

# The Legend

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North Gloucestershire Orienteering Club  
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[www.ngoc.org.uk](http://www.ngoc.org.uk)

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**Cover:** One of NGOC's youngest recruits, Evie Hastings, finishing her first triathlon. Evie's mum writes inside about the warm welcome they have received from NGOC.

*(Photograph: Rhiannon Hastings)*

# Chairman's Chat

How time flies! This is likely to be my last Chairman's Chat, and I guess I should reflect a little on how things have gone over the last three years. When I first sat in 'The Chair' I felt that there were three things we needed to focus on – the threat of rapidly increasing access fees, the need to keep building up our pool of volunteers and, of course, the need to keep trying to increase participation so that we remain a vibrant and dynamic club.

Thanks to Mike Hamilton's effort at British Orienteering, and quite a lot of huffing and puffing in Government, which has kept the Forestry Commission's eye on bigger challenges than orienteering, the access fee problem has not materialised. What's more, I haven't heard anything lately to suggest that this issue might reappear soon.

Without seemingly doing any special, or different, I feel that volunteering is going well within the club. We have had a small but steady stream of club members putting themselves forward as new planners and organisers, and as far as I have been able to tell there has been no shortage of willing helpers; indeed at our Galoppen this year, the only level C event we have organised, I sometimes found myself telling willing volunteers that I had nothing for them to do! I like to think that much of this is down to what I consider a general feel-good factor at our events. There is usually a coach, or another experienced orienteer, around at Registration to help newcomers, the atmosphere is sociable and inclusive, and this maybe encourages people to join in and help out. We should not, however be complacent – as you will read below our fixture list has grown and may continue to do so. We still need everyone in the club to come forward and do their bit to support and develop our activities.

On a somewhat less successful note, one of the things we decided to do last year was to introduce the 'adviser' role to all events, in order to offer mentoring and an experienced second opinion to less experienced planners and organisers. This has not always worked out, but I would still encourage every planner/organiser, however experienced, to ask around and find an adviser.

As far as participation is concerned, the first thing I need to own up to is that I got my numbers rather wrong in my last Chat. I reported a significant and rather alarming fall in participation in the mini-league for the 2012/13 season. What I had not spotted was that we included the Galoppen in the 2011/12 figures, but not those for 2012/13. Taking this, and the smaller number of events into account, the participation numbers were nowhere near as bad as I said they were! One of the major changes we have made over the last couple of years has been to develop our summer activities into a more formal and regular programme, and as a result we have seen an encouraging increase in participation over what used to be a very quiet period. The downside is that almost all of these extra runs are by experienced orienteers; we have not made any progress to speak of in attracting newcomers to the sport, and this is something that we need to keep working on.

Outside these areas, we have revamped the website, and spread the maintenance workload so that we are not dependent on one person to keep the website up to date. We have introduced an event archive which is designed to help future planners and organisers understand what has gone on before in their area, and provide them with those bits of useful information which so often get lost once an event has passed into history. Membership numbers have remained fairly stable, so we have at least managed to avoid the downward trend in membership that some clubs have suffered. We have continued our search for new areas, have tried out some novel events such as photo-O and maze-O, and have started to look at urban orienteering above and beyond our simple evening street treasure hunts. I feel that we have fallen behind most other clubs in the field of urban orienteering, and whilst it may not be to everyone's taste, it is here to stay and perhaps offers us opportunities to target new potential participants. I hope that we will be able to continue these and other initiatives, both for fun and to continue this search for newcomers.

Lastly, I must of course thank the Committee, on your behalf and mine, for all the work they have done and continue to do to keep NGOC going as a successful and happy club. As in the last Legend I invite anyone who would like to think about joining the Committee, as a member or as Chair, to get in touch with me or Caroline Craig. We have job descriptions for most roles, and we would welcome new faces onto the Committee. I shall remain as Equipment Officer (unless

anyone else wants the job, in which case I'd be very happy to give it up!), and will continue to support the new Chair in whatever way I can. The AGM is scheduled for Monday 14 October at Oxstalls Campus, Gloucester, and I do hope as many of you as possible will find the time to come, bring your new ideas, and welcome your new Chair.

*Pat MacLeod*

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# 2013 AGM

All club members are invited to the 2013 AGM, which will take place at Oxstalls Campus, Gloucester, at 20.00 on Monday 14th October. There will be a buffet at 19.00, during which you will be invited to review and give your opinions on some new maps, and join in a discussion on our future fixtures programmes, and participation initiatives. We will also have brief updates from Chris James on the work of the BOF Events and Competitions Committee, and from Neil Cameron on the Orienteering Foundation.

Please put this date in your diaries, and make every effort to attend. The AGM is one of the few occasions when we get together as a club, and I would like to make it as much an opportunity to exchange ideas and generally be sociable as it is a formal meeting. We will try to keep the formalities as brief as possible!

*Pat MacLeod*

## *Evie and Rhiannon give NGOC the thumbs up!*

Another birthday (mine)...urghhh, what to do, how to spend the day? A friend suggested orienteering and a revelation was born. I like sport but had never tried orienteering, my daughter decided to come along despite not particularly liking sport (too many negative experiences in school). It was November, the weather was crisp, it was muddy and she loved it!



Since starting orienteering I have seen a massive improvement in Evie's confidence. Trellech Woods was just the start; we went on to try night orienteering, which in hindsight may have been a step too far, but the warm welcome extended by NGOC meant that rather than Evie scoring nothing on her first night orienteering event she was taken to a checkpoint so felt she had achieved something. Time and again she was recognised and referred to by name making her feel worthwhile and boosting her confidence. This was further compounded by the results which she religiously made me check to see her standing in the League!!!



Buoyed by this new-found confidence she asked to try her hand at a 5km cross country event (she had just turned 7). I regularly run and pointed out that 5km was probably a bit too much of a challenge. A bargain was struck, if she could do a 5km training run with me then she could take part. So, we both took our places on the start line for the race!! This growing confidence then saw her following in mummy's footsteps and trying her hand at her first triathlon. I could not have been more proud as she crossed the line but I know there will be many more of these moments to come.

