laycock, John Coleman (Green) and Adrian Dawson (Orange), who ran in all eight events. None of those who got a bonus 1000 points for putting on an event ran in all the others.

# *Your Midlands correspondent reports on SmO 2010*

It's a summer evening and 70 orienteers are gathered. Some are in the start lines ready. Where is it? A wooded hillside? An open heathland near you? Maybe a street "O"? No, it's 9.00pm in the foyer of a large Midlands supermarket.

We're here to test our orienteering skills in this newest of disciplines: Supermarket "O" or SmO. The store is closed to "normal" customers thanks to the courtesy of an understanding management team with "O" club connections.

It's all very novel, but the excitement and anticipation are tangible as the first competitors line up in the start areas. At one minute intervals we're off, having had the previous minute to peruse our pre-bagged "map" of the store layout at 1:500 scale.

Unlike a normal orienteering event, competitors use the one minute pre-start period to plan their route. Will it be the dairy area first, the meat counters or the fruit and veg? Where will the congestion be? These are some of the questions we asked ourselves.

The key rules of SmO are as follows:

- A specific number and type of items (controls) must be gathered (punched) and placed in either a basket or trolley, depending on the course.
- Competitors are set off at 1 minute intervals and may gather items in any order.
- Pre-bagged store maps are available and lists of items are issued at the pre-start.
- Upon completion of the collection phase competitors pass the finish line, which is normally before the check out tills where their items are checked off prior to being returned to the shelves. (It is essential that this operation is carried out with alacrity to avoid thawing of frozen items.)
- The winner is the fastest competitor with the correct items.
- Riding on trolleys is strictly forbidden

The courses on offer were:

<b>Course</b>	<b>Number of controls</b>	<b>Types of control/ difficulty level</b>	<b>Scoring method</b>
White	5	general comestibles	basket
Yellow	7	<i>as above</i>	basket
Orange	9	various foodstuffs	basket
Light Green	10	<i>as above</i> + several non-food items	trolley
Green	12	<i>as above</i>	trolley
Blue	14	<i>as above</i> including esoteric items	trolley
Brown	18	<i>as above</i>	trolley

There was a battle royal on the longest course of the evening, Brown. Rob Gallagher (SYSO) raced round in 43.12, but Jack Miller (SVO) was victorious in a time of 42.51. Items gathered by him included: HP Sauce, Bourbon biscuits, a large bar of Cadbury's Dairy Milk and a jar of Nescafe. His comment was: "It was close, there were some tricky route choices on offer, but I opted to go for the frozen stuff early on. It made all the difference."

Upon completion of the White course the youngest competitor of the evening – Nellie Blanchard (MSOC), aged 9 – gasped breathlessly, "That was great, I'll put the yoghurt back, but can I keep the vanilla ice cream?"

The organiser, Pete Rufus (NOSC), was very pleased with how everything turned out. "It went really well," he enthused. "Everyone seemed to enjoy the experience. A couple of trolleys had wonky wheels, but that's all part of SmO at this level. We had a bit of an issue when a competitor on the Yellow course came in with Double Gloucester rather than Cheddar, and had to be disqualified. Harsh? Maybe, but rules are rules after all."

I asked Pete, "What does the future hold for SmO?" His response was very positive. "Well, SmO is set to grow. Obviously it's big in Scandinavia, but we in the UK will soon be able to compete with them. We have lots of really challenging areas; I'm currently mapping a multi-level store in Birmingham. Between you and me, I'm thinking World SmO Cup. They don't come any bigger than that!"

*Tess Coe*

## **FORTHCOMING EVENTS**

<b>Date</b>	<b>Event</b>	<b>Location</b>	<b>Signposted</b>	<b>Organiser</b>
11 Sep Saturday	Chairman's Challenge Mass start 1400	Shaw Common	SO681260	Chris James 01989 720122
18 Sep Saturday	League 1	Mallards Pike North	SO651127	Alan & Ellen Starling 01793 320054
10 Oct Sunday	Regional	Knockalls	SO561119	Pat MacLeod 01594 528128
16 Oct Saturday	Informal	Symonds Yat	SO572128	Kyla da Cunha 01432 840515
6 Nov Saturday	League 2	Blakeney Hill	SO667067	Alan Richards 01249 713542
20 Nov Saturday	Informal	Nine Wells	SO594132	
4 Dec Saturday	League 3	Standish	SO838087	
18 Dec Saturday	Western Night League (WNL) 1	Parkend	SO608079	
<b>2011</b>				
1 Jan Saturday	NYD Score Mass start 1100	Mallards Pike South	SO652086	Neil Cameron 01684 294791
8 Jan Saturday	WNL 2	Kidnalls	SO634033	
22 Jan Saturday	League 4	Cleeve Hill	SO989276	Greg Best 01242 516053
?? Feb Saturday	League 5	Dymock Forest	SO681260	(MADO event)

