

the

September 2017

LEGEND

the magazine of North Gloucestershire Orienteering Club

Lagganlia - Elite Junior Training

Celtman - Long Distance Triathlon

Scottish 6 Days

The Fellsman Ultra

Urban Mapping

... and much more!



contents & editorial

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HUGE thanks to this issue's contributors: Alan Brown, Lin Callard, Neil Cameron, Richard Cronin, Chris Harrison, Chris James, Vanessa Lawson, Pat McLeod, Steve Rush (BOK), Gill Stott, Rebecca Ward, and all the event photographers who do a great job capturing us in action.

cover photo

Pete Ward (M45) looks like he's taking the Chairman's Challenge seriously. Very seriously.

As it's post-Summer, I thought this would be a "quiet" edition of Legend. How wrong I was! - I'm blown away by how much club members have achieved during the lesser orienteering months!

First up is Rebecca Ward, who was selected for the Lagganlia elite junior training camp. She wrote a fabulous report on her experiences, and I'm sure you will all join me firstly in congratulating her on achieving selection, and secondly in wishing her all the luck in the world for her future orienteering career - which I think is going to be a pretty impressive one! Next, Chris Harrison completed the Celtman triathlon. If you've heard of the Celtman before, you're probably already doing a "seriously impressed" face; if not, prepare to be pretty gobsmacked at what proper serious athletes can achieve. I felt tired just reading his report of the event!

A whole flock of club members went up to the Scottish 6 Days, and participated at all levels from M21E to "get round and have a great time". Gill Stott has done a hugely entertaining write-up, with lots of map extracts so that the rest of us can get an inkling of just how badly we would have done had we gone. And Richard Cronin completed the massive and horrendous-sounding Fellsman Ultra, and fortunately lived to tell the tale to us. (He doesn't say *why* he ever thought that running such a race would be a good idea, and this remains a mystery.)

A big thank you to everyone who has contributed to this edition! If you've been to an event, major or minor, hugely impressive or just good fun - please, please do send a short report about it to legend@ngoc.org.uk.

Unmissably Exciting AGM!!

Yes, it's that time of year again ... and this year's AGM promises to be another fabulous evening of slightly rambling off-topic discussion, conspicuous cake consumption and a bit of mild bickering. If you have never attended an NGOC AGM before then they're a lot less tedious than you might think, and if you get bored you can always propose enabling SIAC at every single event or blowing all the club's money on a subsidised luxury training camp in Sweden, to perk things up a bit. But seriously. The AGM is a really good way to hear about the larger issues affecting the club, and to chip in your opinion - and the more, the merrier. This staple of the Gloucestershire social calendar will be held at Gloucester University Oxstalls Campus in October- watch the website for confirmation of the date!

We need YOUR articles, news and photos!

Been to any good events lately? Or perhaps you've done a walking trip, or a fell race, or have a great idea for a training session. Why not write it up for Legend?! It doesn't have to be Pulitzer-winning stuff; just a few paragraphs to share your experiences with your fellow club members. Likewise, if you've got any photos from NGOC events or from fixtures further afield, send them in! Just email legend@ngoc.org.uk. Next issue will be out in November, so please send articles by the beginning of the month.

New Coaching Opportunities

Ever thought of getting into coaching, but have been put off by lengthy and committing introductory courses? BOF has introduced a new and more flexible route into coaching. It used to be that aspiring L1 coaches had to attend a 3-day training and assessment course, but this has now been replaced by two half-day-long practical workshops: "Coaching to the Start Triangle" and "Route to Coaching". The first of these is for orienteers who want to help newcomers at events; the

second is a progression for those who want to help out at dedicated coaching sessions. If you're interested in starting out on your own route to coaching, email Gary (chairman @ngoc.org.uk) to get the ball rolling!

Publicity Officer Sought!

NGOC members have been doing a great job promoting the club on social media lately, and of course Richard's newsy emails keep us all up to date with what's going on for club members. But the club really does need a Publicity Officer to co-ordinate these efforts! If

you're a keen Facebook reader/writer, and maybe even understand the dark arts of Tweeting, please step forward now :-). No formal qualifications necessary, and contrary to popular belief joining the Committee is not an irreversible lifetime commitment. Email Gary at the address above if you think you can help out. *And we're still seeking a Chairman so that Gary can take some well-deserved time pursuing his other interests - please contact any Committee member to express your enthusiasm!*

Chris James receives BOF special award

Chris James was presented with a special British Orienteering 50th Anniversary award at the Scottish 6 Days in Royal Deeside. Presenting the award, Judith Holt (the chair of British Orienteering) said, "I am honoured to be presenting this award to Chris who has contributed so much to the sport over so many years. It is particularly fitting that I am able to do so at this Scottish event because Chris's contribution includes being the first Scottish Orienteering Association fixtures secretary and also because of his legendary enthusiasm for Scottish Dancing."

This award recognises Chris's tireless enthusiasm for the sport and his huge contribution to the development and growth of orienteering in the UK. He was presented with it on the main 6 Days podium and it has to be said that the beautiful wooden sculpture he received was



Photos: BOF



much more impressive than the 6 Days prizes!

Chris said, "I am very honoured to be presented with this unique award. Of course, I am but one of the millions of people who have volunteered

over the 50+ years. My life changed in a big way when I met and joined Chris Brasher and John Disley in May 1965 in Surrey. My move to live and stay in Scotland in July 1967, just as the Federation had been formed, helped to draw everyone together thanks to the foresight of our third Chairman Bob Climie from Scotland. I look forward to continuing volunteering as the Federation moves into its 2nd half century. Hope to see you at the 100th anniversary!"

captain's log

The summer months are traditionally quiet – but in the background, there have been further strong results in urban races and a fair-sized group had a great time at the Scottish 6 Days – and let's not forget Rebecca Ward's selection for the Lagganlia training camp, the first time for the club in many years. The club championship attended a forest sprint, and many came unstuck in the high-density controls – your captain now leads with 4 races to go; the next will be an urban race in Swindon on Sunday, 17th September.

There is a lot to look forward to as we move into the new season. Biggest highlight of all is the CompassSport Cup Final – taking place on Sunday, 22nd October at Virtuous Lady in South Devon. I think this is the first time ever we have qualified for the *Cup* final (previously we have been in the final of the *Trophy* competition for smaller clubs), and we stand a good chance of doing well. It is vitally important that as many of you as possible come down and run for the club, regardless of perceived ability, as just finishing ahead of a rival could take points away from them. Please see emails and news items with links to the sign-up form. There will be a coach travelling down on the morning!

Some people care about the South West "Galoppen" League, the first races will be Foxbury (SARUM) on 8th October; Haytor (DEVON) on 12th November and Brierley (Forest of Dean) on 3rd December. The Southern Championships will again be attached to the November Classic – in the New Forest on

5th November. The British Night Championships will be in South Wales on 24th February.

It's great to see many more of you have bought club kit over the summer and are wearing it at races; if you want new kit please email or ask (and bring money!) at a race. I would love to see more photos of people running in club colours to make our website and Facebook pages look brighter – please do share any you have taken! I'm in need of more pictures of night orienteering and night street running to accompany race

details – would anybody like to pretend to be orienteering for a photoshoot?

I'll finish with a recurring theme; as many of you already have GPS watches, you can create a free user account on Strava website to share details of runs to your friends, and the website will analyse your performance against others over common "segments". We have our own group [<https://www.strava.com/clubs/81206>] – and this is always linked in the "Social Media" box at the end of our regular emails.



I didn't fancy my challenge in the maize this year and was glad to get back into the forest. I also wanted to do something different other than a normal score and put my thinking cap on. So late one night, a bit worse for wear, the concept was conceived. Like so many concepts conceived late at night, it was great in theory, but a nightmare in the daylight. I was pushed for time due to date changes, so it became a real team effort. It only worked because of the knowledge and help of Pat and John who dragged my woolly concept into a working format, computer wise. Tom helped with checking tags and controlling comments. Simon provided the volunteer helpers, who make all our events work. Hopefully those who ran enjoyed themselves.

So, there it is my swansong. I have enjoyed myself as Chairman, the Committee made it easy with their help, knowledge and support. So, I thank them along with you the Club members, who have made this an enjoyable time.

Gary

Gary strutting his stuff at the Chairman's Challenge - a great time was had by all!



Orienteering in Narnia?

(Taken from "Prince Caspian", the fourth of seven books in "The Chronicles of Narnia" series by C. S. Lewis)

'... You've got that pocket compass of yours, Peter, haven't you? Well, then, we're as right as rain. we've only got to keep on going north-west – cross that little river ...'