Evie cannot run with me at the moment as I train for the Berlin marathon on the 29<sup>th</sup> September for Macmillan Cancer Support but I look forward to finishing and seeing Evie waiting for me at the finishing line. Not only will this signal the end of my challenge raising money for a worthwhile cause, having also completed The London Triathlon for them, it also means I get to train with my go-getter little girl again. All this because of a chance encounter with NGOC and orienteering, I cannot thank you enough for making Evie so welcome and showing her there is a sport for everyone, it doesn't have to be the traditional team sports that are encouraged in most schools. We look forward to seeing you all again in the new season.

Rhiannon Hastings

*Rhiannon is running the Berlin Marathon on 29 September to raise money for Macmillan Cancer Support. For more details and to make a donation please visit:*

<http://www.justgiving.com/Rhiannon-Hastings1>



## Caption Competition - answers



"Nah, he didn't win this. This is one he bought for himself."

"Is this meant to impress me?"

"Can I have some more?"

"I think I deserve more than a Cup for finding all those controls for you!?" (*all four from Nick Barrable, CompassSport*)

"Pleeeeeease can I eat the biscuits in the cup before that young Daisy gets here?" (*Gill James*)

"See that hosepipe over my left shoulder? Will someone PLEASE turn it on and fill my bowl – I'm thirsty!!!" (*Dave Hartley*)

# Scottish 6 Days



A section of the map of Day 1 of the Scottish 6 Days, which was held at Lossie.

For details of the Scottish 6 Days 2015 and the World Orienteering Championships 2015, based in Inverness, visit [www.Highland2015.org](http://www.Highland2015.org)

For Gill Stott's account of the Scottish 6 Days 2013 and then Gill James's from the Information Tent read on:

# Diary of a Desperate Orienteer

## Moray 2013

Another superb six days of Scottish orienteering. Some people of a certain age have attended every event since its inception in 1977. Do any of you exist in NGOC? It's in Deeside in 2017 – they've planned that far ahead. Start booking your accommodation now.

Having camped in a thistle littered field at Speyside in 2007, with ground frosts and a waterlogged field, campsite expectations weren't high...but the campsite at Castle Brodie was fantastic.



*That green and red couple in the photo are Swiss, though they had some affiliation with SLOW. When our can opener failed to function I asked them to open our cans and was thrilled to see them use a Swiss Army knife.*

**Friday.** The earlier you arrive at 6 Days campsites, the more choice of camping sites. Stotts were 2<sup>nd</sup> onto the camper avenue. The registration bloke gave us site 1. Andy stared at the large white tent opposite. "It's the beer tent" he exclaimed. "It'll be dreadful here. Greg and Steve will be here every night, swigging beer and singing Scottish ditties. We'll have to move." Husband wandered carefully up and down the long avenue, studying every pitch with the intensity of a planning officer... too shady here... too boxed in there... too near the sinks... too far from camping family... the decision process was a difficult one. He plumped for near the loos. What if people slammed the doors all night? What about the stench?! Well we've had a few sceptic tank moments in our time, so there we made our camp.

**Saturday.** The sun is shining...yet our van is in shade. Hmmm. Ah well, if it's still shining by the evening... A whole day to prepare for six days of orienteering. Is it too late to start training? The sinks are good. Since the sun shone a bit, the water warmed a little as it flowed along the water pipe - solar power without the faff. I was warned about a friendly bloke washing up who was from the Sarf East. Apparently he couldn't help but broadcast the latest on his Achilles. True to form...each time I bumped into him, the latest development with his tendons was revealed to me. Note to self...don't bang on about the old knee.

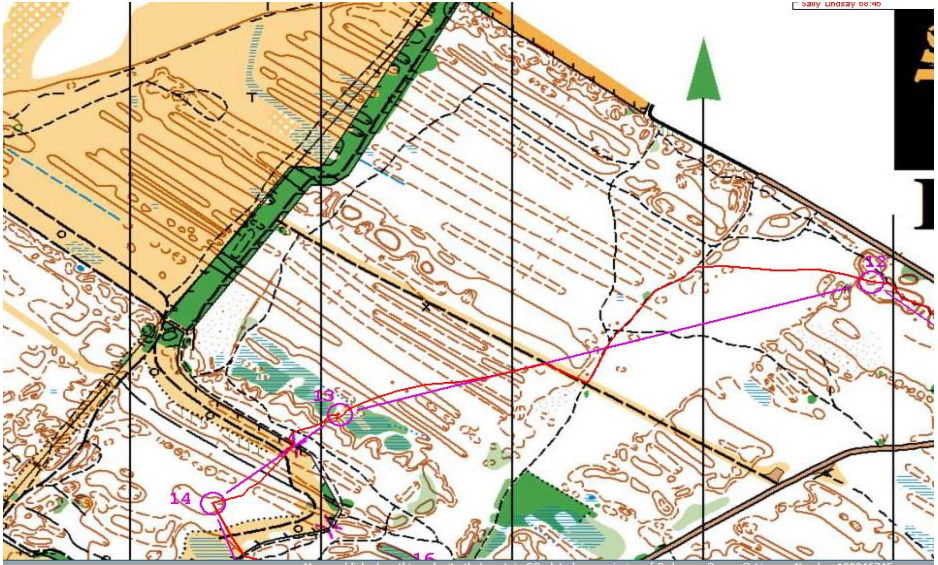
Cycle trip to Culbin. Probably illegal given the imminent event there but will it make a difference to our world ranking? Doubt it. Crossed a salt marsh in bare feet to reach the sea. Took wonky photos of the Moray Firth. On the way back through the forest we noted marked out placements for the loos. Loos seem to be our thing, this trip.

**Sunday.** Day 1. Well if sand dunes are your thing, then this 6 Days was for you. – **Lossie** was 'complex forested dunes' which I sort of got the hang of, being pleased with my time of 49 minutes until I was informed by the 8 year-old managing the download computer that I had failed to visit control number 10. How did that happen??!! Cursed self for the rest of the day.

