

# The Legend

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North Gloucestershire Orienteering Club  
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NEWSLETTER AWARDS

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**Cover: International NGOC star Vanessa Lawson winning in Rome**



## Chairman's Chat September 2015

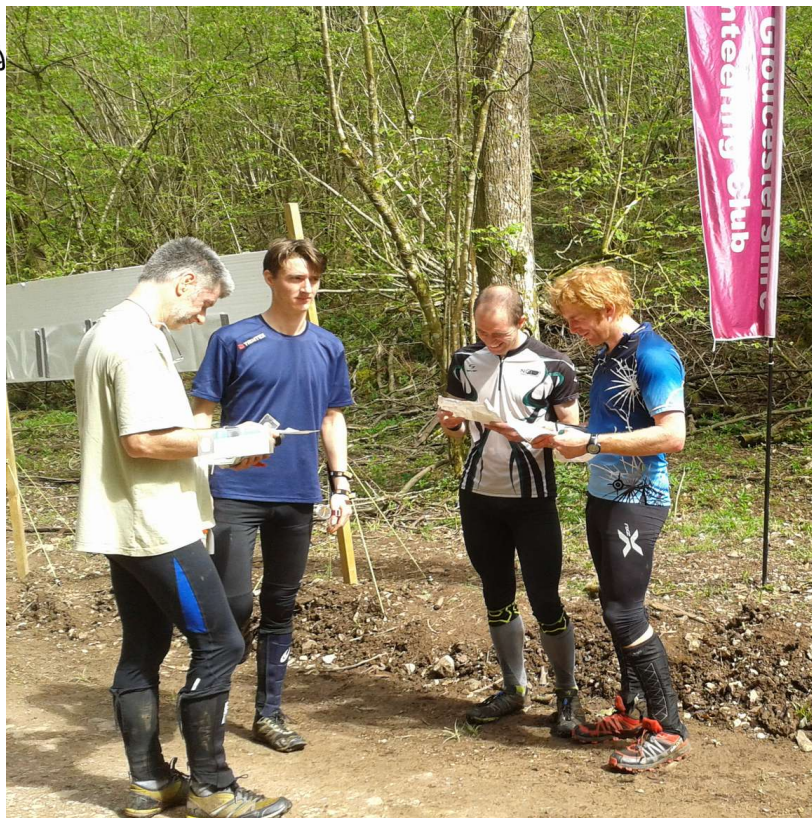
I am happy to inform you that NGOC is re-accredited for a further 4 years with Clubmark. I would like to thank all those who helped me get the paperwork done for this.

Our urban league continued with the Ross on Wye event, a great day and well organised by Joe. As usual the helpers turned out to make this a success.

On the note of volunteering and helping, sadly Hils has stepped down from her post of Volunteer Coordinator. Hils took on this post when it was nothing more than a concept with no clear structure, she developed it and made it work, culminating in being invaluable at getting people to help at the Triple Gloucester. Without her and Roger the TG would have been a far harder event to achieve. Gill James has stepped up, in the interim, to fill the role of Volunteer Coordinator. But Gill like a lot of us is already busy within the club and helping Chris at national level. So I need someone to fill Hils shoes

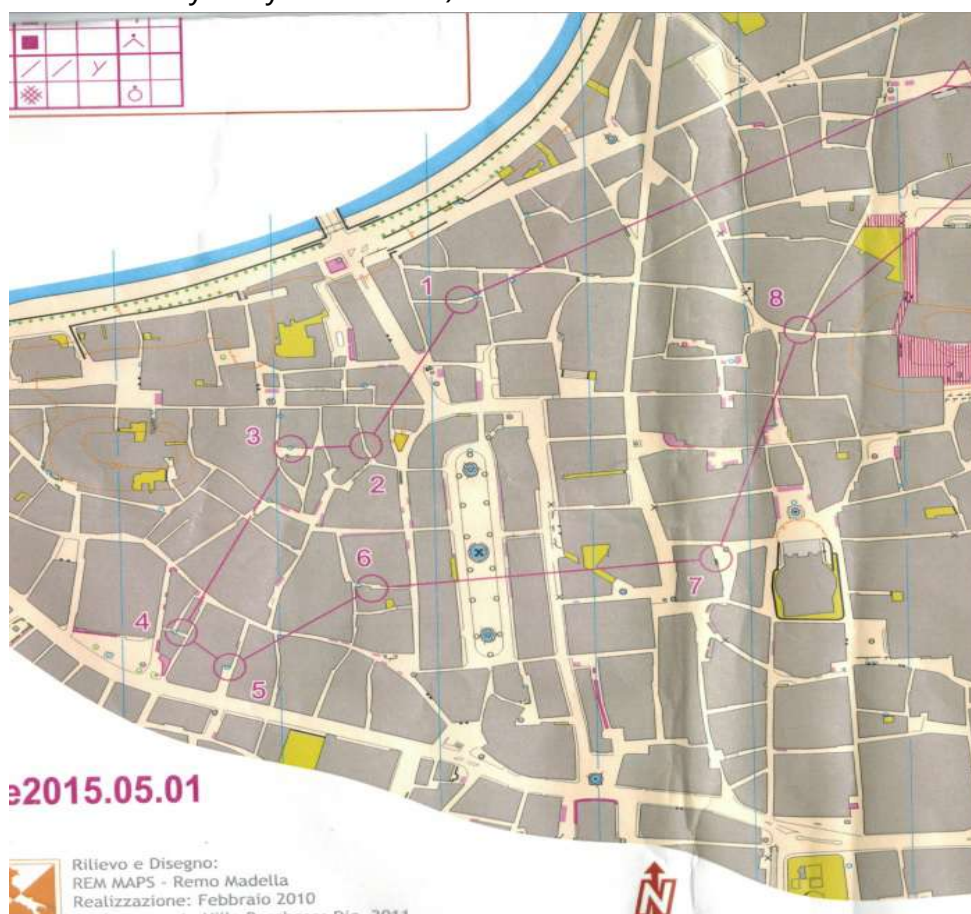
in this vital role, it is one which is intrinsic to the future development of our club. So don't be shy, let me or anyone on the committee know if you are interested in helping your club develop. Many thanks Hils.