'That's right. Cross it and strike uphill, and we'll be at the Stone Table (Aslan's How, I mean) ...'

'I hope you're right,' said Susan. 'I can't remember all that at all.'

'That's the worst of girls,' said Edmund to Peter and the Dwarf. 'They never can carry a map in their heads.'

'That's because our heads have something inside them,' said Lucy.

At first things seemed to be going pretty well. They even thought they had struck an old path; but if you know anything about woods, you will know that one is always finding imaginary paths. They disappear after about five minutes and then you think you have found another (and hope it is not another but more of the same one) and it also disappears, and after you have been well lured out of your right direction you realize that none of them were paths at all. The boys and the Dwarf, however, were used to woods and were not taken in for more than a few seconds.

(Spotted and submitted by the observant and literary Alan Brown)

Lagganlia 2017

By Rebecca Ward



Pictures by Karen Clark (EBOR) and Wendy Carlyle (AIRE)

What is Lagganlia?

Lagganlia is a training camp based near Aviemore in Scotland for top year W/M14s and this year 26 were selected to attend. The camp consists of a week of training from some of the top coaches around Britain.

To guarantee selection you have to get at least one Championship Standard in one of the major events such as the Southern Champs, Northern Champs, Midland Champs, JK, British Middle or Long Distance Champs as a W/M14. A Championship Standard is achieved if your time is within 25% of the winner's time on the A course.

My Lagganlia Experience:

Much of day 1 was taken up travelling up to Scotland, meeting the coaches and learning how the week would progress. **Day 2** however was much more interesting. We were put in coaching groups for the week; I was in a group of 5 children and

3 coaches. The first areas we visited were Moor of Alvie and Speybank where I trained on bearings and aiming off. There were other courses to pick from but I picked bearings and aiming off because I thought that they would positively affect my runs. We also did a relay. The relay was super fun, I was trying to use the skills I had learnt in the morning and felt I was doing well until I got my foot stuck in a fence!

Day 1 first meeting



After lunch we moved to a different area where we completed a checkerboard course, using a complex path network to navigate our way around a small area of woodland. It was designed to improve our concentration and believe me you really



One-to-one coaching

I really should learn how to climb barbed wire fences.

In our evening session we finally got our Lagganlia tops. They were bright orange with white and green stripes down the side. They even had our names on along with Lagganlia 2017 on

did need to concentrate when they started stalking you with cameras.

Day 3: On day 3 we went to Loch Vaa where I practiced navigating on contours without a compass and also looking at relocation. In Scotland contours are prominent and using them for navigation instead of a compass was easier than I expected.

After lunch we went over to North Granish where we used a sketch map to learn to simplify our navigation. We were given an orienteering course and had to copy onto a blank sheet of paper all the detail we thought we would need to complete that course. Mine mostly consisted of large and obvious contours near my control, a loch, railway and fences. After a few training courses round the area we went into a head to head race. I was doing quite well when I decided to risk climbing a barbed wire fence something that last time I did it I had a sore behind for a while! What happened this time? I got my leggings stuck. I was there yanking my leg for about 2 minutes when I finally pulled it free. Yup,

the back! They are so cool, even though we do look like carrots!

Day 4: On Tuesday we went to Culbin which was about an hour's drive from Lagganlia, and joined a few Junior Moravian Orienteers who were going to train with us. We were based in a small quarry protected from the wind (if there had been any). I started on a talk'o as an introduction to the area where I went out with another boy from my group. I followed that with a course called Long Legs, and no you didn't need long legs to complete it, you just needed concentration and very good knowledge of contours.

After a lunch in which there was a lot of flapping away midges, we started a timed course called the

"Green Course" which was named this as almost the entire course was through light and mid green. The legs were short and the course seemed to agree with me because I only made a 30 second error; now I just need to speed up through terrain.

Day 5 (Rest day): The rest day wasn't exactly a rest from orienteering but we didn't do any training, instead we left the forests behind us and entered the world of sprint orienteering and maze of buildings, paths and zero cover from the rain. I had only ever competed in an urban event once before so my knowledge wasn't as good as it could have been. When I picked up the qualifiers map the first thing I thought was "what do all these symbols mean?" Apart from a girl who mis-punched I was last but I enjoyed myself and knew what to do in the finals. But before the finals..... We had to complete the rings! The rings are a bit like Monkey Bars but with 7 spaced out rings instead or rungs and suspended above a waist deep stream. Let's just say, I only got to the 2nd rung before dropping into the water. There were some very funny fails though. After hours of drying off in the toilets we packed up and travelled to the sprint finals area.



Day 5 sprint qualifiers

I had been placed in the B finals and would have come 3rd in the B finals too if.... I hadn't mis-punched. Oh well. The week is all about making mistakes and learning from them and gaining new experiences. After this we visited Loch Morlich for a swim/paddle. The water was FREEZING!!!

Day 6: Those of you that went to the Welsh champs would know that part of it was held in the woods of Merthyr Mawr, which was similar to Roseisle which we visited on day 6. In my opinion this was one of the nicest woods we ran in at Lagganlia. We started with a timed 900m run on a track followed by the same across terrain with the aim to see if it would be quicker to cut across on a leg or run the path. From my results I am quicker along the path so it looks like lots of terrain practice will be coming my way soon. We followed this on with map memory which would have been hard anyway but was made trickier by the fact that they hadn't mapped any of the paths except the car park tracks.

After the training course we did a peg race, which was like a normal course but with a mass start. However, at some of the controls there were pegs, 2 colours for boys and 2 for girls. If at a control there was a peg of your colour you had to take it and do an extra leg. If there was no peg for you, you took the shorter route and had a better chance getting a peg at the next peg control. After the peg race we

Day 7 Tour Champs



headed onto the beach for a paddle or swim. The North Sea was cold, much colder than I had expected.

Day 7 was the tour champs in Inshriach. The area was very technical and if you lost contact with the map it was very likely you would get lost. Everything was going well until number 7, where I hadn't run far enough and started looking for my control around the wrong depression. The rest of the course went fairly well but when I got back I had to go straight back out again as my friend Lizzie had lost her dibber in the forest. We did find it..... Eventually.

Once we got back to the Lagganlia Centre we had a long time waiting and resting before a

relay. The relay was a balloon relay, where you have to carry a balloon while orienteering, and was held around the Lagganlia Centre. There were lots of different ideas to carry the balloon, but I found that the easiest way was to shove it under my top, making it much easier to use my map and compass. However, if you popped the balloon your team mate had to blow up another new one before starting their leg. Unfortunately I had to blow up a new balloon.

In the evening we had tea as a "date night" which was where the junior coaches paired up a

girl and a boy to have tea together. Luckily this year there were more girls than boys meaning that some girls shared a boy. I was paired with my friend Aimée and a boy from LEI; I felt really sorry for him because we were laughing a large majority of the time. After tea we had the achievements ceremony where everyone got an award. I got the "Jackie the Peg" award and this was because on the peg relay I stupidly did an extra leg even though I didn't have the peg - I even got the peg with my award! Then came the best part of the night. It is tradition that on the last night you try to escape into the woods around the Lagganlia centre. The girls got out jumping out of the window of one of the rooms, then met the boys. Using a map from the relay earlier that

day a few of the boys navigated round the wood and we settled in a clearing unmarked on the map. It was a bit like night orienteering. The coaches weren't that successful in finding us as it was nearly 1:00AM when they found us. They chased us for a minute or two then we gave up. I got a good sleep that night, ready to leave the next day.

I think that one of the best things about Lagganlia was that I got to meet other orienteers my age. The coaches are some of the best in the country too. Spending a week at Lagganlia was amazing and one of the best orienteering experiences I have ever had and I really hope that others will get to experience it too. For more on Lagganlia visit the JROS website at <https://www.jros.org.uk/>



Typical training terrain at Lagganlia

Orienteering Control Descriptions ...

by Neil Cameron

Many of us have probably forgotten how we learned the standard international symbols you find on your control description sheet, but it can be a tough process. In truth, very few of us probably know the more obscure symbols like:

However, I wonder how many of you will know these *recently added* symbols? Any guesses as to what they are? **(Answers are on page 13)**



Broken ground



Water hole



Open sandy ground



Fodder rack



Orchard (one direction) e.g. vineyard



Number 1



Number 2



Number 3



Number 4



Number 5



Number 6

Can you think of any other new symbols which would be of great benefit to orienteering?! Email legend@ngoc.org.uk :-)

Celtman Triathlon 2017

By Chris Harrison



Photo: Steve Carter

I have been racing triathlon for 12 years or so and in that time have completed about 10 long distance events.