**Day 2 – Carse of Ardersier.** There was a limerick competition for the name of this area. Our family came up with some predictable rhymes which sadly were not printable since the newsletter – Still Talking (being a whisky area) – was a family publication. Became distressed by other orienteers' attempts to write limericks. Since when did 'grass'

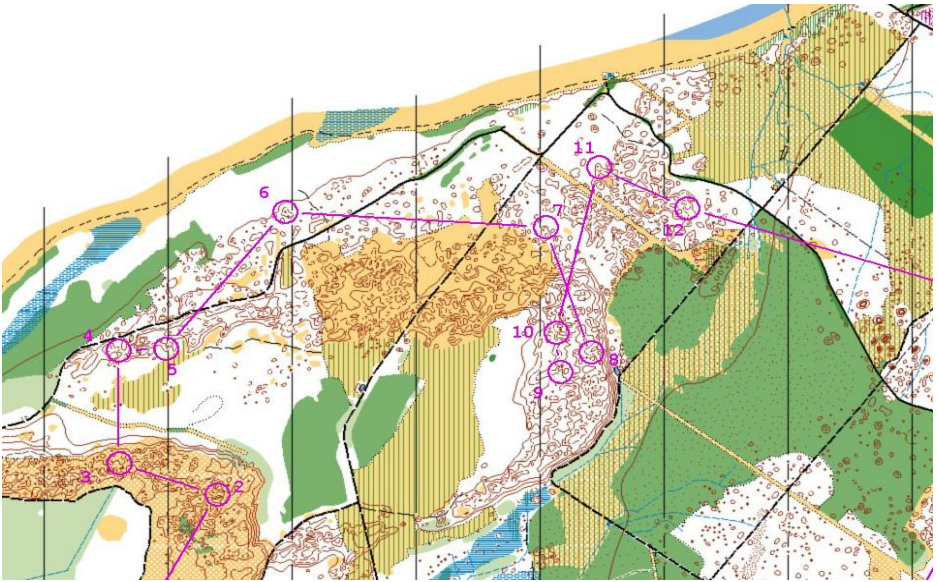
rhyme with 'Carse'??

More forested sand dunes, a result of huge piles of sand and gravel deposited after the last glaciation blown onshore to delight orienteers thousands of years later



*Take this leg, for instance. Looks straightforward enough, after all the contours are 2.5m. The reality was that if you did choose to take the direct route, as this example shows, then it was exhausting crossing them all. Some cleverer people nipped along the path. Those low lying ridges are a puzzle though. They don't seem to follow the form of the other dunes, being long and straight and I can't work out their origins. Some of us were all over the place and lost their favourite shirt to boot.*

**Day 3. Culbin** was a cycling day. It's great to be able to cycle to events. They should ban all other traffic on the road though. Enjoyed beating orienteers in cars to the assembly area. More sand dunes! What a surprise. This time they look quite tricky and great relief to have a 1:7,500 map for us oldies.



Best to go carefully eh?! Try to keep in touch with the map at all times in that terrain. The dunes haven't always been forested. In Medieval times there was a village where the extensive dune system is now, called Culbin, but it was gradually buried in the 17<sup>th</sup> century by the shifting sands brought ashore by the prevailing winds. The dunes are of national importance, being of glacial-fluvio deposits, created and uplifted after the last ice age 10-15,000 years ago. But the Forestry Commission planted them in the 1920s so they are well camouflaged.

**Wednesday.** Rest day! This can be spent trying to avoid other orienteers. Usually this is impossible and orienteers fight to climb the nearest Munro or try to exhaust themselves some other way before the next three days of competition. On return to the campsite orienteers vie with each other to claim the most physically demanding rest activity. We managed this successfully by trying to cycle some way to Grantown-on-Spey along the old railway route. It looked easy enough on the map but in reality it was hard going on rough ground. After a tour of Lochindorb we arrived at a crossroads at the same time as...guess who! Greg and Steve, out for a spin on their bikes.

**Day 4. Loch of Boath.** Tired legs – no rest day achieved. Much better day. Maybe that was because I only had 12 controls. The area was dubbed by the 6 Days team as “diabolical ditches, young trees and

every sort of plant that snags and scratches". Sounds really good. Added with "If you weren't soaked by the rain from above you were soaked from the vegetation.", and you are reminded of why you had come. Afterwards we intended to visit Cawdor (orienteers en masse alert) but rained off so cheered ourselves up with a visit to Culloden instead. The visitor centre there is quite new and impressive. Whilst there we discovered where the Tauntons were staying, in a secret hideaway in the middle of a battlefield. Here is a photo of their authentic Scottish holiday home:



**Day 5.** Sometimes, on the six days, it can seem like work. Get up using alarm, have breakfast, drive to work (event), do your stuff and come home. If only we were paid though... Roseisle was a cycle ride to work. The wind blew us there. Sadly it didn't have the decency to switch 180 degrees to blow us home. More sand dunes! A flypast was arranged for us. The Red Arrows were busy so we got a Sea King helicopter instead. It was a hard day's work mind. 12 miles cycle. 3 km walk to the start. 5 km event. Then more cycling. Cycled to a secret cove, way past all the sand dunes of national importance, to beyond Hopeman. Golden sandstone and a beautiful sandy beach. We cycled 60k that day, on top of walking/orienteering. So quite refreshed then for the last day....



*First in the Rogues' gallery is our Andy, bearing an expression of intent.*



**Day 6. Coulmony and Belivat.** Inland stuff with wild woods, marsh and energy sapping undergrowth. It was one of those days where you finish in some horribly slow time, only to find that many more were even slower. Our girls going round the green course finished wondering what all the fuss was about. They became bored waiting for us so started the camera rolling...basically anybody with a purple top on or who were up to no good.



*The relief of the Finish, the run in being the only section of the course that I was sure about.*



*Our Matt – fleet of foot when the map is drawn properly.*

For a video of the Whirling Dervishes of NGOC see:

<http://youtu.be/j9G7SgyaOsY>

It shows Greg 'n Steve, the happy couple attending the last Ceilidh of the 6 Days, in Dyke Village Hall. Understandably nobody else would dance with them so they were left to their own devices. The camerawoman was almost knocked to the floor at the end of the video, hence the chaotic appearance of the last few seconds.