June saw Tom Mill's training event. Thanks Tom and Gill for changing dates and organising a useful training day.



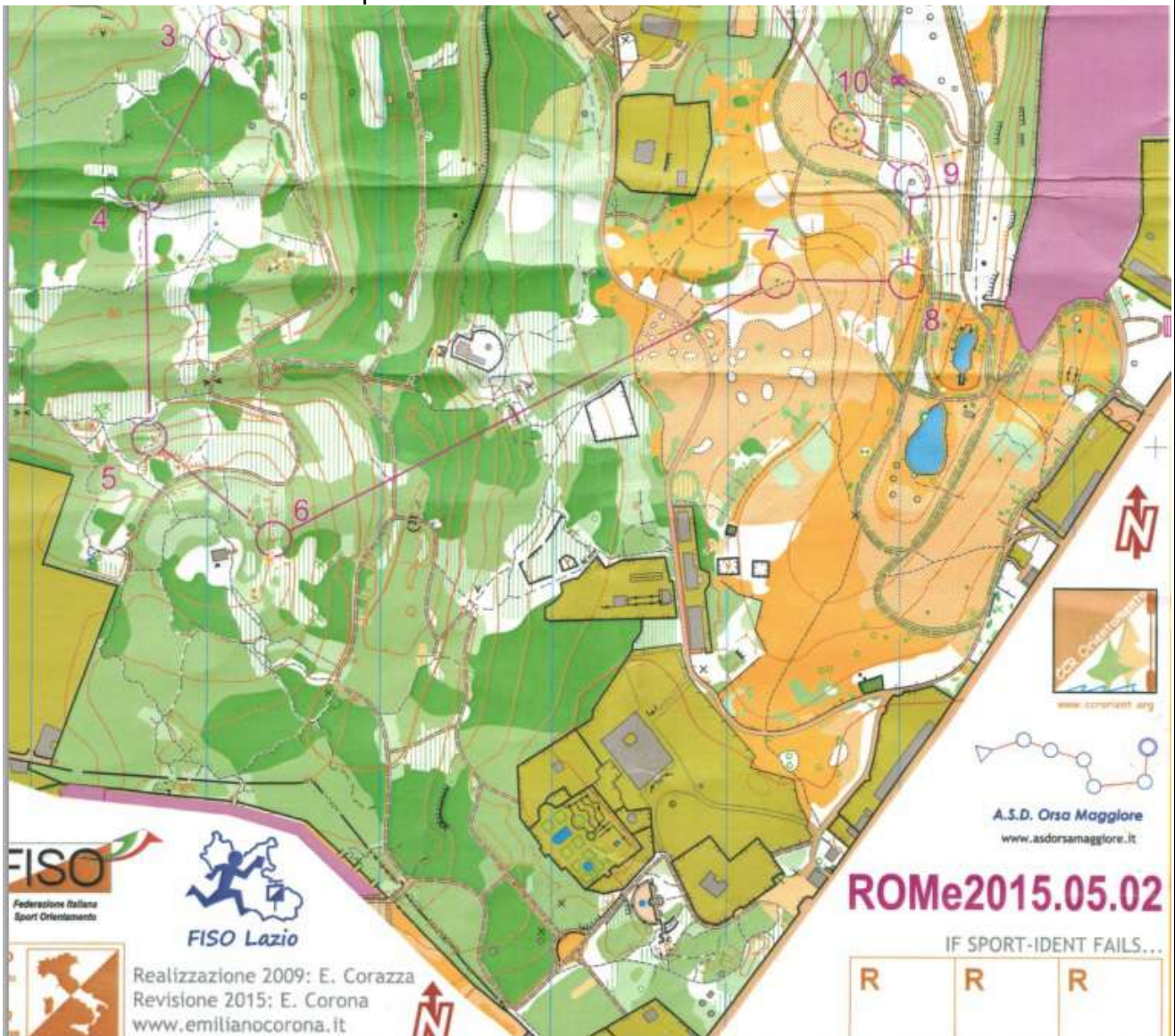
## ROME 2015 by Vanessa Lawson

This was our second time at the Rome orienteering three day meet. The previous time was in November 2013 i.e. a totally different time of year. Early May in Rome is usually lovely weather and the forecast looked good. It turned out to be amazingly nice! The three days were very different: day 1 urban in the very historic centre of the city, day 2 technical woodland in Villa Ada and day 3 runnable parkland in Villa Pamphili. Day 1 coincided with the 1 May Italian bank holiday including a large concert which closed down an area of the city not far from the event centre so the crowds were incredible. Had there been a way of mapping the vast moving dark green caused by the tourists near the Pantheon, piazza Navona or piazza di Spagna it would have been extremely useful. I hit a seething mass of humanity by the Barcaccia fountain and had to retreat to circumnavigate it in order to get out to Villa Borghese. The controls placed at waist height were practically invisible until one was right next to them, and for Reuben this was very difficult: the M12/beginners course went along the same streets so shadowing was essential (tourists, cars, scooters, cobbles, kerbs, all adding to the navigational challenge). I made one major error (and I still don't understand why) and found myself in piazza Navona 3 controls too soon (at least relocation was relatively easy this time...)