Most people know long distance triathlons as 'Ironman' but not all long distance events are Ironman races, Ironman is simply branding for their series of races. There is a series of long distance races known as XTri where the 'X' stands for

'extreme'. At these events there are no aid stations with food and drink, you have to manage this yourself, and the races are held in challenging areas. The three original XTri races were, Norseman (Norway), Swissman (Switzerland) and Celtman (Scotland).

I did Norseman in 2008 and since then have had a hankering to complete the other two races. In October 2016 I entered the ballot for Celtman and was lucky enough to get a place..... and so the training began.

For those who now have spiked interest here is a link to the Celtman website, <http://cxtri.com/>

Rather than try to describe

the race myself I have lifted the description from the Celtman website.

Swim 3.4 K in Loch Shiel

Since 2012 the water in Loch Shiel has been below the seasonal average. This appears to be an ongoing trend. The extreme nature of the temperatures led us to shorten the swim course from 3.8K to 3.4K. Even with this shortened distance the athletes suffered badly from the cold. In 2013 a severe storm added to the drama with strong Southerlys pushing the competitors off course. We strongly advise cold water training for this race and to wear a heatseeker vest under your wetsuit.

Ride 202K on incredible Highland roads

The stunning CELTMAN! 202K bike route takes you along some historic single lane roads and wide open highland A roads. Although we do not have any mountain passes to boast of the route includes 2000



Photo: Steve Carter



Photo: cxitri

the marathon you must have reached a point 18km into the marathon within 11 hours, if you are outside the 11 hours you follow a low level marathon route, if you are outside 13 hours you are not

allowed to continue. For me the big challenge would be the 11 hour cut off, I am not the strongest cyclist and 202km (126 miles) is 14 miles longer than a normal long distance triathlon cycle.

reasonably happy with this, on a better day I would have expected to be 10 minutes quicker.

The swim to bike transition was OK if a little slow, I was a little cold after the swim and trying to get bike kit on was a struggle as it clung to salty wet skin. Still, no real issues and off I went only to stop after half a mile to put a waterproof top on, the rain had started. The first half of the bike was OK but as the wind increased, (peak 37mph, gusting 53mph according to the BBC), it became increasingly difficult. I'd trained in the area three weeks earlier and on sections I had cycled at 35mph+ I was now

metres of climbing and being coastal is affected greatly by our varied weather. It is common to find a strong headwind on the last third of the course, just when you thought you could relax!

Run 42K over two Munros

The CELTMAN! run is unsurpassed for it's challenging nature and beauty. In Scotland any mountain over 3000 ft (914.4 metres) is classed as a Munro.

You will attempt two of these during the race on the Beinn Eighe range. Spidean Coire nan Clach ('Peak of the Corrie of Stones' in Scottish Gaelic), is the highest point on the main ridge itself. It stands at a height of 993m. You do not go to the absolute summit of this peak due to the technicality of the climb but you go as far as the trig point. Ruadh-stac Mòr ('Big Red Stack' in Scottish Gaelic) is on one of the spurs off the main ridge of Beinn Eighe and stands at a height of 1,010m. Weather permitting (it's often cloudy) you will have the most incredible vistas

The race

The rules of Celtman state that to enter the mountain section on

Photo: cxitri



I was woken in the night before race day by the wind shaking the trees outside our cottage, not a good sign, however 200 hundred anxious triathletes, including myself, boarded the busses in Shildaig that would take us to the start at the other side of Loch Shildaig. Once the swim was underway it was clear that it was going to be hard, the waves were big and the wind was pushing us off course. I dragged myself out of the water after 1:13:54, given the circumstances I was

struggling to better 20mph, this was down to sidewinds blowing me either off the road or into the road, not pleasant. Headwinds are obviously a problem but they are compensated by tailwinds on other parts of the course, sidewinds are always a problem and can only ever cost you time. The last 25 miles or so were directly into the wind, just when you didn't want it with a marathon looming. I completed the bike course in 7:53:28, this was going to make the 11 hour cut off a



problem. I have completed the bike course in under 6 hours at a 'normal' event.

Once again the transition was OK and I set off on the first 18km of the marathon in good spirits. If you beat the 11 hour cut off and go into the mountains you have to have a support runner with you for safety reasons. Your support runner can complete the full marathon with you and I asked my support to join me for the full distance. When it became clear we wouldn't make the 11 hour cut off we slowed our pace to make sure we would complete the 42km without injury. The run was pretty much all off road and the combination of tired legs and a rocky surface was a risk so slowing and 'enjoying' the experience made sense.

As things turned out the weather was so bad that the organisers made everyone run the low level route, it was simply too

dangerous to send people into the mountains, this was the first time this had happened in the 5 year history of the race.

I completed the race in 15:09:23 but because I'd failed to meet the 11 hour cut off I was awarded a white T shirt, those who had beaten the 11 hour cut off were awarded a blue T shirt. Ironically, because I have a running background, and this is my strongest discipline, in the 24km after the cut off point I overtook some of the guys who had met the 11 hour cut off and been awarded the blue T shirt! Still, the rules are the rules.

I can't help but feel there is unfinished business in Wester Ross and I will be putting in an entry for 2018, I'll also enter Swissman to give me a second chance of one of the two races. These races are internationally popular and getting a place is not guaranteed, Celtman 2017 was

over subscribed 4 times and the 2016 race included athletes from 38 countries. In the meantime I will be increasing the bike training to give me every chance if the weather is difficult on race day.

Many thanks to my support team at Celtman. Victoria for keeping me fed and watered and for being there with the kit in transition. Also thanks to Phil who turned up to run 24km through the mountains but ended up running a marathon!

A closing thought. I sent an email to the organisers thanking them for staging a great event. Given that I move up to M60 next year I feel very lucky to be able to compete at these challenging events and I asked the organisers about the age of the oldest competitor. It turns out the oldest Celtman finisher was 'over 70'. There is hope for us all!



Needs Must ...

By Lin Callard



It was getting ridiculous, something had to be done.

But what?

Over the 2015-2016 season Gaye and I, (W80 & M80) had probably “run” in about 15 events. In six of them I had been disqualified for missing out one or more controls; in only one of these events did I have any inkling before downloading that I may have missed a control out.

So what was wrong? I was checking the control numbers when dibbing but then looking at the map and choosing the wrong control as my “next” one, usually the next but one except on one occasion when I missed out three without realising it. Impossible you say, but just you wait! The answer was obvious, slow down from slow to very slow and check the map more often but when the adrenaline, there is still a drop or two left, is surging out on the course I find this difficult. Running on the edge is the main attraction of orienteering.

Gaye's reaction “You're just growing old” was true but unhelpful.

However from somewhere in the darkest recesses I wondered whether something simple such as a knitting row counter might provide the answer. So long as I remembered to turn the knob on the counter on one “row” every time I got to to a control I could see at the next control whether or not I was at the correct one. For those of you who have never seen a knitting counter they are small and easy to use. But how to carry it and have easy access?

So far, so plodding but now came the, um, flash of inspiration. Why not mount it somehow on my thumb compass? Inspirations of this magnitude deserve some luck and indeed there was a hole, just right for a no4 woodscrew, already drilled in the baseplate in just the right place. Furthermore in my box of assorted screws was a no4 brass screw of the right length complete with dimpled washer. The counter cost about a £1 and as I already had some epoxy

resin to secure the screw, the job was soon done.

Did it work? After about five events so far so good although at one event the counter told me I was at control 5 whereas my map said control 6. Control 5 was on a direct running line from control 4 to 6 so I must have gone past it but there was nothing to convince me I had actually dibbed. Probably did but forgot to turn the counter from 4 to 5 but maybe not. As the 5-6 leg was very short, about 1 1/2 minutes, I went back and dibbed 5. If the leg had been 5 mins would I have gone back? Who knows?

Of course the question arises, is using a knitting counter breaking the rules? Don't care if it does, it makes a run more enjoyable so nuts to the rule makers.

In the middle of April, it is June at the time of writing this, I had a worn-out 26 year old artificial hip replaced so will have to wait for a few months before I can continue to test my counter. Looking forward to it.

New map symbol answers ... 1 - Organiser's tent; 2 - Map crease; 3 - Drink station (dry); 4 - Portaloo; 5 - Printing flaw; 6 - Finish (semi-open, start sprinting now). Thanks Neil - the IOF's symbol committee are missing out on a great artistic talent!

scottish 6 days

Och Aye the Noo *Orienteering 2017*

By Gill Stott



Photo: Steve Rush

Hoots Mon!