Enquiries to Organiser or Fixtures Secretary – Dave Hartley 01452 863805

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

### **NGOC Registration and start times**

Informal Events: Start times 1230-1400.

Senior £2                      Junior £1                      Non-members £3

Yellow / light green / blue courses

League Events: Registration 1130-1230      Starts from 1200-1300

Senior £4                      Junior £1

Competitors who are not members of any club £5

Yellow / orange / green / blue courses

Night Events      Registration from 1800 – or when it's dark!

See [www.westernnightleague.org.uk](http://www.westernnightleague.org.uk)

## **Malvern Mini-League**

<b>Date</b>	<b>Event</b>	<b>Location</b>	<b>Signposted</b>	<b>Organiser</b>
18 Sep Saturday	Event 1 (same event as NGOC League 1)	Mallards Pike North	SO651127	Alan & Ellen Starling NGOC
23 Oct Saturday	Event 2	British Camp	SO762403	Julian Green
14 Nov Sunday	Event 3	Postensplain, Wyre Forest	SO753779	Rollo Rumford
<b>2011</b>				
30 Jan Sunday	Event 4	Breakneck Bank, Wyre Forest	SO736739	John Embrey
19 Feb Saturday	Event 5	Dymock Woods	SO673262	
19 Mar Saturday	Event 6	Eastnor Park & Malvern	SO737371	
16 Apr Saturday	Event 7 (same event as NGOC League 7)	Bixslade	SO608116	John Coleman NGOC
25 Jun Saturday	Event 8 & Prizegiving	Worcester Beacon	SO767444	Tony Knight

### **Saturday events:**

Yellow, Orange, Green and Blue courses. Best four results to count towards a competitor's cumulative score.

Registration 1130-1230      Starts from 1200-1300

Entry fee:                  Senior £4                  Junior £1

Competitors who are not members of any club £5

### **Sunday events:**

Yellow, Orange, Light Green, Green, Blue and Brown courses.

Entry fee will be slightly higher.

For more details see Harlequins Orienteering Club website.

## **Book Review**



A PENGUIN SPECIAL

**SIGNALLING  
AND  
MAP-READING  
FOR THE  
HOME GUARD**  
*by*  
**H. G. STOKES**

A while ago a friend of mine bought me this slim volume that was published in 1941 and printed on wartime paper. It is mainly concerned with signalling but it does give a good dozen pages on map-reading before concluding with a chapter entitled “Pigeons and the Home Guard”.

The chapter “*Maps and Map-reading*” starts:

*“One of the minor mysteries of life is the inability of certain people to understand or read a map, and the mystery is deepened by the fact that this disability is not confined merely to people lacking in intelligence. During the last war, for instance, I had the happiness to serve under a C.O. whose nicely trained mind had brought him some celebrity in legal circles – and yet his unhandiness with a map was a byword.*



*“Now there is no more mystery about a map than about an aerial photograph – if anything there is less mystery, since everything is plainly labelled . . .”*

### **“CONTOURS**

*“In one important particular maps, by means of this special “shorthand,” are incomparably more useful than photographs, and that is the manner in which they indicate the rises and falls of the surface of the ground.”*

The author even seems to anticipate global warming with his explanation of contours:

*“Imagine, for example, our country gradually being submerged under the sea. After it has been lowered 50 feet, the process is arrested long enough for water-marks to form round those portions of land that are not already covered by the waves.”* [This process is repeated many times and then the water recedes to leave contours handily marked on the land itself!]

*“ ‘An ounce of practice is worth a pound of theory’ and one of the most useful ways of studying contours is to make a relief model . . . ’ ”* and the reader is encouraged to trace and cut out the contours of a hill on card, put the pieces together and cover them in plaster of Paris, being careful not to cover the edges of the contours!