That's all folks. See you in the Highlands in two years' time.

*Gill Stott*

## **The Scottish 6 Days – Moray 2013 - from the Information Tent**

When Chris and I helped out at the World Trail-O Competition in the Dundee area last year, we were asked if we would be willing to help at the 6 Days competition in Moray this year. We had really enjoyed it so thought "why not?" We felt that Enquiries might be a gentle option rather than being at a start where it is better if it is a club effort. However, volunteering for double shifts did mean a big commitment time-wise and what with family commitments it stopped us having a chance to meet up with all our club friends.

Our instructions duly arrived just before we left home with the caravan, and we were to be on duty at Applegrove Primary School in Forres on Saturday from 11 am until 3 pm during which time many competitors would arrive to pick up their bibs, dibbers etc. The School Hall had tables down one side with boxes placed alphabetically so that two volunteers would easily be able to give out the bibs. We had to check the names, class and dibber numbers were correct which turned out to be critical when we had two of the same name but in very different age groups. This did result in a number of people having to have new bibs made up and folks returning the wrong one the next day – a bit of a problem when a hired dibber was included! There was a bit of a language barrier too and one gentleman from a Swedish club arrived expecting all his competitors' bibs etc to be in a box ready for them, which meant two people then going to each table to find said bibs.

During the week in the tent, we had a pretty constant stream of competitors from all over the world with questions such as "Where do I find....?" but the best had to be the gentleman who came and asked if we had a green tee shirt because he had lost his wife. Once we had all stopped laughing, having assumed she would be wearing said shirt, he

explained that they had found it and she was bringing it to us but they had got separated on the way.

We had the usual items – compasses, dibbers, clothes, shoes as well as very well worn walking boots with soles parting from uppers. We also had a PlayStation, an iPod which arrived inside a wallet with all cards and money (and ID, thank goodness) which were brought in inside trackster bottoms with a sweatshirt too! All had been left outside a club tent. I think the young man would have been very grateful to be reunited with that lot. We even had a £20 note handed in found on the ground.

Maps were brought back at the close of start each day so that people could pick them up if they wanted or if they had to change maps in the course. These were usually dropped just outside and had to be watched in case they blew away. The equipment team also provided a service of moving club tents between venues on most days. The first day was extremely difficult as it was hot in the tent and the loudspeaker was just outside so keeping cool and not shouting at people were both difficult. Being on later shifts meant that we ended up creating elephant trails, but judging by the results in my class not many followed my lead!

We must have made a reasonable impression as we were asked if we would be willing to help again in two years' time. All in all it was hard work, but worth it for all the camaraderie and new friendships as well as renewing old ones.

Gill James



**Uringa Orienteers**

## **Invest in your running**

Wouldn't it be great to run faster without having to get fitter? I can see some of the club are listening! Orienteering is a beautiful sport where the balance of physical and mental skills is the path to success. Last week we were working on our mental skills, with the map memory training session in Sydney Park, but now my attention turns to working on the physical skills we need in orienteering.

Many club runners, me included, can have a casual approach to physical training for orienteering. They go out on a reasonably regular basis for a run which may be distance based, say 10km, a favourite loop of the park, or maybe a road race now and again to 'sharpen up' a bit. Athletics coach Joe English says: "Too many distance runners spend far too much time running "junk" miles — meaningless slow runs that do little for their development as runners". Whilst no-one can deny the importance of base kilometres in any training regime, where the basic stamina is built for running distances, these should not be the only things you have in your tank when you take on your orienteering race. Speed, strength and running technique are important too. If you missed out on Little Athletics when you were a kid, you may never have had any formal running training. Does this matter? Actually yes, because with efficient technique you can run faster without getting fitter. Possibly more important, in a sport where participants can still be competing well past the point other athletes are watching the next generation on television; good technique strengthens the right muscles and helps to prevent injury.

Now answer a serious question: are you ever going to worry about how you are running when you are on the way to control point No4 and you just saw your arch rival heading towards the same re-entrant? There is no way you can concentrate on running technique out

in the bush with so much else to do. This is where the track environment comes in. The synthetic track training session is a fantastic way to learn how to run efficiently and to learn how to incorporate quality speed work as a part of training.

Track allows runners to work on two main things:

- Technique
- Speed.

Technique allows you to run efficiently and avoid injury. Efficiency means you run faster without having to get fitter. Avoiding injury means you will be able to run all season in all the State Leagues! Although there are many ways to break down the running action these are the main parts you need to consider:

- Head and shoulders – is this a source of relaxation or tension?
- The arms – what position is natural for you and does that help or hinder you?
- Torso – what angle is your body to the ground? Is your body position efficient?
- Hips – is your positioning right for your centre of mass and the source of the ‘fall’ in your gait?
- Knees – what is the optimal turnover vs. stride length for you?
- Feet – where and how do your feet land and does this predispose you to injury?

At the track, you can isolate and focus on each physical element of the run. Body lean, stride length, hip positioning, relaxation through the shoulders and arms. These can be done through specific exercises, or whilst you are running around a track that requires no map to know where you are going!

Speed is not just about running faster, it is also about knowing how fast you go. In track work we talk about ‘pacing’. This is different to orienteering pacing:

- Orienteering pacing: how many paces to a distance covered
- Track pacing: how fast we go for a particular distance.

Do you know, for example, how fast you can run 5km? Is that faster or slower than the same time last year? What are you aiming for this time next year? Running on the track, takes the guesswork out of your running, allowing you to baseline your fitness and know what you are aiming for with your training. As Coach Spot Anderson of Bondifit says, “don’t waste your time complaining that your running doesn’t seem to be improving when you can’t say how fast you run now. For 5km is it 25mins 25secs, or 20 minutes 5 secs or are you kidding yourself and telling me you are a sub-20 minute runner? Get rid of the guesswork and then you can tell precisely how your fitness and training are going. Only then can we work on how to get you quicker.”