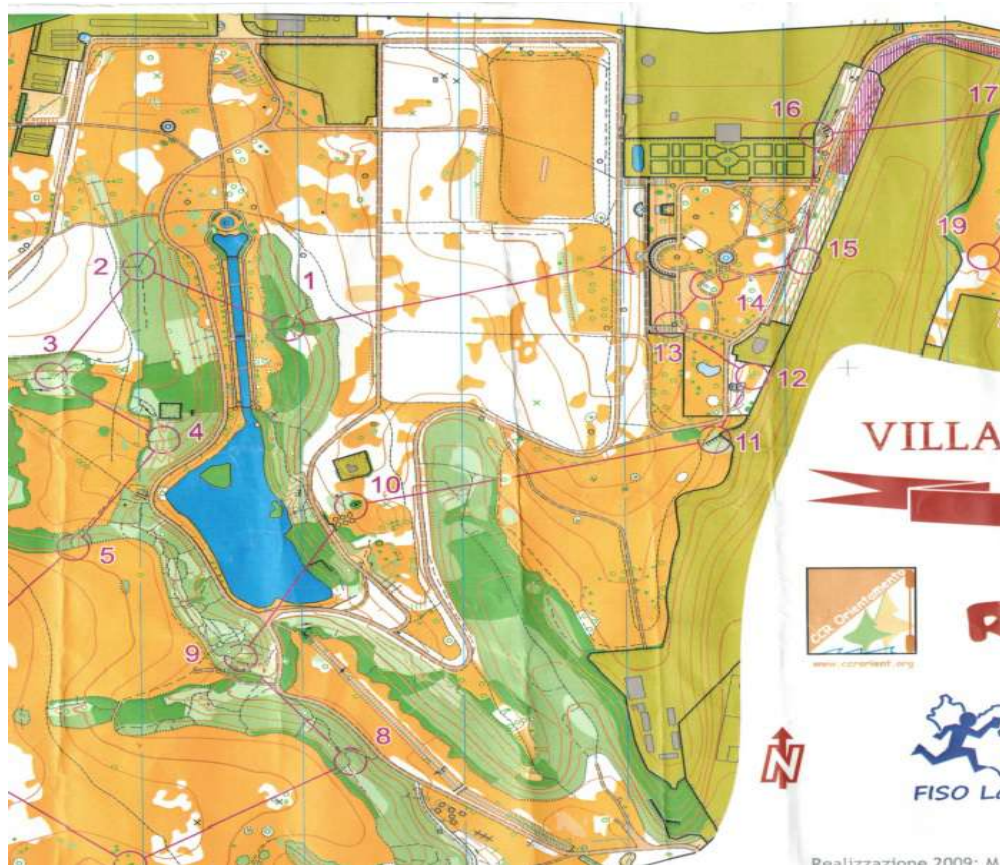
Day 2 was in Villa Ada, a reportedly 'wild' area in the North of the city which I had never been to. The multiple areas of dark green were crisscrossed by numerous but indistinct tiny paths and one had to be really careful to get on the correct one. Even the 'big tracks' which I expected to be fire trails were only slightly wider. The area was very hilly and potentially muddy and slippery after wet. Grippy shoes were pretty essential. At one point three different people asked me where they were, which was quite funny as I was just about keeping my head above water (so to speak) having recovered from an earlier 'path malfunction'.



Day 3 was in the stunning Villa Doria Pamphili near Trastevere. Again, not an area I knew at all. The rock here is mainly tufa (Gill S would have been fascinated) with a host of Roman ruins decorating the vast and very runnable grounds around a 17<sup>th</sup> century villa with beautiful water features. Also a very hilly area with wide grass

meadows and in fact the W40 courses were hillier on day 3 than 2. A lovely touch was a little underpass below the canal leading to the main lake. My route went beyond but I'd seen that one of Matthew's controls was under 'something' so I took a punt and hoped the underpass would get me to the other side avoiding having to go round the canal. Luck was on my side that time.

The only downside of the event was control 17 on the 3rd day had the wrong number which threw me and (along with several other people) wandered round for a couple of minutes until the correct number was located about 30m away. (The two numbers had in fact been swapped in error). In the end that leg and the one after were voided.