### **SCALE**

After contours the chapter deals with scale and which is best for your needs: *“ . . . for an intensive examination of a small area, then get a six-inch (or even larger) Ordnance Sheet – if you can, for under the Control of Maps Order, 1940, maps on a scale of greater than one inch to the mile can only be supplied to authorised persons, and in the case of the Home Guard ‘authorised’ means an official order from the C.O.*

### **FINDING ONE’S POSITION ON THE MAP**

Not much help for orienteers here as pins and thread are used to “relocate”.

### **SETTING A MAP**

*“Setting by compass. The most accurate way of setting a map is by compass. The compass needle, however, does not point to True North, but to Magnetic North, which is in England (1941) some 10 degrees 33 minutes to the west of True North (the variation decreases annually by about 12 minutes).”*

*(If any reader would like to borrow this book please contact the Editor!)*

# **NGOC & Club Mark Recognition**

We have been making good progress with our submission for Recognition as a Sports Council 'Club Mark' recognized club. The intention is to have it accepted by the next AGM on Monday 8<sup>th</sup> November 2010.

This recognition will allow our club to be identified as one that is well run and to which anybody can join with the confidence that they and their children will be safe and encouraged to participate. It will open doors to the further grant aid that is only available to recognized clubs.

In becoming recognized the club is adopting the following practices and procedures:

## **Duty of Care & Child Protection**

- The British Orienteering Federation (BOF) Child Protection policy.
- Codes of conduct for all volunteers, parents, carers and guardians.
- Registered Coaches working to the Sport Coach UK Code of Conduct.
- Coaches and Welfare Officer CRB cleared.
- Senior Coaches 'Child Protection' trained.
- Emergency procedures for dealing with serious injuries/accidents.
- Appropriate equipment is used at sessions as specified in the BOF Safety Guidelines.
- Risk Assessments completed for all activities beforehand.
- Qualified First Aiders at all activities.
- Ensured telephone access at all coaching sessions.
- Completed register of participants with medical and parental consent when appropriate.
- Coaching operated within the BOF recommended ratios.

## **Coaching & Competition**

- A regular structured coaching programme.
- All activities registered with BOF.
- A Lead Coach (Kyla da Cunha).
- Written role descriptions for all coaches.
- A Regular programme of local competitions.
- Junior participation in Regional and National competitions.
- Promotion of colour coded and national badge schemes.

## **Sports Equity & Ethics**

- An open constitution that welcomes new members from all areas.
- An Equity Policy consistent with the BOF policy.
- All coaches have attended a Sports Coach UK workshop like 'Equity in Your Coaching'.
- Codes of Conduct for parents/carers.
- Code of Conduct for participants.

## **Club Management**

- Specific membership categories for juniors.
- A junior rep. on the club committee.
- A Club Captain/Development Officer.
- Communication regularly with all members.
- Links to schools.
- Links to Local Authority sports development.
- A development Action Plan.
- The Club encourages juniors in a variety of roles.

*Chris James - Chairman NGOC*

*September 2010.*

# Long walk in progress – part 6

(Continued from the July 2010 Legend. In February 2008 your Editor started walking, in numerous stages, round the UK coastline.)

## **Some more interesting experiences?**

**Ice cream, anyone?** A hot summer day on Studland Beach in Dorset, just past the start of the Southwest Coastal Park and the sign that says “Minehead 630 miles”; boats sailing in and out of Poole harbour. Then a small, rather smart, launch passes with two “Wall’s” flags and a freezer amidships. It goes along the shoreline in the direction I am heading and I catch up with it a mile or so further on where it is just off the beach and punters are wading out to buy their ice creams.



**Warning: naturists.** Part of Studland beach is reserved for naturists and there are warning signs – and with good reason as most would have been ideal to feature in health warnings: *“This is what you will look like if you eat too much”*.

***Unwelcome guests.*** Once past Studland Beach the cliffs started again. On the top I rested on a large flat stone and selfishly hogged the whole thing. A little while later an elderly lady came along and asked if she could perch on the end. Shamefacedly I moved my gear and made room for her and we got chatting about walking. One thing that she told me was that she and her husband had holidayed in a remote area of Scotland some years ago where the B&B they stayed at wouldn't let them use their bicycles on a Sunday so they had to content themselves with a stroll. At a bit of a loose end they looked through the visitors' book and noticed crosses against many of the entries. When they asked the landlady it turned out that these were guests that were not welcome to come back as they either made what the landlady described as a mess, were not quiet enough or had in some other way caused offence. (This also explained the slightly uncomfortable feeling that they were being watched whilst in the house). It goes without saying that only a cold meal was supplied on the Sunday but that there was no corresponding reduction in charges.