Knowing how fast you can go then allows you to plan your running more efficiently. An extremely effective approach to straight road running is the negative split. This is where you decide on your target time, split the run into two halves (or more if you want to get really complicated!) and then plan your speed over the second half of the run to be 5-10% quicker than the first run. This stops you from racing off in the first half and feeling dead for the second. Wonderfully this approach allows you to overtake those runners who sprinted off from the start in that second half. Ian (Jones) recently ran the Six Foot Track race, the 54km trail run from Katoomba to Jenolan Caves. He used the negative split approach. In the second half of the race, he overtook 200 runners! Question of course is, is this approach suitable for orienteers? And the answer is yes. It works for orienteers because it allows you to plan to run aerobically for longer, which means you can keep thinking as well as running. Who hasn’t had brain fade in the second half of the course, which could have been avoided if the first half of the course hadn’t been run too fast?

On a final note, these days orienteers often don’t go on training runs together with other club members. One of the other great benefits of the track is the opportunity to run with a mixed ability team. No longer at club runs do the fastest disappear off into the distance with the slower ones sucking up their dust. On the track everyone is going round and round – who knows or cares if you are in front or behind? You are doing your own session and no-one but you and the coach are counting your laps.

*Margaret Jones*

Uringa Training Officer 2012

# Long Valley South (West)

*Military League South, 21 August (patronised by Alan, Bob, Pat and Roger)*

Or was it Long Valley South (North East) or . . . (North East South West)? Anyway, typical Army nomenclature and on a diddy A5 sheet at 1:7,500 scale. The Blue course consisted of 4 loops, called, would you believe, A, B, C and D; all loops being on the same area. To run the Blue course, on the command "Go" you had to dib the (EMIT) "Start" box, pick up the A map and run the A course of 8 controls. After the 8 controls you dib the "Finish" box, (avoiding the "Start" box or your A course would be deleted), replace the A map in the A box, pick up the B map from the B box and run the 9 controls of the B course. Repeat for the C and D courses.

By the time you dib the finish for the fourth and last time you will have dibbed 41 times and visited 20 controls. Those good at maths will have realised that some controls are visited more than once; in fact one was visited 4 times and a couple 3 times. To try and confuse me further the start gent, concerned that he was running out of A maps, asked me to start with the B course; I could then do A, C and D in any order.

The first three loops went reasonably OK but by the fourth loop I was running out of steam and reduced to a walk; it was a hot day and on that fourth loop I could have done without seeing the same old controls, even if I was approaching some of them from different directions.

Most of the ground was pretty dry but I still managed to get my shoes wet and muddy; I took 104 minutes 56 seconds overall. The winner was "only" an hour quicker than me (43 minutes 43 seconds) but I wasn't last by a long way (54 out of 63); being a very informal event they didn't check that people had visited all the right controls and a few disqualifications might have boosted my position.

Since we always handed our maps back at the end of each loop we have no souvenirs of the day although we could have waited until course closing time in the late afternoon to claim four maps each. But overall a good day out and a good lesson on how to run a blue course in a small area. Thanks to Colin Dickson of BAOB and his team for yet another event requiring a lot of time and dedication.



# **Another MLS with no map to take home**

*Military League South, 28 August (patronised by Alan, Bob, Pat and John)*

Some people didn't want to go to Drayton Barracks; they said it was a boring area and a long journey. But, tempted by the promise of a 7.1 km Blue or a 5 km Map Memory, our intrepid four set off from The Forest on a dull Wednesday morning. The sun was shining when we arrived at Drayton Barracks, which turned out to be an ex-barracks with all the buildings gone but lots of hard standing areas left. Lots of new white lines painted on the tarmac suggested driver training. There was a mixture of open land, bushes and trees; and it was flat, flat, flat.

We arrived before Registration opened and to while away the time Bob regaled us with a tale of someone who had run a map memory course and then been disqualified because he had left out a control. The point about map memory courses is that every time you get to a control there is a small section of map showing the location of the next control: you study this for as long as you like and then set out for the next control leaving the map behind. When the "disqualifiee" protested that he had to have visited every control to get the clue for the next one (so how could he have left one out in the middle?) the organisers conceded that he had a point and reinstated him. After today's event I was comparing times with Bob when I realised that he had only punched 14 controls while I had punched 15. Bob reckoned it was due to a faulty Emit card ("Look at the cockeyed display on it!") while I reckoned it was due to his arriving at the control to see me already there and forgetting to punch ("You saw me and snatched the map out of my hand!").

Apart from actually trying to remember some vital features to enable you to get to the next control you had to make sure that you looked at the correct map section. Eg: on arrival at Control 4 there was a map to show how to get to 5. BUT, Control 4 was also Control 14 and showed how to get to 15. Pat discovered this the hard way.

Bob also wondered whether there was any point in taking a compass (possibly a cunning ploy to make me leave mine behind and make it more difficult?) but I still took mine and found it very useful to orientate the map sections at controls. If I had left it behind I would have made

numerous 180 degree errors. However, next time I will take a baseplate compass, rather than a thumb compass without any swivelly bits, so that I can set a bearing when I leave the map section at the control. This would have saved at least five minutes when I ran to the wrong corner of a square/parade ground and had to go back to the control and start again. I think we all had to retrace our steps in this way at least once.

A good experience overall and one that I would like to repeat. Perhaps not an exciting area but it has good parking and the hard standing areas would suit relays with good opportunities for spectator controls. And it is flat with good going for the speed merchants.

The journey home was long. Getting onto a dual carriageway soon after leaving we hit a tailback which we could see extending to a hilltop at least half a mile away. Turning back as soon as we could we took long, wiggly roads to join the motorway near Swindon. A route favoured by dithering drivers and a hearse (I thought overtaking the hearse was rather tempting fate) and then a skip lorry. The skip lorry slowed to about 20 mph up gentle slopes but did manage slightly faster downhill. I had always thought old chip fat had to be processed before being used as fuel. This idea, apparently, was not shared by the lorry's owner, judging from the smell of the exhaust fumes and engine performance.