If you missed the 40th Scottish Six Day Festival of proper orienteering, then plan to go the next one in 2019 – it's the very best of British Orienteering terrain you'll ever have chance to run on.

I'm a bystander now but did go each day and count them out then count them back..and cycle round the many trails too.

This year the event centre was at Ballater – River Dee and Balmoral Country. Whilst we were living it up in a rather dilapidated cottage near Strathdon, the Tauntons were residing on some estate somewhere. *I heard that they'd been accosted by this elderly woman in a headscarf (her corgi dogs took a slice out of Mapp)* and were instructed not to stare through the windows of her bigger house and watch her dressing.

Meanwhile Greg and Steve were addicted to the youth end of the

event campsite in Ballater – Greg tried using his Young person's railcard to gain entry but they saw through that scam.

Enough of all that - here's a flavour of the terrain

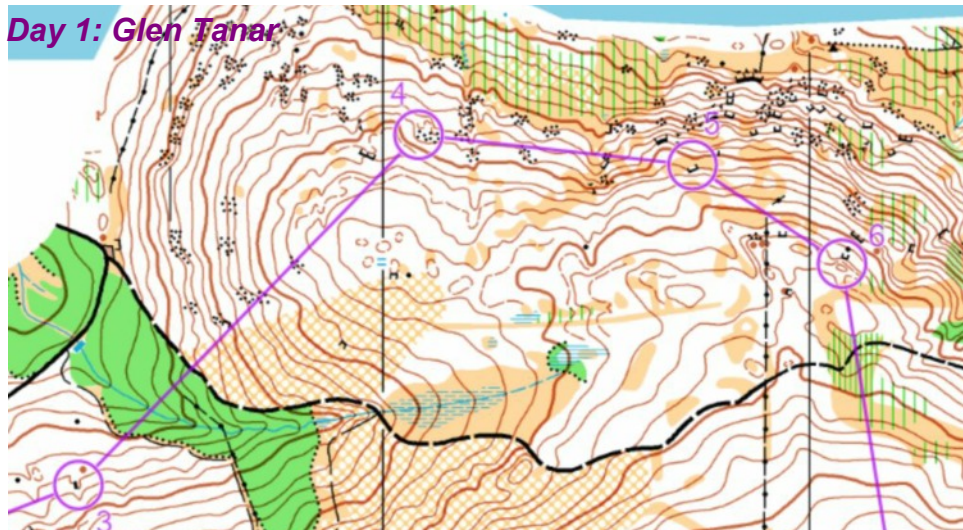
Day 1 Glen Tanar. Very few paths - this is the women's elite course I think – neatly passing through some steep, rocky, partly wooded terrain. How would you plan to keep in contact with the map through that?

Day 1 threw competitors straight into it. Some NGO's came back

feeling they could have done worse, others prayed they'd improve through the rest of the week. *Some had smaller goals – Andy's was to beat a certain Alan Honey from BOK every day :)*

Day 2 – Balfour Forest. (Map on next page) One wall, some rides and a path to the NW. Fun and games running from #6 to 12 – not even half way on that course! Again, trying to plan how you would find your way through that part of the forest...the strategies you'd have used, the features to cling on to for comfort...

Day 1: Glen Tanar



Day 2: Balfour Forest

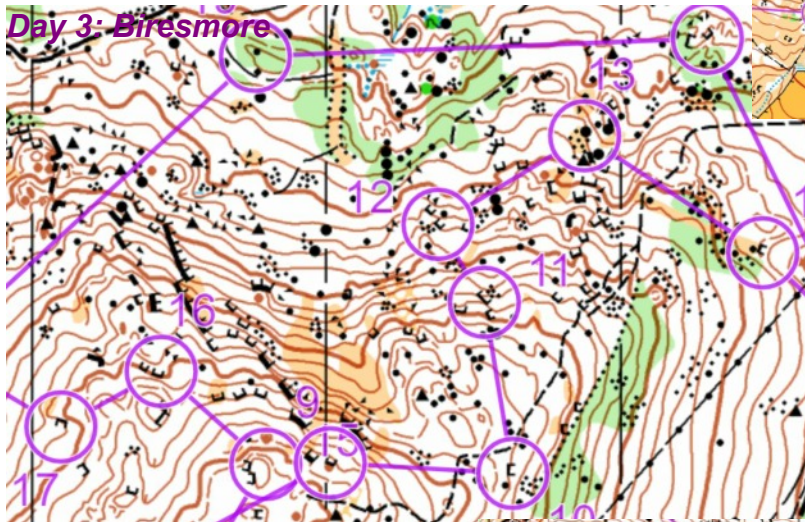


minutes to find it. I've done that. You set off thinking 'less than 100m away – what can possibly go wrong?' - well a lot. For starters you've got all the other competitors gawping at you as you try to run off decisively, you glance at the map once and go for a straight line attack...and it's not there..and others are fumbling about too..then there's the bracken.. and other controls nearby.

Day 3 Biresmore. Day three and maybe some respite from all that intricate terrain? Well maybe not...just a few controls in rapid succession to keep runners occupied...

The rest of the terrain looked straight forward though!

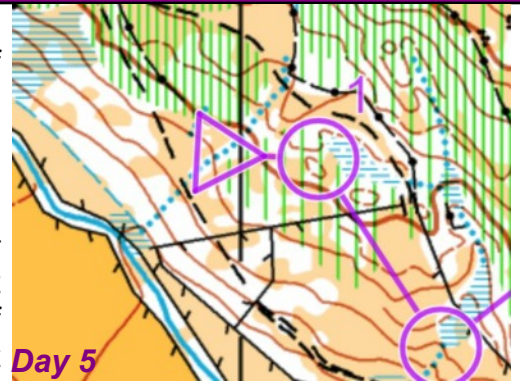
Day 3: Biresmore



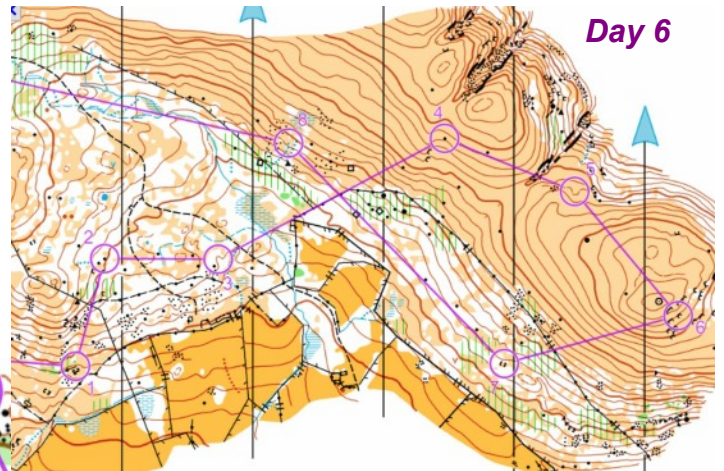
Day 4 – post rest Day – and to get back into the flow of things, a nice easy few first legs - #3 looks a challenge!

The problem is, if you'd overshoot #3, it's a steep drop down in semi open/ wooded terrain with fewer rock features this time.

Day 5 – Glen Feardar. One member in the Stott team found the first control 'deceptively hidden from view' and took 8



between controls wouldn't really use them so it's down to pacing, compass, hope!



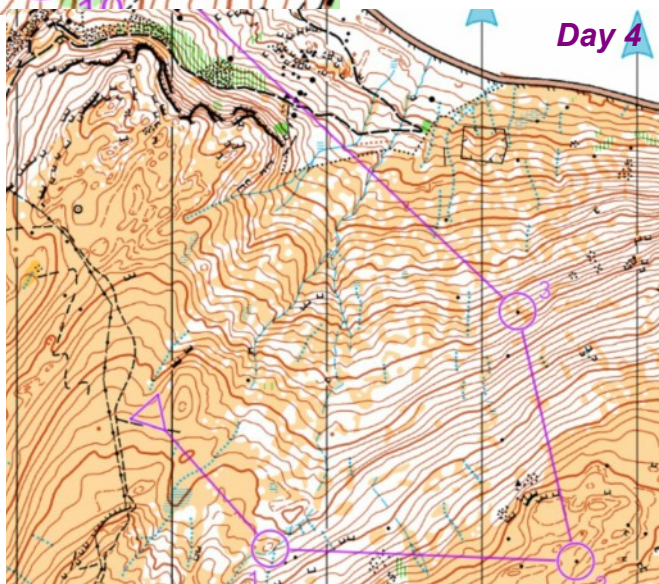
Day 6 Glen Feardar West

Although paths are visible, the routes

Each day there was a Run In time competition – from last control to finish. This seemed to be fiercely fought over with the younger orienteers. Our Matt took this all too seriously on the last day and romped home joint first out of 2497! Though it did depend on how clear of slower runners the run in was...