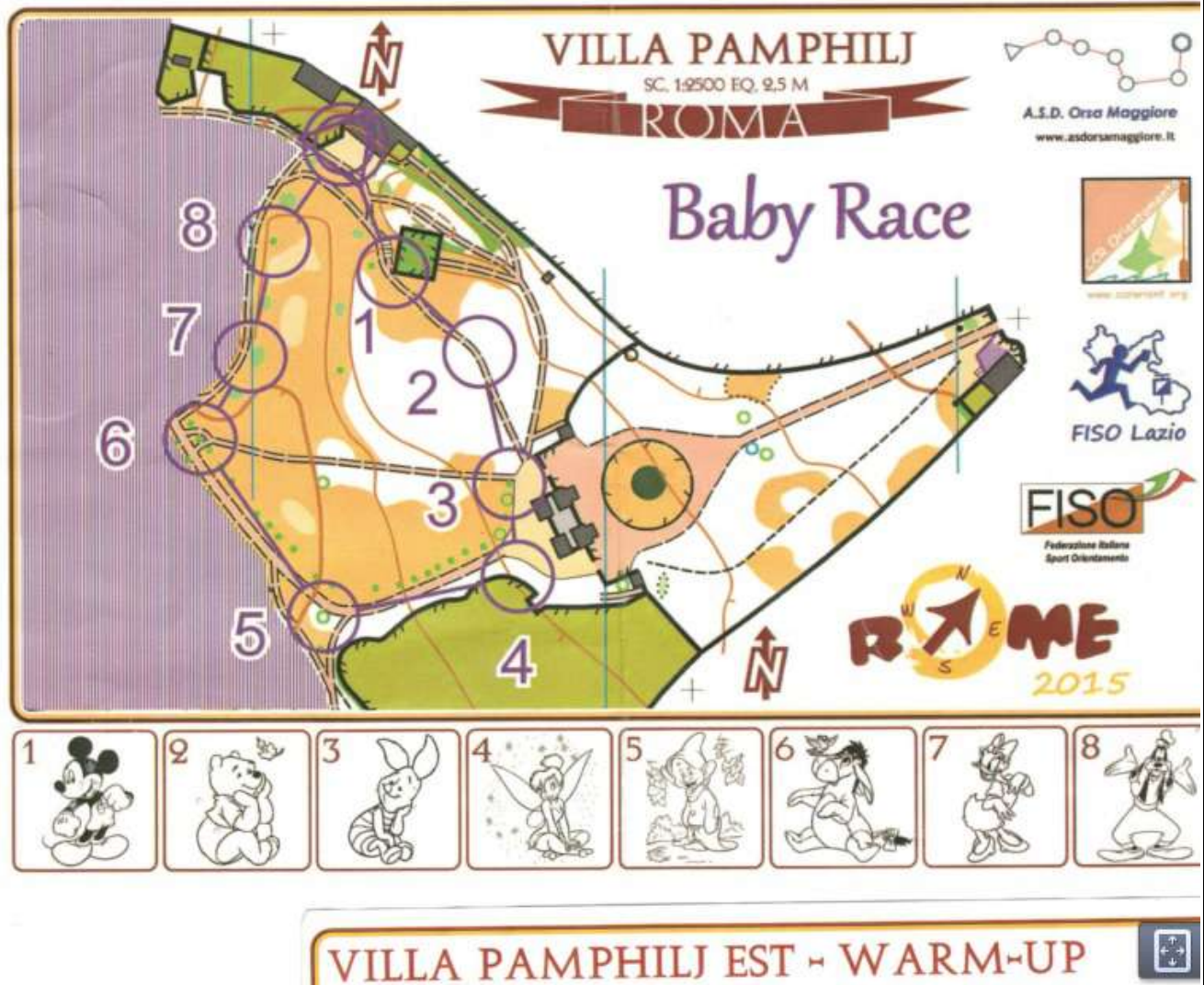


Reuben was again shadowed on day 3 as the course was orange standard and being parkland he had a good lesson in map orientation.

The event overall wasn't huge (and much smaller than the 2013 meet) but it still had a fun international feel. Several UK competitors but also many many Italians and Scandinavians. The finish 'funnel' with its European flags added to the festival atmosphere. I was even complimented by one of the marshals on how good my Italian was (!). The organisation was very very good and flexible with accommodating our start times to fit in with the children, there was a free crèche each day and a



string course on days 2 and 3 (which was harder than a normal string course, more white standard) with prizes (the boys got kites!). I admit to having 'dead brain syndrome' and being incapable of showing Seth the start of the string course!!! Warm up maps were available to competitors each day.



All competitors were given unlimited iced tea and biscuits before and after their runs. Prizes for the first 3 in each age category were based on accumulated time. It was sobering that I won W40 by 15 minutes but would have only been 3rd on W45 with whom we shared courses. There were a couple of pretty good Czech and Norwegian ladies there.

I would thoroughly recommend this event and plan to go back in 2017, hoping the W45 competition is less fierce... :)

## Rome – Matthew Lawson's Version

With family in the city, the Rome three day orienteering event is an obvious choice for the Lawson family, giving us the chance to do a bit of running, visit relatives and eat proper pizza & ice cream too. At the last event Vanessa did two of the three days and the boys one day while I stayed at home and did a trail race. This time both grown-ups had entered all three days, with the boys down to do the first and last days.

Friday afternoon was an urban, starting near Via del Corso and finishing at Piazza del Popolo. I had 20 controls over 4.3 km. Things didn't start too well for me. The first control was halfway down a narrow street which unfortunately was so narrow that I missed it. Retracing my steps didn't take too long and things improved for me over the next few legs. I made one more major mistake over the course, ironically almost exactly the same as Vanessa did, but as a consequence of her local knowledge she was able to just modify her route for that leg whereas I had to retrace my route until I found a feature (a church) which I could relocate on. The biggest challenge was trying to run and stay in contact with the map while simultaneously negotiating street furniture, kerbs, cobbles, traffic (fortunately not too much and all slow moving) and pedestrians by the thousand - the race was run in late afternoon, probably the busiest time of day in the centre of the city. In general most of the controls were located in the quieter streets and piazzas, but I overshot one simply because of the sheer number of people around me. Luckily I'd only just run past it and a tourist pointed it out to me. My route took me past the Pantheon and across Piazza di Spagna, these piazzas should have been marked as dark green "fight" because of the mass of humanity in them. Piazza di Spagna was followed by a climb up to a park called Villa Borghese where I had three controls which I struggled with (the contrast between this part of the course and the very urban part before was marked). I then had a final run down several flights of steps with a control on the way and a sprint across Piazza del Popolo to the finish. I was pretty pleased with my run of 38:00 and 15th out of 26 (the winner had done 29:41).

Day 2 courses were held in villa Ada. Both Mark Saunders and Helen Rollins (sorry about the name dropping) had given dire warnings of totally impenetrable dark green parts of the map and the importance of sticking to the narrow and windy (but at least mapped) paths through these areas. Things did not bode well...

On getting the map and setting off, it didn't take long for things to look even worse. I found control 1 with relative ease (so in some respect things had improved over the



previous day). I also found control 2 with ease, but to be honest it was much more a case of I just happened upon it (not confidence inspiring). Rather than continuing on the very narrow paths (mapped as thin broken black lines) I decided to run to the path marked as a thick brown line, follow this and only branch off it when I needed to reach a control. Sadly what I had hoped would be a path of fire trail proportions turned out to be only marginally better than the previous paths and so navigation was still very tricky. I managed another few controls with mixed success but was completely defeated by leg 6.



I chose to follow paths to a building on the top of a hill and head down a short distance to the control on a bearing from there. Unfortunately the undergrowth was totally impenetrable. I floundered round for ages in the bushes, eventually coming to a path bend just below the control which had been my alternative attack point to begin with. Needless to say there was a lovely newly trampled path from there directly up to the control. That was it for me and so I just jogged back to the finish. I wasn't the only one to struggle though, the spread of finishing times in the M45 was over an hour (in contrast on the previous day it had only been 41 minutes) despite being a shorter course on day 2.