EMIT timing system  
12:34:18 28.08.2013

100569	>>>	1:05:53	<<<
01	03:40	03:40	40
02	07:56	11:36	42
03	03:20	14:56	44
04	03:09	18:05	59
05	03:51	21:56	64
06	03:16	25:12	56
07	04:24	29:36	62
08	02:26	32:02	51
09	02:06	34:08	52
10	02:47	36:55	53
11	01:52	38:47	61
12	06:28	45:15	47
13	03:41	48:56	64
14	03:41	52:37	59
15	09:43	1:02:20	54
F	03:33	1:05:53	249

2.00 02:29 1:08:22

Memory	5.0 km	25 m
1 40	↓	Δ
2 42	▷	○
3 44	⋯	○
4 59	•	○
OK = XO		
5 64	▷	⊥
6 56	∇	
7 62	▷	

8 51	⊗		Q
9 52	∪		
10 53	∇		
11 61	⊗		○
12 47	▲		
13 64	▷		⊥
OK = XO			
14 59	•		○
15 54	▲		σ
OK = 480 m XO			

# CAPTION COMPETITION



Can you think of a good caption for this picture? Send your entry to [legend@ngoc.org.uk](mailto:legend@ngoc.org.uk) and see it in the next Legend. (*Thanks to Neil Cameron who took the photograph at Painswick Beacon three years ago.*)

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*Opposite: Map memory control descriptions and Alan's results slip. Note the slower times at 2 (running round in circles until finding control by chance; 12 (was I supposed to turn left or right at the track junction? – return to previous control to find out); 15 (ran to wrong corner of square; a baseplate compass would have avoided this)*

# **Chairman of BOF Events & Competitions (E&CC) – Chris James**

## **What am I doing?**

I was appointed to this National voluntary role in late October 2012. Gill suggested that it would be an interesting challenge now that I had more fully retired from my career in People Development. It was advertised as taking about eight hours a month. Like so many previous experiences within in British Orienteering, now over nearly 50 years, this has proved to be a great underestimate. However it is no less a challenge when compared to being the first National Fixtures Secretary in the 1960s, the Chairman of BOF 1975-8, a Councillor (twice) and a Board Director (2008-9).

Like all staff and major volunteer roles it brings real challenges, especially as we now face significantly reduced funding, a huge increase in compliance with regulations and the pace of current life expectations. One thing has not changed. Orienteers, by the very nature of our sport, continue to be very focused individuals. To take two recent quotes:

“Everybody makes their own route.”

“Everybody knows that they are right.”

To me these sum up the challenges that I and others in such voluntary roles face. Any outcomes following consultations will be challenged with the tendency to follow like the two quotes above. As a more recent example consider the National changes to event levels. First we went to 3 levels of Event and then one year later followed this by another significant piece of work and a change to 4 levels the next year. Not only do such efforts cost dearly in volunteer and staff time but they leave many members confused and demotivated:

“Oh it’s BOF – they can never make up their minds.”

The fact is that collectively WE do not make up our minds!! I can see several of you nodding your heads vigorously. You are of course right aren’t you!?

## **A Way Forward?**

For E&CC the challenge is to create an events programme that, where possible, suits the needs of the majority of those who participate in our sport. It also needs to encourage the best to Podium level and newcomers and all others to Participate in more Places. It is a significant challenge to evolve a plan to suit all! So any programme evolved will be challenged. As we inevitably have to plan our Events programme months and even years ahead any changes made in order to achieve the Federation's and E&CC's Vision cannot be implemented until late 2015 or 2016. By this time the danger is that collectively we have wanted to change it all again, probably more than once. We need to give such initiatives a chance to prove themselves.

E&CC created an "Overall Strategy" that was adopted by the Board in January 2013. Our task is to now formulate a "Delivery Plan" that can be approved and adopted by the Board. This will not cover specific events but the structure for our Events. This structure plan will guide the Events Scheduling Group (a part of E&CC) to implement the detailed programme of Events each year. It sounds simple but in practice it needs us to look at the bigger picture – something I find that many orienteers do not tend to do. Perhaps you agree with me and would be prepared to share in creating such a Delivery Plan for Events and Competition? A small number of members have already kindly done so. This has helped me to guide the E&CC particularly for the E&CC meeting to be held on 14<sup>th</sup> September in Birmingham. I would still be very grateful for any personal help you can give us. Please get in touch.

## **Conclusion**

I trust that this article might give you a little insight to the challenges faced by volunteer members and the small number of employed staff within the Federation. As you might gather I prefer to look at the big picture and not too much detail – no wonder my orienteering goes to pot!

Chris James

## *Alan goes on:*



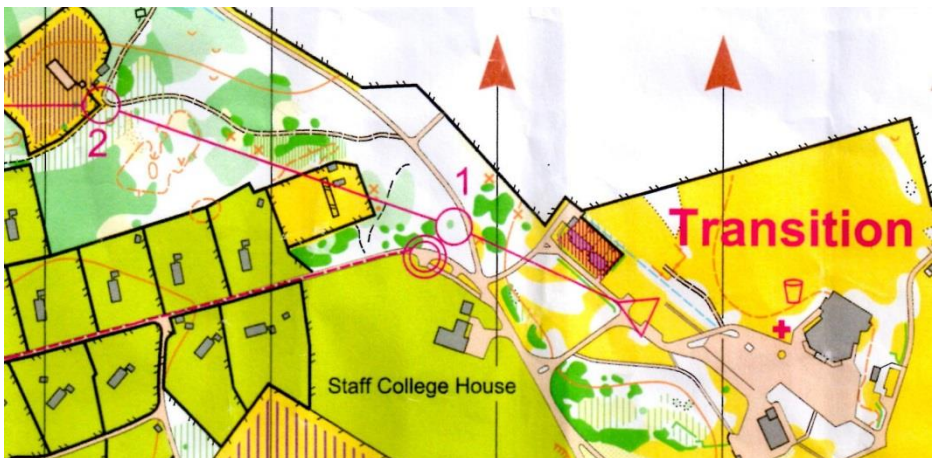
Alan went to bed really early on Friday night because he wanted to be fresh for his big adventure on Saturday. A couple of weeks ago he had seen a flyer on the Army orienteering website for “The Sandhurst Adventure Race”.