***Tram of Terror.*** At Seaton in Devon there is a tramway with three-quarter size reproductions of various types of trams that used to run in cities throughout the UK. The system runs along an old railway track to the small town of Colyton and provided a welcome break from walking. Waiting for my tram I looked at the posters; one advertised a special Halloween event – passengers were invited to turn up in appropriate costumes and the poster asked “*Dare you ride the Tram of Terror?*”

***Dungeness.*** Along the coast from Hythe in Kent it becomes more and more remote until the last brick bungalow is left behind and there is just a wilderness of shingle with the occasional wooden bungalow and the odd fishing boat drawn upon the beach. If you look carefully at some of the almost shanty dwellings you will see that there is a central structure with other parts joined to it; the central bit is likely to be quite long and have a rounded roof and is an old railway carriage which will have been covered in roofing felt and panelling so that its origin will not be obvious at first sight.

There is also The Pilot Inn, famous for its seafood and right beside the Romney, Hythe and Dymchurch Railway. The original inn was built from the timbers of the Spanish ship *Alfresia* which ran aground here in

1633; the wreckers murdered the crew and stole the cargo of spirits. With the flat, treeless landscape and large skies there is a definite atmosphere here - in spite of the large nuclear power station.

### **Any scary encounters with wild beasts?**

***Crashing through the undergrowth.*** A few miles past Dalbeattie in Dumfries & Galloway, just as it was getting dark I found the ideal spot for my bivi bag at the side of the road, a clear, flat, discreet area up a little bank next to a wooded area. I had just eaten and was feeling nicely relaxed and thinking about “bed” when, close by, there were a couple of barking sounds and something, unseen but heavy, crashed past through the undergrowth. When my heart rate had returned to something like normal I tried to work out what it could have been. Writing now, it was obviously a deer (I had heard their warning barks before) but at the time it seemed too heavy and clumsy. During a previous walk in the Outer Hebrides I had often noticed herds of deer only after the sentinel had given its warning bark as their colouring made them merge completely into the landscape.

***Midges.*** The worst thing of all as you know you cannot get away from them. Strong winds or hot sun are the most effective deterrent as they then shelter to avoid being blown away or dried out; however, when I’m in midgey areas it always seems to be still, damp, warm and overcast – ideal conditions for the horrible things. As usual, it is the females that cause the trouble; they suck people’s blood to get the protein so that they can lay more eggs.

***The curious incident of the dog in the night-time.*** Lonely cliff top in Cornwall. End of a cloudless, hot, sunny day but visibility is still good because of an almost full moon. I go to sleep in my bivi bag on a perfect area of grass with a view over the sea. Suddenly, at half eleven I am wide awake - something outside is padding round and sniffing. I unzip the bag and there is a large black dog, no sign of an owner. It is friendly, wags its tail, lies on its back, waves its legs the air, doesn’t look sleepy. “What are you doing here? Where have you come from?” (Wag of tail.) “Well, push off then.” (Retreats into bivi.) Dog is still exploring the immediate area and I cannot settle down – does it know the difference between my rucksack and a lamppost?

After ten minutes I get out, pull on my boots, roll up the bivi with sleeping bag, put it under my arm, put rucksack on my back and start walking. After a hundred yards there is a stile and the dog is following me. A bark not far off suggests that someone else is camped on the cliffs not far ahead – is my companion one of the mystery camper's dogs? I retreat for several hundred yards and get to another stile but my friend gets through before I get over. We carry on up a lane – how can I get away? Ah, there's an area fenced off with a small mesh so I climb over but disturb some large cows that start running around. Back in the lane we carry on; sometimes my friend disappears for a few minutes but he's just exploring and always returns; I climb over a gate with only small gaps between the woodwork – but not small enough. By this time having the bivi bag under my arm is tiring so I stow it properly in the rucksack and we carry on. I try another gate, expecting him to beat me to it. Amazingly, the gaps are too small so I wave bye-bye and carry on. He's not beaten yet and, to my amazement, forces his way through a thick, prickly hedge – but is beaten by the small mesh of the fencing.