Meanwhile I rode the many grouse moor trails – miles and miles of them, and took some photos.

The string course on day 6 was on an open hillside amongst ancient ruined buildings. There was an off string course too – something I



haven't seen before but seemed like an excellent half way house between string and TD1/white. There was a second map with off string controls which were mostly visible from the string.

So a great week, well organised and superb scenery. We're already booked in for 2019! It's advisable to book well in advance if you want to rent a cottage as they are all highly in demand. The campsite is usually good too.



How did NGOC do?

Well Richard Purkis was our best orienteer. He ran M21E and came 31st – well done Richard – you must be very fit now :)

Lawrence Jones 23rd – M21

Sophie Jones 23rd W16A

Georgia Jones 6th W20L

Sam Taunton 37th M21S

Ian Jones 38th M50L

Margaret Jones 55th W50L

Ginny Hudson 48th , Ellen Starling 59th W55L

Andy Stott 29th Greg Best 61st Joe Parkinson 64th M55L

Andy Creber 2nd M55 SHORT!

Steve Williams 88th M60L

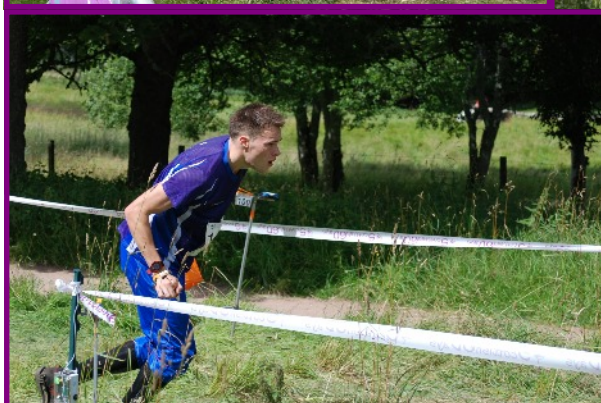
Ros Taunton 30th W65L

Paul Taunton 76th , Alan Richards 83rd M65L

Pat McLeod 37th , Tom Mills 43rd , Dave Andrews 71st M70L

Bob Teed 39th , David Jones 44th M75L

Photos: Steve Rush & Gill Stott



The brainchild of Pat McLeod - assisted by Gill Stott, Tom Mills and many others, and partnered by local running event company RogueRuns - this summer's new R2T2 (Run, Ride, Tracks, Trails) races were a huge success. These are fun events, aimed at runners, cyclists and orienteers looking for something a bit different from the normal training events and races. Runners used a simplified orienteering map showing tracks and landmarks, whilst cyclists had an extract from a standard OS map.



Vanessa Lawson at Chepstow Park Wood

The first R2T2 event was held at Chepstow Park Wood on 18th July, and attracted an excellent field of 40 runners and 32 cyclists. Dan Sandford (M40) of Forest of Dean AC took the top honours on the c. 11k (marked route distance) Trail run, in a time of 48:35. Paul Dodd (M60, Chepstow Harriers) and Mark Buxton (M35, MDC) took second and third places, whilst Clare Dallimore (SWOC) was leading lady in 4th place. Local running clubs Chepstow Harriers, Forest of Dean AC and Mynyddwyr de Cymru were all well represented, but it was good to see a fair turn-out of non club runners

attracted to the innovative event format and enticing terrain. The Tracks (ride) was won by Paul Murrin (M40), 15 points clear of Ifor Powell (M45, BOK) in second and then Nick Dallimore (M60, MDC/SWOC) in third. Vanessa Lawson (W45, Chepstow Harriers/NGOC) was top-scoring female in 7th. Again, although local running and orienteering club members made up a good portion of the field, cycling/MTB clubs and unattached athletes were also in evidence - demonstrating the event's success in drawing in a wider range of participants than conventional-format races.

The second event, at Pedalabikeaway on 23rd August, drew a similar number of runners for the Trail option but surprisingly - given the race HQ - slightly fewer cyclists for the Tracks course. Dan Sandford again topped the Trail leaderboard with a time of 39:20, and again Paul Dodd was second. James Brown (M21, Black Mountains MBO) opted to compete on foot and took third place. Helen Brown (W40, Forest of Dean AC) was first female in 7th place. In the Tracks course, Ifor Powell won with 307 points - he scored 320 out of a possible 400, but lost 13 points in time penalties. Nick Dallimore, narrowly in second place, opted for exactly the same tactic but took just slightly longer than Ifor and so received two extra time penalties.

The next R2T2 events will be held in Spring 2018 - watch this space for more details!



Photos: Tosh Simpkin

The Fellsman Ultra

By Richard Cronin



Whernside

Photo: Nick Ham

On the last weekend of April, Ben Arkell and Richard Cronin ran The Fellsman – a tough 60 miler taking in most of the peaks in the Yorkshire Dales. 24 checkpoints but no marked route – or even any tracks at all in places – and a course card that you clip holes into; it was almost like orienteering, but with lots of food!

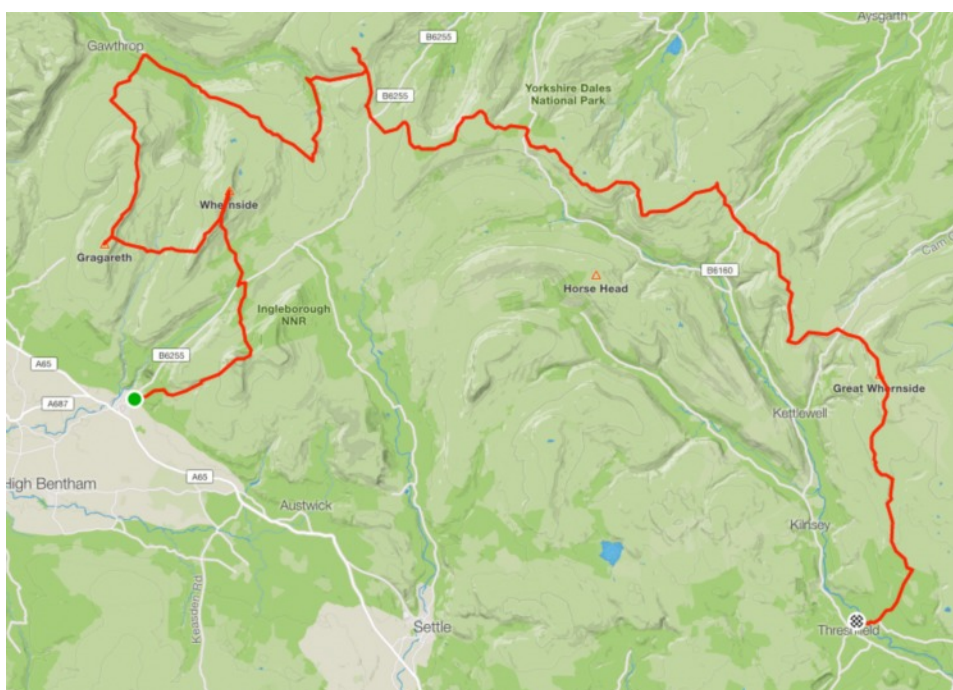
The best laid plans never work on the day: a late departure from South Wales on the Friday afternoon meant a late arrival in the car park – just missing the bus to the accommodation at the school and a long, well – 15 minutes, wait for the next one. Get there and straight into the kit check queue at 9.59pm, comfortably ahead of the 10pm cut off and the rushing about getting everything signed off, then determining just how much kit you could then cut out, then making camp in the sports hall was anything but relaxing or restful ahead of the very long day ahead!

But tomorrow was another day. Up at 4.30 for breakfast, final prep and on the coach at 5.45 for the

40 mile drive to the start point in Ingleton. A difficult ride, trying to ignore just how far we were from the school given the return on foot was going to be “the long way”. The start point was in a village hall and was soon full with nearly 400 other participants – some looking quick, most having done the route many times before and keen to give their advice to us as novices. It wasn’t long until our time was up – after a safety briefing alerting us to a severe weather warning for “sunburn” it was 8.35 and we were off! How far do you keep up this running for? 250 yards later

and most were walking! We had no idea how to pace for this sort of distance – my aim was to prevent my heart rate getting too high – and it was clear by the foothills of Ingleborough that I was far more fatigued than I had thought. Managed to keep up the running for most of the way up and got clear of many others who had slowed down – and kept Ben behind me all the way. *One checkpoint down! 23 to go... Or 55 miles, gulp.*

Whernside was next – our second Yorkshire Three Peak hill, a very steep climb climb and



slow-walk plodding. The ridge was a tedious 1k dogleg on rough rock that was incredibly slow up but mercifully fast and easy back down. A good chance to see where you were relative to everyone else – and to take in the fantastic views! Looking down on the Ribbleshead viaduct to one side, with the sea in the distance on the other. Off the ridge on one of the nicest steep descents I've ever run and within a couple of minutes across the river and into flapjack checkpoint 4 at Kingsdale.