The flyer promised “a 2-3 hour adventure race set in the stunning grounds of the Royal Military Academy Sandhurst and the adjacent training area” and there was a lovely picture of the buildings, lakes and lawns taken from the sky. He thought it sounded good but he wasn’t exactly sure what an adventure race was. So Alan carried on reading. First there was a 3.2 km run “passing the tranquil fishing lakes and all three of the Military Academy’s historic colleges including the world famous Old College Parade Ground”. Then there was mountain bike score orienteering on Barossa military training area, then foot score orienteering on the Barossa range danger area and, finally, “in and around the water of the . . . infamous assault course.”

“The Sandhurst Adventure will test your fitness, navigation and mental toughness . . . are you up for the challenge?” “Yes!” yelled Alan. His shout brought Ann in from the kitchen looking very worried and wanting to know if he had hurt himself. But Alan wasn’t listening as he had just realised that he didn’t have a bike. But reading further he saw that you could leave out the bike stage. So he entered online straight away without even asking Ann. She was very cross when she found out.

While he was online Alan noticed that there were only a few other runners but when he looked again about a week later he was dismayed to see there were lots of M21s and W21s. “Oh dear,” thought Alan, “I expect that they are all very fit officer cadets and they will leave me miles behind.”

On the Saturday Alan rushed to the station and caught a train for Reading. Since his Adventure wasn’t due to start until 2 p.m. he had plenty of time to look round the new station before taking a train to Blackwater. At Blackwater Alan started to walk to Sandhurst’s main gate. It was along a very noisy and very busy road and he began to wish that he had stayed at home. But, he thought, Ann would have found him lots of jobs to do so he just carried on.



The last thing he had packed into his bag was the newest book on the adventures of his favourite heroes – Julian, Dick, George, Ann and Timmy. They all loved adventures so he wondered if he might see them at Sandhurst. That would really make his day and he could ask

them to autograph his book. He began to wish that he had borrowed Ann's camera so that he could have his picture taken with them. But perhaps it was just as well that he hadn't asked to borrow the camera as Ann would only have scoffed. She was always trying to tell him that the Famous Five didn't exist, that they were just characters in a book. Alan could not work out how she got such a daft idea; you only had to read a few pages of one of their books to know every word was true.

At the guardroom there was a handwritten notice saying "It's nice to be important, but it's also important to be nice." Perhaps some visitors thought they were so important that they didn't need to show their ID and were rude to the guards? So Alan made sure he was very polite when he showed his passport to the lady in the guardroom who took his photo and printed out a pass for him.

Leaving the guardroom he followed the "Sandhurst Adventure" signs to a football field where there were several big tents. At the Registration tent there were several people Alan knew from the Wednesday Army orienteering events. There was still a long time before his Adventure started so Alan chatted for a while after signing in and getting his Emit card. This was different from the normal brick strapped on one finger – it was like a watch with a Velcro strap to hold it on your wrist. The "watch" part was of transparent plastic so you could see the parts inside. Also you only had to hold it within a foot of the control for it to register. Alan thought it was all very clever. (Although most controls were quite easy to find the kites were not normal kites but had only one face and were quite small, only about nine inches square.)



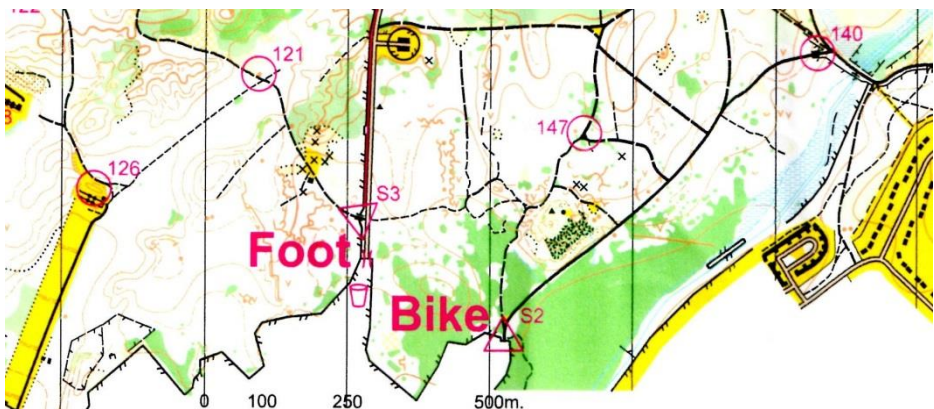


Alan was also surprised – and delighted – that the two course maps were given out at Registration, rather than at the start, and he pored over them trying to work out the best routes between controls.

In the next tent they were handing out Army Benevolent Fund T-shirts. They were a very bright red and looked so smart that Alan put his on straight away. Soon it was time for the final briefing and Captain Jamie Walker gave final instructions. Then everyone lined up at the start and off they went. Alan, who had not been on a proper run for ever such a long time, plodded along carefully near the back. But he managed to keep running nearly all the time. As promised they went past some pretty lakes through groups of great big trees and some important-looking buildings and an enormous parade ground.

All of a sudden they were back at the start, at Transition, and those with bikes put on helmets and set off for the bike orienteering. Alan was relieved that he had managed to run the two miles and grabbed a glass of water before setting off again. And no one told him off for slurping!

“Easy” thought Alan after the first two controls. But then the third was in a pit some yards after a path petered out. Here there were a lot of people milling about, looking lost. Also there was a new-looking building that didn’t appear to be on the map. So Alan worked out his position from some buildings on the opposite side of a nearby road and went back into the trees and soon saw the control. He dashed up to it but, unfortunately, this gave away its position and the others wasted no time in dashing up as well.



The score “O” in Barossa seemed very easy and there was just one sensible route to collect all the controls and everyone was taking this same route. After leaving Barossa they re-entered the camp to start the “WetDash” stage. Alan had managed to keep his feet dry until now but straight away he had to stand in a big puddle to reach up to a control hanging from a frame that was part of the assault course. After that it just got wetter.