Day 3 saw us at Villa Pamphili, which was a bit like an inverse of the previous day, generally open parkland with scattered patches of dark green having narrow paths within them. The first leg on my course was brilliant, a couple of hundred meters across open ground under huge Mediterranean pines, it was marked as "white" on the map but had none of those trippy sticks or undergrowth that Forest of Dean "white" sometimes has, just great running. Despite the good going, a M60 German still showed me a clean pair of heels over this part. I then had to follow a narrow path through a short barrier of dark green before hitting the control, a water feature/grotto located behind a waterfall which divided the lake that extended along a good proportion of the park - you don't get too many controls like that! Most of the course didn't present too many problems, it was just the sort of orienteering I enjoy, with more emphasis on the running than the navigation. Unfortunately the one leg Vanessa and I shared I made a botch of and she beat me by miles. I even managed to help someone else who didn't know where they were! Not even a misplaced control three from home managed to fox me, but sadly an inability to count to 19 did. I punched control 17, dashed to the last control at the start of the finishing funnel and then sprinted like mad to the finish, all with the family cheering wildly and Seth photographing my moment of glory and then downloaded, only to discover that I'd missed control 18 (which was all of 50m from 17), so it was a "mp" finish for me. After my initial annoyance and disappointment I became a bit more circumspect about my day's performance, I'd really enjoyed the area, I'd hit most of the controls accurately and run well, so all in all it was pretty good.

A DNF, a MP and only one finish isn't a terribly good haul from a three day orienteering event (particularly when other members of the family are bringing home yet more silverware), but I really enjoyed it (ok, maybe not day 2). The event was really well organised and had a real international flavour despite there only being 450 competitors, with winners coming from all over Europe (particularly Lithuania considering how small the country is). I'd definitely go again and I'd consider other events abroad too, as would another member of the family who is already eyeing up the Italian champs; anyone fancy a trip to Trentino?

Matthew



## The Triple Gloucester 2015: How did we do?

At an NGOC post organiser's meeting It was thought generally that the weekend had gone very well and shown NGOC in a good light. Certainly the comments we received were encouraging. Specific areas of discussion and our conclusions were:-

- Volunteer Recruitment. The new role of volunteer co-ordinator working in conjunction with an on-line 'control sheet' had worked extremely well and should be continued and the principle should be extended to cover our smaller events. Hilary and Gill are to be congratulated. Hilary in particular worked very hard behind the scenes, ensuring that all the task vacancies were filled. This made the job of organisation so much easier.
- Pre Entries and Map Numbers. John Fallows was also burning the midnight oil. Because of the very late entry closure date combined with pre allocated start times (not originally envisaged) this caused him a lot of work with many of the processes having to be repeated a number of times as late entries arrived.

It was suggested that in future we should have a cut-off date (say 10 days before the event) for a guaranteed entry on your preferred course and a pre allocated start time. Map printing numbers should be finalised at that point with an allowance for late entries. Beyond that date entries with no allocated start time would be available whilst maps lasted. EOD to be limited to a few courses only (but covering all TD levels), with map numbers ordered (or locally printed) to suit.

- Start Procedures. It was felt by all that we should increase the standard number of people in a start team shift, especially if start times are pre-allocated, to allow for a dedicated late (and early) start person and lane. Some of you working in start teams would have found the going quite busy, especially at the Docks where there was a break in starts due to locks opening.
- Volunteer Development and Progression. We recognised that we need to train more people up to be capable team leaders or (especially for the crucial Start function) deputies with the experience and confidence to be able to manage any problems arising on the day.
- Electronic Timing. A few problems, particularly on Day 2, highlighted the importance of keeping all SI boxes used for an event, including those held in reserve as spares, synchronised to the **same** (Blue) Master unit.
- Urban Assembly/Start locations. Experience on Day 2 highlighted the advisability of selecting, if at all possible, an area of grass rather than hard standing for the siting of tents and Start lanes/boxes.

Day 1: Mallards Pike East – SW Middle Distance Championships

Gary was well prepared and all seemed calm when I arrived to man the start team. Pete Ward, planning, had cunningly sited the -1 minute box out of sight of everybody else, making it difficult to watch which way people went. Overnight the tapes Gary had put out had been rearranged, either by wild boar or mountain bikers (we weren't sure which!)

The event went off smoothly with some fast times posted and a good level of competition.

Day 2: Gloucester Urban. This was a first for NGOC, to map, plan and organise a big urban event. It was part of the National Urban League too so we needed to show that we could carry this off well. On arrival in the early morning, it was raining and windy. Our first task was to stick the sticky tape on the tarmac to demarcate the start boxes. It wouldn't stick and the wind kept blowing the tape wildly. Pat and Tom had an armory of gym weights so we used these. People turned up and started the courses/. All went fine until the Harbour Master opened the lock gates and we had to stop all starts for 8 minutes whilst boats went through. In the meantime people began turning up for their allocated start time...only to find a sea of



people waiting to start. Eventually we cleared the backlog. The wind meanwhile became more ferocious and I watched in horror as the last few course 1 maps were picked up and tossed into the docks. I watched as they floated away from us, along the water out of reach. Somehow, as if by magic, I found a broom and Simon Denman came to the rescue, lying on his tummy and stretching out to hail them back in. Mercifully the patient course A runner at the start saw the funny side of this and ran off with his sopping wet map. Then we ran out of maps. We are not sure how as we definitely ordered the correct number with

more to spare from the printers. That was all a bit stressful! By the end of it all I doubted that I had enough energy to go round myself but Ros Taunton persuaded me to go and I am so glad I did – Richard had planned a tour of the town, even on my shorter course and I really enjoyed going over the little dock bridges – like Venice!

Some people had an easier time helping out than others...

## CAPTAIN'S LOG:

New vests have arrived from Ronhill which we are pleased with. They are used for urban races and any other off road/road races where you wish to promote the athleticism of our club. They cost just £9 for seniors (ie half is subsidised by the club) and £4 juniors. Captain Greg, Scott and Anders model the vests here.





If you wish to purchase one please contact Carol Stewart or Gill Stott. Sizes are mens: large and medium women: small and medium. Juniors should try the small women's for size.

### **Informal Advisers by Caroline Craig**

**A brief note to introduce of our intention to create a pool of informal advisers. This was discussed again at the last committee meeting.**

The NGOC League has for some years been known as a regular provider of simple but good quality events. We are keen to ensure this remains true and are ever conscious of the burden this places on the single organiser (who is also the planner). Nobody is perfect, however experienced, and therefore to remove the burden it makes sense to have a second person to provide advice. In the past, we have left it to the organiser to find an adviser, but we hope instead to assign an adviser to each event, at the same time as finding an organiser. In order to achieve this, we will be building up a pool of "informal advisers", from people who have planned a number of events and are happy to be in the pool. The more people who are in the pool, the less often they will be asked to advise for an event.