My timing at the food station didn't quite work out so well as got there just as the juice ran out and had to wait. Soon going, on the climb up to Gragareth, eating the flapjack whilst walking. No fear of running here – steep! Seen flatter brick walls. Exhausted – no pace in legs to do anything but plod, but back with Ben. One mile took 26 minutes! Gave some cheerful encouragement to others on the climb – “Only 80k left to go!” which didn't go down too well, but by this point we had covered over 1,500m ascent.

A long, long ridge run followed – undulating and very sunny. It

Richard and Ben approach Ingleborough



Photo: Jake Carpenter

should have made for great running but I hadn't recovered from the climb and was struggling with the bogs. The “track” down to Flinters Gill wasn't great running. Rocky tracks from here down into Dent were hard on the knees and I had to slow down. Really struggling and so pleased to see the food tent just after the village.

Refilled bottle, picked up some sausage rolls and biscuits and walked out again eating on the move. Back with Ben again but

clearly he was going stronger and as we began the long climb without shade *back up* Whernside I began to fade away. This was the first challenging navigation point as to get to the next checkpoint on Blea Moor we had to leave a distinct track and go across the rough for a couple of miles up to the next hill. With the visibility so good it wasn't too hard. Just behind Ben on the final climb up, passed another group who had got lost and a guy who had stopped for a sleep next to a marsh. It was a tough leg, 500m

ascent in 9km with no shade but it was rewarding. Got to see a steam train go past on the Settle & Carlisle line which I guess is something special! But it came at a cost and I was out of water and beginning to struggle. A perfect line out from the checkpoint (the huge tunnel shaft is a bit of a clue...) got me *ahead of*

The Stonehouse Vikings



Photo: James Hudson

Ben but as we hit the road at the bottom I knew I wasn't right at all, ruined, and barely able to run on the gentle downhill tarmac. *Got through the marathon point in just over 6 hours – only another 4 miles to half way!*

Made it to Stonehouse and never have I ever been more glad to see a Viking – he sat me down, gave me a bowl of pasta, lots of biscuits, and cake. I'd deteriorated so quickly I was doubting if I could go any further and think I'd run too low on fluids – drank at least 2 litres here before refilling. It was a tough climb out and up to Great Knoutberry. 400m climb in 3km, but once at the top the big hills would all be over. Not soon enough – slow plod up runnable track, then fields for the dogleg for last 150m climb. Ben passed the other way commenting "you look terrible" and "just keep going" – and I did. A great feeling to leave the checkpoint, and be going *downhill*. Soon back onto the flat, bog, and the running stopped. One group passed me and I did short bursts of jogging to keep close with them, and followed their line through Arten Gill and down into Redshaw.

I had been anticipating this food stop for some time and was glad of 2L of squash, cakes, oranges, and stocked up on biscuits and sausage rolls for the next uphill

plod. But I was still going, and knew I would be able to make it to the finish now. Could that be Ben walking about 4 mins ahead? Oh, he's started jogging... The climb did eventually flatten out and I was back to occasional bursts of "running" but mostly still walk. From here on thoughts turned to the bean stew at the next checkpoint rather than how to get there – and was presented with soft ground, bog and fairly big valley to cross. Could just about see two walkers in amongst some hillocks in the distance and aimed for them – maybe not the best route... Land access restrictions meant there was a compulsory route into Fleet Moss checkpoint from the south (Ben please note) – unfortunately to get to it by my route involved either climbing a 10ft high wall, or a precarious high fence in a stream – I took the latter. Made it in one piece, found the food tent and surprised Ben to have caught him up by walking (and without any trespassing short cuts!)

Fleet Moss to Cray was the section of the race I was most worried about. 8 miles, mostly boggy (although quite dry today); requiring route choice and navigation. I didn't want to do this on my own! Quick pit stop and left with Ben, losing a bit of time

where he ran and I didn't. At Hazle Bank Gil I had planned a route that followed that taken by a friend (Gary Davies) who ran it previously – I carried on east, crossing the stream, then the wall, and stuck to the bearing through the fields. To my left, Ben and co – now with a big group of faster people who had got lost(!) had found a trod along the top edge and were running along it, with us all converging on the same point at the same time. My route didn't save any time, but I was walking almost all of it. Now in a big group, I was steadily putting in more effort to keep up. Terrain was rough but progress was reasonably good to get to the stile onto Yockenthwaite Moor.

Then it got hard. Cray Moss is unpleasant, boggy, rough – really slow going. If it was a normal, wet, year then this would have been miserable. Actually, it was still miserable. Tiredness set in and it was starting to get darker – I had new found respect for all the slower competitors who had to do this in torchlight! Hells Gap checkpoint appeared eventually, the red flashing beacon being set up for the night as I arrived. The mile-long steep downhill road to Cray checkpoint was the end of me – my knees were in pain, the "race" was over. Here I realised and accepted that there would be no more running tonight. Arrived



at Cray in time to see Ben leave – the last time our paths crossed; he had got into a faster “group” and had a challenge to hold on for the final 20 miles in the dark.

I was exhausted and cold.

The temperature

dropped on the slow section to Hells Gap and I didn't stop for a jacket. Knowing I had lost to Ben, I took advantage of the tent to add extra layers, hat, gloves and head-torch, and have two mugs full of hot vegetable soup to warm up. As it was getting dark, everyone was grouped into 4 or more. With my inability to run, and being in a strong position (arrived about 50th of 400!) I had to wait for around 15 minutes for a group of people that were slow enough for me to go with without ruining their race. The terrain was so vague heading down that I was very glad the others knew where to go – challenging navigation. Torches came on at 9.20 (near enough pitch black) which allowed other groups behind us to follow.

Starting to near the end, starting to wish it was over – feeling the cold, and nothing to see in the dark. Long runnable track to Park Rash (we were walking) – and the last food station before the end. I would have preferred not to stop – just

Climbing Ingleborough



Photo: Nick Ham

fill up with drink and take cake and biscuits to eat on the way but was outvoted. We spent 20 minutes sat in the tent; I got cold and my legs seized up. The last big climb started straight away – steep up to Great Whernside. Now the hard work really was done and only negligible climb until the finish. Just a simple case of follow the fence down to the corner, go straight across the tussocks and path into Capplestone Gate checkpoint.

As we neared Capplestone Gate could see lines of flashing red beacons marking the route through the fields on to Yarnbury. It took far longer to cover than expected and was looking at the clock to see when I thought we might finish, and where I thought Ben was as I had suggested at Cray we should be about 30 mins behind based on my pace. From Yarnbury our quartet was officially “de-grouped” for the 3 miles of road back to the school, so whilst the others ran on ahead I tried to make back time too by alternating walking and running for 30 paces each. It was painful – but it was over more quickly!

Weave through the drunks in Grassington, cross the river and just a small hill to go! In the front door and finish – I could walk no more. No energy even to eat the complimentary finishers' jacket potato and chilli, I've never felt so tired.

My end time of 16:32 (90th place) was apparently good – but I would stress 30 mins of that time was caused by waiting for my group and another 10-15 mins waiting at Cray for a suitable group. With the conditions so good this year I suspect it would be hard to better – even without injury. Ben finished with less hold ups in 15:31 (49th), and kindly waited to see me back and help me walk.

This was one of the best, and best organised, “races” I have ever done – and the cheeriness of all the volunteers was infectious. I would recommend this to anyone who likes being out in the hills and might even do this again once I've forgotten about all the pain!

rapid urban base mapping

By Pat McLeod

Urban orienteering, although not to everyone's taste, is becoming ever more popular, and given the growing pressures we face with permissions and access in the forest it is inevitable that we will need to look to map more



urban areas. A few years back we used road sketch maps for our Summer evening events. Then we tried some suburban maps based on freely available urban mapping – Hatherley, Abbeydale, Barnwood and so on in Gloucester and Cheltenham. The problem with these was that the free source data was relatively poor, and the effort required to produce a decent map was perhaps excessive for the scale and nature of events for which we could use it. On the other hand, the cost of highly detailed urban base mapping was high, and not justifiable except for major events.