Alan had noted several soldiers in front of him. They went out of view behind some thick bushes and then there was a loud splash and lots of laughter. “Someone’s fallen in and I missed it. Bother!” thought Alan and he tried to speed up. He went round the thicket to see a wide ditch but was disappointed that there was no one floundering in the muddy water. Managing to cross the ditch without falling in himself Alan then found a taped route where runners had to run along in a muddy ditch up to their knees. He was really enjoying all the mud when he began to wonder what Ann would say when he handed over his kit for her to wash.



Alan left out the control in the middle of the lake as he didn't want to get any wetter or ruin his mobile phone; he was glad that this part of the course was still a score event so he wouldn't be disqualified. There were then just a few more easy controls and he had finished. Alan felt very pleased with himself for finishing the course but felt that doing the mountain bike stage as well would have been too much.

The train back to Cheltenham was dead on time and Ann drove to the station to give him a lift home. "Great!" thought Alan, "a perfect end to my Adventure." As he climbed into the car Ann asked where the sweaty smell was coming from and turned up the air-conditioning.

The Sandhurst Adventure 03/08/2013

Sandhurst

**Alan Brown**

Run Orienteer WetDash NGOC

**1 : 17 : 30 OK**

1- 100	2- 101	3- 102	4- 104	5- 105	6- 106
19:59	21:32	24:26	25:04	26:48	27:58
19:59	01:33	02:54	00:38	01:44	01:10

7- 107	8- 108	9- 121	10-126	11-128	12-122
29:17	30:00	32:44	35:40	37:27	41:18
01:19	00:43	02:44	02:56	01:47	03:51

13-129	14-125	15-127	16-124	17-123	18-108
45:53	48:41	51:35	53:48	56:42	62:31
04:35	02:48	02:54	02:13	02:54	05:49

19-110	20-111	21-112	22-116	23-118	24-119
65:48	66:34	67:14	69:21	70:44	72:22
03:17	00:46	00:40	02:07	01:23	01:38

25-120	Finish	Read
74:53	77:30	84:23
02:31	02:37	06:53

For results visit our web site:

[www.baoc.info](http://www.baoc.info)

Emit timing-[www.emit.no](http://www.emit.no)

*Alan's results slip. Alan wants all his friends in NGOC to know that it did not take him 19:59 to run the 200 yards to the first control. The 19:59 includes the 3.2 km run and drinking a glass of water at Transition.*

*Can you identify this man?*



*Is this the man who tried to recruit our undercover reporter into the fundamentalist BOK Army? (From July's Legend: "The figure's face was masked by an NGOC buff, dazzlingly bright in contrast to . . .")*

## FORTHCOMING EVENTS

<b>Date</b>	<b>Event</b>	<b>Location</b>	<b>Signposted / Forest Entry</b>	<b>Organiser</b>
21 Sep Sat 1130-1300	League 1	Sheepscombe	SO901099 GL6 7EU	Caroline Craig 01242 528326
12 Oct Sat 1230-1400	Informal	Standish Wood	SO838085 GL6 6PR	The Starlings 01793 320054
19 Oct Sat 1300-1500	Compass-Sport Cup warm-up	Parkend	SO608078 GL15 4LA	Bob Teed 01291 625048
26 Oct Sat 1130-1300	League 2	Bixslade	SO608078 GL15 4LA	Steve Robinson 01594 841743
16 Nov Sat 1230-1400	Informal	Ninewells	SO593131 GL16 7HB	The Jameses 01989 720122
7 Dec Sat 1130-1300	League 3	Woodchester Park	SO795014 GL10 3TP	Alan Richards 01249 715609
14 Dec Sat 1800-1900	Western Night League	Crickley Hill	SO935161 GL4 8JY	Greg Best 01242 516053

Enquiries to Organiser or Fixtures Secretary – John Coleman 01594 582151  
[fixtures@ngoc.org.uk](mailto:fixtures@ngoc.org.uk)

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

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

Informal Events: Yellow / light green / blue courses

League Events: 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)

# NGOC Coaching

Having constructed a plan with Pat, Gary and Greg to provide coaching at our Summer Series events, I spent quite some time copying various documents such as control descriptions and guidelines to hand out to beginners. Paul very kindly let me have some maps so that we could use them to show how an orienteering map differed from an OS Map. Pat, as ever, provided any equipment and support that we needed, including the ability to provide a “Nifty Numbers” course complete with our own start/finish and download. He also set up a section on the website so that members and newcomers could register interest and let us know which events they would attend.

At the first event, at Crickley Hill, all duly arrived and we went through the intended exercises for the day and having set up the numbers game the children had a go and vowed to return after completing their yellow course. A great time was had by all, but the fastest time on the course was from Paul Taunton! Gary also shadowed one competitor – they have now become friendly rivals.

At Hartpury, I set them a small test to see if they could pair up the pictorial and word control descriptions. They did well. Again they enjoyed the numbers game and also had a go at pacing. Nifty Numbers was set up between registration and the start/finish and the main courses all crossed it from their last control. No collisions occurred.

Unfortunately for a number of reasons the third session did not happen. Gary and I had set up a short course through the gorse to show aiming off and relocating. However, we hope that we can build on the experience and provide more coaching in the future.

Gill James

# Brashings

## Plastic water carriers

We have a number of now redundant 5 gallon/25 litre water containers. They have a simple screw top, no tap, and have been stored for several years in a garden shed. They have never been used for storage of anything other than water, squash or other foodstuffs; they were originally used in the food processing industry prior to our procuring them. With suitable cleaning and sterilisation they could be used for potable water storage, or any other purpose. They are free to a good home. Please contact [equipment@ngoc.org.uk](mailto:equipment@ngoc.org.uk) if you can make use of any of them.

## Do you have any old A4 maps on waterproof paper that are in good condition?

If so, Paul Taunton would like you to give them to him! Paul can then print new maps on the blank side and save the club money! Paul will normally be present at NGOC events this season.

## Can you think of a better name for "Orienteering"?

For many people the term "orienteering" means nothing - can you think of a better term that makes it obvious what

orienteering is? This will help at events like Sportfest etc. Send your ideas to the editor.

### **Have your say!**

Are there any matters that you would like the Committee to consider? Contact the Club Secretary, Caroline Craig, or any member of the Committee. The next Committee meeting is on Monday 23 September 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 ONG. 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.