The adviser would basically be a sounding board and second opinion, doing such things as: checking the courses during the planning stage (armchair checking), advising on the event layout (parking, start, etc.), visiting the control sites in advance of the event.

We will shortly be contacting those who we know have planned a number of events, to invite them to be in the pool. Of course we may miss people, so if you don't hear anything but you have planning experience and would like to be in the pool, do get in touch to find out more.

## Training and Skills Section

Gill Stott

Very soon I shall be discussing our next orienteering training day plans with Pat McLeod. As soon as we have a concrete plan, I'll let you know but rest assured, I remain committed to trying to implement an effective orienteering training plan for all levels, ages, abilities .  
Once my back problem is sorted out, I'll be hopefully ready to go again. Sorry for the delay



## The NGOC Archive: Caroline Craig

### ***"From the Archive..."***

#### **Double Gloster; from 1980 to 2015:**

After the great success of the Triple Gloucester in May, I thought I'd take a look at its roots, with the help of the club archive.

Back in the late 70s, while others were strutting their stuff in flares and platform shoes, the stalwarts of NGOC were making great plans for the club's 10th anniversary - the very first multi-day event to be run solely by NGOC. This "NGOC 10th Anniversary 'O' Ringen" incorporated The Double Gloster and a relay event. [A two-day event organised jointly by BOK and NGOC in September 1978 may in fact have been the first Double Gloster, though no name was given to it in the Legend so it is hard to know].

Not unlike this year's Triple Gloucester, there were significant obstacles to overcome during the planning period, not least a change of date from October 1980 to the end of May Bank Holiday (1980). This happened when the Welsh orienteering weekend had to be abandoned and in September the date was offered to NGOC. Although it meant shortening the planning time by 5 months, that weekend had been requested by NGOC for three years, without success, so the opportunity to use it was quickly snapped up.

NGOC went all out to produce a quality weekend of orienteering, featuring two newly mapped areas never before used for orienteering. There was even a disco and bar on the Saturday night (19:00-



22:30 - nothing too wild, we think), to celebrate the club's birthday. How many of us lamented the lack of a disco this year? The orienteering began with a training event at Bracelands on the Friday evening. Saturday's venue was Cockshoot and Oakenhill (now known as Danby Lodge) and Sunday was held at Sallowvallets. Both these two areas were newly mapped for the event and hadn't been orienteered on before. For Monday's Relay event there was a return to Danby Lodge (but using a different start).

"Forest orienteering a success" was the headline of the brief Gloucester Citizen article, which reported around 1,000 competitors. The coordinator, Tony Court, reflected in the Legend: "That the Double Gloster weekend was an undoubted success was due entirely to the super efforts by Club members... I said, almost a year ago in Legend, that only complete involvement by all members of the Club, would be necessary to achieve success. How magnificently you responded and your willing enthusiasm knew no bounds. We have received several letters from other Clubs recording their appreciation of your efforts - 'a super weekend' - 'brilliant organisation' - 'fantastic' - 'Super Glos'". This year's Triple Gloucester can be summed up similarly, albeit with letters replaced by Nopesport posts!

### **Cotswold Relay: Gill Stott**

This was a highly successful day for NGOC. For a start we had 2 teams this year and I was really chuffed that we were able to enter one mixed entry and a second team too.

With the new running vests adorned by many, we really did look a club to reckon with and I felt proud to be part of the club.

Out of 99 teams, which included the best running clubs in the SW region, our top team, Nifty Navigators came 22<sup>nd</sup>. Brilliant. The second NGOC club, Natty Navigators, came 55<sup>th</sup> – also a great result.

By category, out of the 57 mixed teams, Nifty Navigators came 9<sup>th</sup> – now people will know us orienteers (well some of us!) can shift across rough ground with significant climb.

Notable performers were Steve Harris - 12<sup>th</sup> on leg 1 despite having an altercation with a car which knocked him over.

Richard Cronin Leg 2 24<sup>th</sup>

Caroline Craig 26<sup>th</sup> on leg 3 but THIRD woman home!!!

Matt Stott 32<sup>nd</sup> Leg 4

Scott Johnson 27<sup>th</sup> Leg 5

Andy Creber 25<sup>th</sup> Leg 7

Adam Potter 1<sup>st</sup> leg 8 – okay I know...he belongs to BOK but they let us borrow him and he ran for the second team. He won a bottle of champagne so was happy – so was his Mum because he gave it to her! Ben Arkell not far behind = 23<sup>rd</sup> for the Niftys

Judith Austerberry 54<sup>th</sup> leg 10 but 15<sup>th</sup> woman home – competition was stiff!

So hopefully we can fill two teams again next year. For myself, I loved following them all down, seeing the starts and some of the finishers. There was a good crowd of people in the pub in Bath at the end too.

Patrick Woodisse won his leg, leg 9 though for the past few years he has run for Stroud Athletic Club and felt he couldn't desert them. We'll try and let you off Patrick!!