As a result we have shied away from buying data, and mapping many of our more interesting city centre type areas. We did, however, decide to bite the bullet and buy data for our Triple Gloucester level C city centre event in 2015, and that became the basis for the Gloucester city map. I got quite a lot wrong with that map, though it broadly worked for a fairly informal level C event. One of the principal reasons for that was that I didn't spend enough time of the fine detail needed for a good urban orienteering map; spent too long adjusting the base data to get the

overall look and feel of the map right (and even in that, I overlooked one major presentational aspect of the map – removing internal building boundaries. This is a requirement of the IOF standard, though to my mind has little bearing on use of the map for orienteering, except perhaps for clarity).

So, after the Gloucester City race, and the criticism made of the map, I thought I'd explore ways of reducing the time needed to process the raw data, and so allow more time for the much more important adjustment of the map to support accurate and fair orienteering. I think the results are encouraging. With the right tools and data, it is possible to produce a base map with most of the unnecessary detail removed, and most of the remaining data classified sufficiently to be loaded into OCAD and symbolised appropriately. To achieve this you need

- The source data, in vector format. OS mastermap, topography layer, is a 1:1,250 (for urban areas) scale dataset. It is currently available at a substantial discount from some third party sellers, and an extent sufficient to draw a 1:5,000 A3

sized map costs around £300-400. This is a worthwhile investment if you take account of the time taken to draw or trace the base data, if you don't have the vector data.

- A GIS tool capable of processing the source data. As far as I am aware OCAD Standard editions, as used for orienteering mapping, do not have tools to query and process attributed vector data. I use a proprietary product, but I have done most of what is needed to process the data with a freely available open source product – QGIS – as well.

- The Ordnance Survey Mastermap Topography Layer User Guide, downloadable from the OS website. This provides details of the feature codes with which the data is attributed. These allow you to select appropriate subsets of the data – buildings, roads, railways etc – to load into OCAD and symbolise correctly.

Thereafter the process is very simple. You start with a great jumble of lines (picture above). These examples are from Gloucester.

Each line, and all of the seeming white space, has a feature code



which identifies what it delineates – a building, a building outline, a road etc. Using a product capable of querying the data, you select a feature class – buildings for example, and extract those objects (see picture, right).

You now have all, or most, buildings. The OS feature classification is somewhat arcane, and there are things called structures which might also be buildings as far as an orienteering map is concerned, but the bulk of the buildings will now be ready for the next step: to remove all the internal building boundaries, in accordance with the IOF ISSOM spec. Most GIS tools provide a 'dissolve' function which forms single polygons from multiple adjacent ones. You select all buildings and run the dissolve instruction to create single building objects, as in the picture at the bottom of the page. This step is particularly useful for aggregating areas of road and pavement, and removing their joining lines which are not required in OCAD. It does have the disadvantage that it creates huge objects which may not be

be generated and loaded.

Finally, you save this dataset as a .dxf file, which can be imported into OCAD. Then repeat the process for other mastermap features. Mastermap comes as area, lines, and points, so you choose whichever feature class best suits your needs. You can use road outlines, and also road areas, so loading both gets you paved areas and their edges. Likewise paths, pavements and so on. By the time you have done most of the data processing you will have something like the large map extract at the top of this article. This is part of the Chalford area, near Stroud, which I have recently processed for Greg Best. I now have a simple script which generates about 20 DXF files which can be loaded into OCAD and symbolised appropriately to create a fairly comprehensive base map, ready for detailed survey.



The process is not perfect and some of the data, whilst looking acceptable at viewing scale, is not perhaps what you would draw if starting from scratch; all lines are poly-lines, for example, where

too easy to manipulate in OCAD, but that is probably a price worth paying for the speed and ease with which the base data can

curves might be better in places. Furthermore contours don't exist in OS Mastermap data, but they can be acquired free of charge from the OS Terrain 50 dataset, to a standard acceptable for urban mapping. There is still a great deal to do to produce a good orienteering map, and anyone who takes an interest in Nopesport, or urban mapping, will know that there are as many opinions as to how it should be done as there are mappers out there. However, this base map takes no more than an evening to generate, and it allows you to



focus on the fine detail, rather than spending masses of time drafting necessary but mainly just background presentation material.

We need more urban maps.....Tewkesbury, Monmouth, Stroud.....so if you fancy mapping your town, or indeed locality, we can afford to invest in good base data and greatly streamline the process of creating a comprehensive base map from which you can work. Notwithstanding my comment above about the 'art' of urban mapping, if you have not mapped before, it is easier to start here, where most of the map exists, in the right place, and the task is, primarily, adjustment, than it is with a blank sheet, or a LIDAR contour plot, in the forest.

League Latest!



Knockalls Sprint start

Photo: Steve Rush BOK

Thanks to everyone who's planned, helped with, run in or generally hung around at our two super summer league events!

First up was a glorious day out at Minchinhampton in June - thanks to Vanessa for this great pic of an orchid* right next to the finish! Despite a bit of an IT nightmare at Download, the event had an excellent turnout across all courses. Adam Potter (M21, BOK) won on Blue in 49:19; with Richard Purkis (M21) and

Caroline Craig (W21) taking second and third spots respectively. Simon Denman (M50) was first on Green - just ahead of Ifor Powell (M45, BOK), with Kevin Brooker (M45) in third. Peter Watson (M16) also enjoyed the fast running conditions to finish 6th.

Rebecca Ward (W14) took the top spot on Orange, four minutes clear of Jack Hobby (M16) in second and with Jess Miklausic (W35) finishing third. Ella May Rush (W12, BOK) and Jessica Ward (W12) both ran well to finish fourth and fifth respectively. Seth Lawson (M10) won Yellow, with Ewan Thompson (IND) and Thomas Harris (M5) second and third.

The Sylvan Sprint event at Knockalls in August saw a whole new format for the league: a two-stage sprint, with a chasing start in the second race seeded by the results of Race 1. An extensive range of intra-event snacks were on offer in the cafe tent to replenish minds and bodies worn out by the strain of doing so many controls within such a short distance. The usual

four courses were on offer, although with much reduced distances: Blue, for example, was 2.0km/19 controls in race 1; 1.9km/20 controls in race 2. This longest course option was won by Romualdas Stupelis (M21, HOC) in an aggregate time of 29:40. The top NGOC competitor was Richard Cronin (M21) in third; with Vanessa Lawson (W45) as first female in 7th. David May (M70, SLOW) was the clear leader on Green, with Tim Brett (M40) leading the home club contingent in 4th place and Ginny Hudson (W55) was 6th. Jack Hobby (M16) won the Orange event and Seth Lawson (M9) took the top spot on Yellow.

***NEXT LEAGUE EVENTS:
League 8, Sheepscombe,
9th September; League 9,
Highmeadow, 23rd
September***



** Probably an orchid. I don't know anything about plants, but the pink frilly flowers on this suggest orchid to my mind. I don't think it's a dandelion, let's put it that way.

League Standings after seven events:

Blue

1 Tom Cochrane	NGOC M21	5960
2 Tom Birthwright	NGOC M35	5106
3 Caroline Craig	NGOC W21	4718
4 Greg Best	NGOC M55	4491
5 Andy Stott	NGOC M55	4446
6 Richard Purkis	NGOC M21	4030
7 A. Johansson	NGOC M40	4017
8 Allan McCall	NGOC M50	3913
9 Paul Gebbett	BOK M45	3861
10 Scott Johnson	NGOC M35	3639

Orange

1 Jack Hobby	NGOC M16	6184
2 Rosie Watson	NGOC W14	4777
3 David Watson	NGOC M55	3581
4 Carol Farrington	HOC W60	3335
5 Ella May Rush	BOK W12	3005
6 Adrian Dawson	SARUM M55	2956
7 Jessica Ward	NGOC W12	2882
8 Sam Roderick	NGOC M14	2820
9 John Wickson	NGOC M65	2706
10 A. Denman	NGOC W50	2626

Green

1 Paul Hammond	HOC M55	5906
2 Ginny Hudson	NGOC W55	5644
3 John Fallows	NGOC M55	5237
4 Dave Andrews	NGOC M70	5073
5 Ashley Ford	HOC M65	4996
6 Brian Laycock	HOC M70	4958
7 Kevin Brooker	NGOC M45	4933
8 Peter Watson	NGOC M16	4921
9 Simon Denman	NGOC M50	4606
10 Dave Hartley	NGOC M65	4593

Yellow

1 Seth Lawson	NGOC M9	3978
2 Sam Horsfall	NGOC M8	2322
3 Katie Agombar	NGOC W9	2027
4 Ben Mawer	IND M11	1915
5 Darren&Miriam	IND	1276
6 Charlie Johnson	NGOC M5	1069
7 The Garais	IND W35	1031
8 Oscar Johnson	NGOC M5	1025
9 Isaac Anderson	BOK M7	1007
10 Matthew Young	IND M9	1000

Club Championship Standings

After seven events in the Club

Championships it's been all change in the top spots! Andy Creber (M55) has plummeted from 1st to 5th place in the overall standings, with Richard Cronin(right) now leading by a very narrow margin over fellow M21 Richard Purkis. Andy Stott (M55) has stealthily made his way into third place, about 300 points behind the two Richards but well clear of Alan Pucill in 4th. Caroline Craig (W21) is the top female runner in 14th place, with Vanessa Lawson (W45) not far behind in 16th.