A quick march across the field brings me to a bit of cliff top that I had passed several hours ago and I camp down again. After an hour's unwanted exercise, and an hour's lost sleep I have gone backwards about a mile – can there be any more surprises? Yes, about 0400 there is a thundering of hoofs past the tent. I am too slow unzipping the bivi bag and putting on my glasses to see anything in the half light. I can only think in terms of large black dogs but, late that morning, I see a deer in a field and I have what they call a light bulb moment. I don't go along the cliffs that morning but head for the nearest lane and proceed along that for a few miles before getting back to the coast. I wonder if the dog is still wandering the cliff tops in search of its owner.

**Getting wet.** It had been drizzling on and off all day but, as it was warm, it did not seem a good idea to put on waterproofs and then inevitably get wet from the inside. A mile or so before a nuclear power station I found a good site to camp but there was still plenty of daylight left so I thought I would carry on a bit longer. Big mistake. It gradually started to rain more heavily and I got very wet before I realised. By this time I was on the narrow footpath between the power station and the sea and I could not stop as I did not want to worry the security men. So it was a mile past the power station when I found another place to camp. I was getting quite wet so out came the bivi and sleeping bags in

double quick time. Even so they became quite wet. It was really tipping down by now (of course!) but I took off various wet clothes and in trying to get into the bivi bag I put my hand on a sticky mess – a squashed slug. By the time I had cleared this up everything was really wet and I settled down for an uncomfortable night. Actually I got out at about 0330 – it was light enough to pack up and start walking – and set off. I took the train home from the first station I came to because, even if I had dried out during the day, my sleeping bag would still have been wet through.

*(From previous trips:)*

**Lost lamb.** Nearing the end of a day's walk with Matthew King we were approaching Tewkesbury along the riverbank. Coming along in the opposite direction were a young couple who paused to look into some rushes on the bank. After a short while they resumed their walk and passed us. Wondering what they found so interesting we stopped at the same place and saw a lamb standing up to its middle in the water. The bank was too high for it to step out so I got down to haul it out. Naturally it was very frightened (I could feel its heart thumping like mad), it didn't cooperate and it was too big just to lift out; I shifted my position and asked Matthew to grab the other end – at which point the dopey creature moved along the underwater ledge to behind some stinging nettles. Eventually, after getting our arms wet and stung we heaved it out and it ran off (about five yards) and immediately started to graze, showing absolutely no gratitude.

**Another lost lamb.** This time in a remote area near Loch Tay. This time I could not get rid of the creature. I had stopped to admire the scenery then turned round to resume walking and tripped over a very small lamb at my feet that was looking up expectantly at me. I tried to lead it to a ewe that already had a lamb with it, thinking it might be the mother but apparently not. I eventually shooed it off and hoped it would find its mother since it seemed too young to get along by itself.

**In your face.** One warm night I was in my bivi bag when there was a splat on my face. I woke up a bit at this, wiped my face with my hand and then wiped my hand on the grass. Half-awake, I thought I must have been very unlucky for a bird mess to land on me in the middle of the night but soon went back to sleep. In the light of early morning I saw what really must have happened: a silvery trail leading up to where



my face poked out revealed that a slug must have got to the edge of the bivi bag and been dislodged onto my face when I turned over.

**Face in the dark.** After crawling into my sleeping bag I took a last look round before taking off my specs and settling down for the night. And there, about 20 yards away, was a disembodied white face staring at me. It did not move and seemed to be floating just off the ground. Furious thinking, when I had recovered some of my wits, came to the conclusion that it was a badger – I had seen a sett a little while before and it served me right for not carrying on a bit further and keeping out of their way. Having worked out that it was not supernatural I managed to get to sleep – eventually.

**A nasty tickle.** In my tent this time, actually on a campsite! Usual scenario: just settling down to sleep. Then I felt an insect on my ear and, before I could do anything, in my ear. The itch was unbearable but there was nothing I could do. I writhed about but must have fallen asleep at last. In the morning a large lump of wax came out of my ear containing just about the smallest insect I have ever seen – dead.

*Alan Brown*

## **Colour coded awards**

To qualify for a colour coded award you must be within the first 50% of all starters or within 1½ times the winner's time in the results on the same colour course, 3 times in any 2 years.

For WHITE courses you only need to complete the course 3 times.

STRING COURSE (PURPLE) is for any young person who does not already hold any other colour award, and who has completed 3 string courses.