Richard and Steve, start of Leg 2

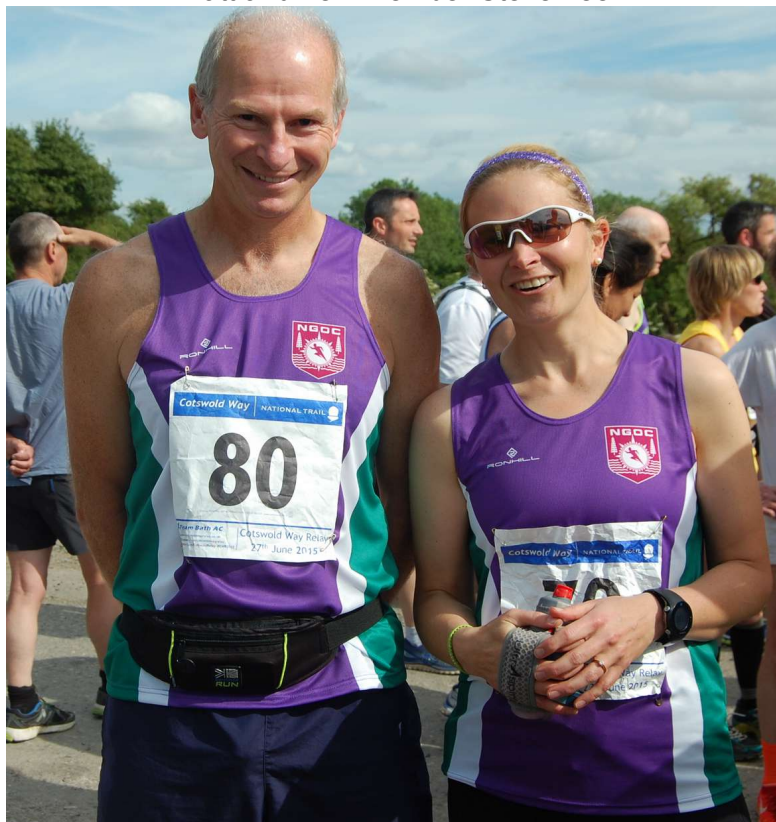


My personal favourite – Caroline and Shirley at the start of leg 3





Matt and new member Steve Lee



Greg and Judith, start of leg 10 into Bath

## Frith & Old Windmill Hills by Alan Brown



Scene of the coffee incident

Sheila, Tom, Roger and Bertram went to this binge (or is bilge the correct word?). Bob had found something more fun to do and was staying at home to power wash the exterior of his house, apply two coats of anti-mould stuff and then slap some paint on. Not any old paint but the same as they stick on lighthouses and guaranteed for 15 years - as long as you follow the instructions in the presence of two witnesses. As we clambered out of the car to go and hand over our entrance fees we all turned as green as our EMIT cards as we expressed our envy at Bob choosing such a lovely, warm sunny day to do the painting. Why couldn't we have exterior walls that needed painting instead of boring old brick that didn't need any attention? And, no doubt, Bob would spin out the job so that it lasted more than one day. On the way back from Registration Roger, usually a very sound potato, began to complain bitterly about his dibber not having a bit of card to record the pin punches in case of electronic mayhem.

"When I used to hire a dibber they came with the card already attached. Now you have to remember to pick up the card separately at Registration!"

I thought this a bit thick since it was Bertram's old dibber that Roger had obtained at a bargain basement price. Why did I have a spare dibber? As you might expect I had mislaid the original one and it had turned up as soon as I bought a new one.

I did the Brown course, of course, and the first half was on Frith Hill. The terrain was very open and easy underfoot. We had been told at the Start to avoid any troops that we bumped into on the way round, especially any encampments where they might have set trip wires. Bertram's shin had encountered a tripwire at a previous event but, luckily, it had been only a light touch, not enough to set off a flare or get the Wooster frame blown to smithereens by a Claymore mine.

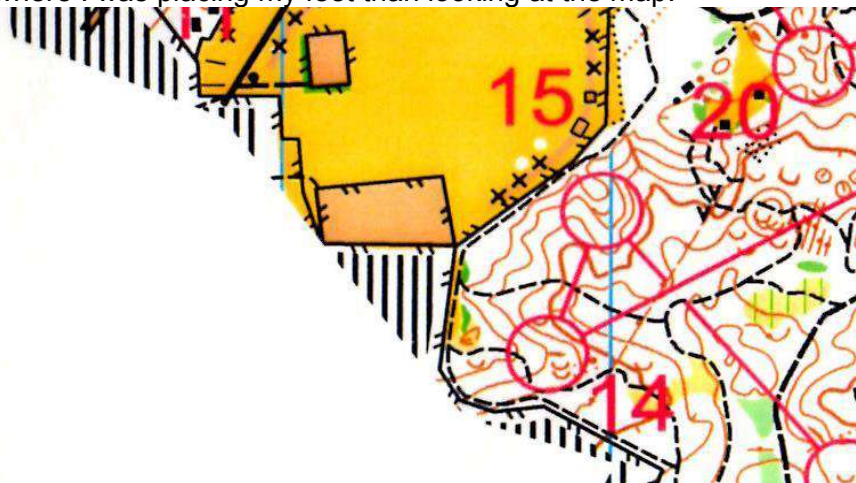
After breezing through the first eight controls I was following a longish track with many confusing twists and turns. Suddenly a large group of squaddies was almost in my midst, just where I wanted to go. Why do these chaps have to wear camouflage gear? You can't see them until you trip over them. Everyone else these days, police, bin-men, road menders goes in for hi-viz fluorescent orange or yellow – why does the Army have to be different? Well, I changed direction and was soon wandering and wondering where I was until rescued by some fortuitous contours.

After 10 it was across the main road onto Old Windmill Hill where the terrain had more



contours and more paths and was altogether more difficult, especially for those beginning to tire. From 14 to 15 was only about 200 metres, across a big re-entrant. I couldn't quite make out what I was supposed to be heading for and the ground wasn't as obstacle-free as I would have liked. So I took what I thought was the safe option and went the long way round by path.

Various chaps have told me that when one drowns the whole of one's life rapidly passes in front of one's eyes. Now I haven't actually drowned – not even once – but I do know that one's life does pass in front of one's eyes when one unexpectedly trips over a stone that shouldn't be there. On hitting the deck I rolled over and sat up, slightly dazed. After mentally ticking off various body parts I concluded that I was uninjured apart from my left hand which had left some of its skin on the path. I got up and carried on with the balance of attention more in favour of where I was placing my feet than looking at the map.



#### Bertie's painful route choice

After the Finish I downloaded and staggered back to the car. On the way there were Roger, Sheila and Tom already browsing and sluicing round a table near the burger van. Changed and plastered - my hand plastered I mean – I joined the others.