It's been a similar story in the Handicap standings: again Creber has dropped down from 1st to 5th spot; but this time it's Ros Taunton (W65) who's stolen

the lead. Andy Stott is within reach in 2nd place, however; although Alan Pucill (M55) and Paul Taunton (M65) in 3rd and 4th are some 400 points off the pace.

Rebecca Ward (W14) is top junior in both the Overall (26th place) and Handicap (12th place) competitions.

The next races in the Club Championship are the NWO Swindon Urban on 17th September, followed by the CSC Final at Virtuous Lady (Devon) on 22nd October.

Photo: Steve Rush BOK



Gosh, Richard, that's a big dibber...

recent results

27th - 29th May, Springtime in Shropshire

NGOC turned out in force for the May Bank Holiday activities in Shropshire. Highlights of the long weekend were: Richard Purkis finishing 4th M21; after finishing 3rd on both Day 1 (Long Mynd) and Day 2 (Nash Woods) he was 4th at Brampton Bryan on the third day. Pete Ward won M45 by over half an hour on aggregate times. He was 2nd on Day 1 by less than a minute, then emphatically turned the tables at Nash Woods with a 15-minute winning margin and took 14 minutes out of his rivals on Day 3. Jessica Ward was 3rd W12 overall, with an impressive class win on Day 2. Sister Rebecca won W14 by 50 minutes overall and won her class by a huge margin on every day of the competition. Some of our runners didn't run every day but had impressive single runs nonetheless: Seth Lawson was 4th M10 on days 2 and 3; Bob Teed 6th M75 on Day 3; Jess Miklausic won W21N on Day 3; Vanessa Lawson 2nd W45 on Day 2; Ginny Hudson 11th W55 on day 3. Gary Wakerley deserves a special mention for getting such fantastic value for money out of the M60S class - completing almost 7 hours of orienteering over the three days.

10th - 11th June, BOK Blast Bristol City Races

The challenging urban terrain around Bristol Harbourside didn't prevent some super NGOC performances. On Day 1 - the map for which included some evilly complex road junction/underpass route choices - our top performers were Reuben and Seth Lawson (3rd and 5th Junior Boys); Richard Purkis and Tom Cochrane (4th and 8th Senior Men); Caroline Craig (5th Senior Women); Andy Stott (30th Supervet Men); and Vanessa Lawson (12th Vet Women). The map for

Richard Purkis - 4th M21 at SinS



Day 2 was slightly less complex though there were still some interesting and decisive route choices to be made. Richard Purkis and Tom Cochrane produced a second day of excellent running to finish 3rd and 11th in the Open Men class. David Lee finished 6th in Hypervet Men. Ginny Hudson was 19th in the Supervet Women class. Ian Prowse was 13th in Ultravet Men. Paul Murrin and Andy Monroe were 12th and 17th respectively in Veteran Men, with Christophe Pige in 20th. Vanessa Lawson was 6th in the Veteran Women class. Reuben and Seth Lawson were 2nd and 6th respectively in Young Junior Boys.

26th - 27th August, EBOR White Rose Weekend

Pete Ward took top honours in the M45L Overall, after a narrow 2nd place finish in the Middle distance on Day 1 and a five-minutes-clear win on the Day 2 Long course.



Seth and Matthew Lawson put their heads together to work out the Bristol Harbourside map

Daughter Rebecca (W14) had a super weekend running up as W16A to finish 2nd overall after winning Sunday's long race, whilst sister Jessica finished 4th overall in W12A. Michelle Ward showed considerable tenacity in the W45L class to finish 4th, and Ros Taunton took 5th place on W65L. Andy Stott had a great run in the M55L on Sunday to finish in 2nd place on the course, whilst Gill Stott made the most of the MTBO Score event on offer. Paul Taunton and Dave Hartley (both M65's) both performed consistently in the M60 class to finish in 9th and 11th places respectively.

28th August, TVOC Abingdon Urban

Richard Purkis showed how much fitness he's gained during the year with an excellent 3rd place in Men's Open: less than two minutes down over 7.2km and 28 controls. Tom Cochrane continued his great run of form with 10th place in the same class.

2nd - 3rd September, Caddihoe Chase (KERO)

This year's Caddihoe was held on the glorious sand-dunes of Hayle Towan, and it proved to be a pretty succesful weekend for the Wards! Rebecca (W14) was well

clear on both days to take the W14 1st prize and dad Pete ran consistently over both the Middle and Long courses to take second spot overall in the M45 class. Michelle finished off the set of prizes by taking 3rd place in W45. In the M65 category, Ian Prowse was 14th overall and Paul Taunton 18th. Tom Mills was 9th M70 - Pat MacLeod had a super run to finish 8th in the Middle race but unfortunately retired on the Long course. Suzanne Harding was 11th W50 and Ros Taunton finished 12th W65. Sheila Miklausic (also W65) did well in the Middle distance with a creditable 11th place.



Paul and Ros Taunton enjoy their own private chasing start at the White Rose

Forthcoming Events

September

9th: NGOC League 8, Sheepscombe

10th: WRE John Bennison Long O, Long Mynd

16th: SWOC Saturday Score, Parc Penallta

16th: QO QOFL 1, Cothelstone Hill, Taunton

17th: NWO Swindon Urban, Haydon Wick

17th: BOK Local & ASO, Ashton Court

23rd: NGOC League 9, Highmeadow

30th: *British Sprint Champs, Milton Keynes*

30th: QO Long O, Wilmot's Pond, Taunton

October

1st: *British Middle Champs, Wendover Woods*

1st: QO Long O, Cloud Farm, Taunton

1st: KERO Forest League 1, Craddock Moor

7th: BOK Regional & ASO, Durdham Down

7th: MWOC Welsh League, Gwanas, Dolgellau

8th: OD West Mids Champs, Sutton Park

8th: SARUM Galoppen, Foxbury, Salisbury

14th: NGOC League 10, Danby Lodge

15th: WCH Level C, Shoal Hill, Cannock

18th: SWOC After Dark 1, Radyr, Cardiff

21st: SWOC Saturday Score, Caerphilly Mountain of Doom

21st: QO QOFL 2, St Audries, Williton

21st: BKO Winter Saturday Series, nr Newbury

22nd: CSC Final, Virtuous Lady

28th: NGOC Western Night League, Trellech Common

28th: NWO Four Colour, Cherhill, Calne

28th: BOK Winter League, Bathampton Down

29th: SBOC Welsh League, Whiteford Burrows, Gower

29th: KERO Forest League 2, Polly Joke, Newquay

29th: BADO SCOL League, Pamber Forest

November:

4th: SOC Southampton City Race

5th: SOC November Classic & Southern Champs, Highland Water (NB: not actually in the Highlands)

NGOC's national ranking top 10 on 1st September were ...

1	Richard Purkis	1993	M	8030
2	Peter Ward	1970	M	7878
3	Andy Monro	1969	M	7663
4	Tom Cochrane	1986	M	7586
5	Andy Creber	1958	M	7489
6	Lawrence Jones	1996	M	7285
7	Richard Cronin	1989	M	7258
8	Andy Stott	1959	M	7252
9	Caroline Craig	1984	M	7229
10	Ian Jones	1966	M	7208

The club's top 3 ranked runners has remained unchanged since May. But Tom Cochrane has leapt up the leaderboard, rising from 9th to 4th and gaining over 400 points! Lawrence Jones has also risen in the ranks and now holds the 6th spot, whilst Andy Stott has re-entered the top 10 in 8th after a strong campaign at the Scottish 6 Days. Ian Jones is another new entrant in 10th, and Caroline Craig is now the lone lady amongst our top runners in 9th.

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