To obtain a colour badge award please let Anne Donnell (BOK) have the 3 dates on which you qualified (anywhere in Britain) and £1 for Juniors (20 & under) or £2 for Seniors (21 & over). These prices are subsidised by SWOA. If applying by post please make cheques payable to SWOA and enclose a stamped addressed envelope. The address is:

Anne Donnell, 6 York Gardens, Clifton, Bristol, BS8 4LL (no email)

# Brashings

## **Look out for the new orienteering board game!**

Under development by The Legend Editor is a new orienteering board game, provisionally entitled "Lost in the Forest". A copy will be available for viewing at NGOC events as soon as it is ready.

The game follows real orienteering in that players move their tokens across a map between controls in a race to be first to cross the finish line. The controls are moveable and a different course can be set up for each game. On reaching a control the player takes a chance card - he may be rewarded with an Advantage Card that will help him on his way or he may discover that his compass work was poor and find himself relocating at a nearby depression. Both line and score events can be played.

The map is printed on four A4-sized cards and based on real orienteering mapping overlaid with a hexagonal grid; the map sections can be fitted together in various combinations and you can have even further variety by drawing your own map on the blank map grids that come with the game. You don't have to be a fit M21 or W21 to win this game - you just need enthusiasm and a little bit of luck!

The price has yet to be decided but will be reasonable with profits going to help Pakistani flood victims (previously NGOC sent a large donation to victims of the Pakistani earthquake from the proceeds of one of the New Year's Day events).

If you want to register your interest now (no obligation) please contact the Editor [legend@ngoc.org.uk](mailto:legend@ngoc.org.uk) More details in the November Legend.

### **New permanent orienteering course in Hereford**

Set in the King George V Playing Fields copies of the map are available from the Halo Leisure Pool at £1 each.

### **From Mike Hosford (Devon newsletter editor)**

I take particular interest in Legend because for almost two years of my service in the RAF (they only allowed me to fly a desk) in the 1940s I was stationed in Gloucester; very boring work. The only relief was playing hockey for the station, orchestral concerts in Cheltenham Town Hall (the highlight being the dynamic John Barbarolli conducting the Halle orchestra), a Three Choirs Festival concert in Gloucester Cathedral, and long cycle rides on Sundays in the Cotswolds, the Malverns and surrounding counties. In those days only one or two cars were met in a day of about 100 miles of cycling. The very cold months of January - March 1947 ended with a major thaw, all the melted snow forming a vast lake north of the A40 west of Gloucester. From the top of Robinswood Hill I could see that Tewkesbury was an island, as it was in 2007. Tragically, Gloucester's Westgate Street dipped down into the flood even up to the ceilings of the terraced houses. Even if the occupants had been financially able to purchase replacement furniture, carpets and bedding, which I doubt, there was none to buy just two years after the war had ended.

When I was posted to Germany later in 1947 I took over an office that was staffed by 7 people and was 8 weeks behind in its work. After a couple of months 5 had been demobbed and the remaining WAAF went on extended leave. By turning off the central heating and opening the windows so that snow sometimes blew in, but no one else came in to bother me, I was able to get the office up-to-date in less than a week. I closed the windows, turned on the heating and had an easy time keeping up-to-date single handed. I suspect much similar work could be done today in the public service.

### **Wild boar cull in the Forest Dean**

The Forestry Commission has been trying to reduce the number of wild boar in the Forest from about 200 to around 90. However, it has been struggling to meet this target due to a lack of manpower; only 25 had been culled by mid-August and this means that the population could rise to 300 next year. Only three rangers are available to carry out culling and this is in addition to their other duties. Wild boar were reintroduced to the Forest in 2004 after an absence of 700 years and the cull was started after complaints of damage to gardens, road accidents involving the boar and aggressive behaviour towards dog walkers and horse riders.  
(From a BBC News item)

### **AGM**

Monday 8 November at Oxstalls Campus, Room TC218A.

### **Have your say!**

Are there any matters that you would like the Committee to consider? Contact the Club Secretary, Pat Cameron, or any member of the Committee. The next Committee meeting is on Monday 18 October at 1930.

### **Articles for Legend**

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

### **New form of orienteering discovered in Mablethorpe**

Passing through Mablethorpe last week on my coastal walk I spotted an entertainment venue advertising "bin-o" in bright lights. On second thoughts, maybe the sign had lost its g.