“Don't lean on the table, Bertie, it's not safe!”

There was a damp patch on the ground and, the Wooster brain still firing on all cylinders, immediately deduced that there had been an accident involving a table and a wobbly cup of coffee. Indeed, that is what the other three told me. But I did wonder if the inevitable argument on the best route between 12 and 13 had become more heated than the coffee and had turned physical. Roger's sweatshirt, previously a delicate shade of pure light grey, now had a delicate light brown camouflage pattern superimposed.

The design was so remarkable that I wished I had brought a camera along to record it for posterity; and maybe pass it on as a sort of staff suggestion to the British Army Camouflage Team. Then I remembered that Roger's gentleman's personal gentleman was not a patch on Jeeves. Whereas Jeeves would have wrested (or is it rescued?) the sweatshirt from my grasp as soon as I entered the old homestead and chucked it straight in the washer I fear that Roger's man is not of the same calibre: all an interested party need do to see the patterned sweatshirt is to turn up at an event that Roger is attending sometime in the next six months.

On the drive back Roger and Tom had moved on to chew over the route between 13 and 14. Suddenly they realised that Sheila was taking no part in the discussion.

“We're not boring you, are we?”

“Oh, no, please carry on; I find your conversation very soothing. And, if you don't mind, I think I'll rest my eyes just a little longer.”



## Results Corner



BOF Rankings – filtering NGOC, ranked by number of points. Top 20. Your name not there? Well have a go at getting in the top 20 by competing in any event which has an 'r' for ranking attached.it.. If you want to see the whole list, it's here

<http://www.britishorienteering.org.uk/index.php>

## Rankings

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

<https://www.britishorienteering.org.uk/index.php>

Pos. 	Name	Club	YOB	M/F	Points	Contributing scores 
1 (227)	Richard Cronin	NGOC	1989	M	7582	1248, 1321, 1256, 1265, 1256, 1236
2 (277 +3)	Peter Ward	NGOC	1970	M	7506	1240, 1239, 1271, 1225, 1270, 1261
3 (301)	Joe Gidley	NGOC	1988	M	7476	1238, 1268, 1237, 1236, 1238, 1259
4 (506 +4)	Andy Creber	NGOC	1958	M	7247	1244, 1216, 1203, 1217, 1190, 1177
5 (542 +7)	Caroline Craig	NGOC	1984	F	7213	1207, 1184, 1187, 1180, 1220, 1235
6 (546 +7)	Andy Stott	NGOC	1959	M	7204	1212, 1194, 1182, 1191, 1230, 1195
7 (679 -2)	Christopher Harrison	NGOC	1958	M	7100	1166, 1203, 1190, 1222, 1162, 1157
8 (707 -3)	Judith Austerberry	NGOC	1974	F	7076	1175, 1180, 1198, 1174, 1176, 1173
9 (831 -1)	Scott Johnson	NGOC	1978	M	6976	1165, 1151, 1140, 1215, 1144, 1161
10 (899 -109)	Tim Stott	NGOC	1986	M	6928	1158, 1176, 1144, 1111, 1203, 1136
11 (914 +97)	Christophe Pige	NGOC	1971	M	6917	1208, 1149, 1140, 1127, 1113, 1180
12 (1104 -2)	Greg Best	NGOC	1962	M	6769	1110, 1106, 1176, 1132, 1091, 1154
13 (1180 -8)	Joe Parkinson	NGOC	1962	M	6716	1152, 1104, 1101, 1128, 1107, 1124
14 (1205 -7)	Alistair Ross	NGOC	1987	M	6699	1096, 1187, 1119, 1128, 1089, 1080
15 (1246 -5)	Allan McCall	NGOC	1967	M	6667	1100, 1110, 1116, 1149, 1097, 1095
16 (1367 -4)	Anders Johansson	NGOC	1973	M	6585	1047, 1150, 1115, 1069, 1117, 1087
17 (1429 -12)	Gill Stott	NGOC	1957	F	6538	1051, 1015, 1189, 1121, 1135, 1027
18 (1439 -238)	Simon Denman	NGOC	1965	M	6528	1065, 981, 1073, 1173, 1119, 1117
19 (1555 -6)	Neil Cameron	NGOC	1946	M	6455	1042, 1070, 1108, 1042, 1108, 1085
20 (1731 -6)	Tom Mills	NGOC	1946	M	6327	1103, 1097, 1050, 1031, 996, 1050

Come on somebody – knock Richard off his perch! (only joking Richard)

## Current Club League Standings

As of last August Event  
Scott is 2<sup>nd</sup> on blue  
Steve Harris 3<sup>rd</sup> on green  
Peter Watson 1<sup>st</sup> on orange  
Reuben Lawson 1<sup>st</sup> on yellow

## FORTHCOMING EVENTS

For latest details check the NGOC website at [www.ngoc.org.uk](http://www.ngoc.org.uk)  
O'Brien's all encompassing orienteering fixtures map of the UK – just type in your postcode  
<http://oobrien.com/map/?p=GL15TE&d=on&c=All>

12<sup>th</sup> Sept. City of London Race, SLOW  
**13th Sept 2015 Welsh League Llangynidr SWOC**  
26<sup>th</sup> September, League 8 at Sheepscombe, NGOC

## Brashings

1. There are five unclaimed maps left over from the British Champs individual day. These are from courses 17, 18, 20, 22 and 29, If any of them is yours and you would like it let Greg Best know.
2. Greg has 2 old pairs of orienteering shoes that need a new home. These are both size 10.5, are in reasonable condition, but don't fit well with his odd feet. £5 per pair.

Greg

## AND FINALLY

*Thank you all again for your diverse and interesting articles.*

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

*I especially need:*

*Accounts of your Scottish Six Day experiences. Only wish I could have taken part..  
Any other snippets and ideas/thoughts you might wish to share with us, related to orienteering of course.*

*Ideally, I'd like to try and get another copy out in October – next month, so please start writing! Ed.*

**NEXT COMMITTEE MEETING MONDAY 7<sup>th</sup> SEPTEMBER**