

The Legend

Number 153



Newsletter of
North Gloucestershire Orienteering Club
September 2011

www.ngoc.org.uk

NGOC Committee

Chairman

Pat MacLeod 01594 528128
chairman@ngoc.org.uk

Secretary

Caroline Craig 01242 696443
secretary@ngoc.org.uk

Treasurer

Carol Stewart 01242 514988
treasurer@ngoc.org.uk

Club Captain

Greg Best 01242 516053
captain@ngoc.org.uk

Membership Secretary

Ellen Starling 01793 320054
membership@ngoc.org.uk

Equipment Officer

Pat MacLeod 01594 528128
equipment@ngoc.org.uk

Fixtures Secretary

Dave Hartley 01452 863805
fixtures@ngoc.org.uk

Mapping Officer

Paul Taunton 01594 529455
mapping@ngoc.org.uk

Club Welfare Officer

Gill James 01989 720122
welfare@ngoc.org.uk

Club Development Officer

vacant

Additional Members

Pat Cameron 01684 294791
pmcameron@tesco.net

Roger Coe 01594 510444
randvcoe@btinternet.com

John Fallows 01684 290256
john@greyeye.co.uk

Legend Editors

Alan and Ann Brown
01242 580096
legend@ngoc.org.uk

Website

Eddie McLarnon
01242 673079
webmaster@ngoc.org.uk

Cover: Some of the usual suspects at the Scottish Six Days. If you really want to identify them there is a front view inside this Legend.
(*Photograph: Greg Best*)

Chairman's Chat

I hope you have all had a good summer break, and are looking forward to our new programme for 2011-12. Those of us who travelled North for the Scottish 6 days were blessed generally with dry and midge free weather, and had 6 days of challenging and most enjoyable orienteering. Neil Cameron led the NGOC field with 4th place on M65L, followed by Matt Stott (1st) and Joe Taunton (13th) on M21L, and Bob Teed and Shimona Starling 21st on M70L and W21S respectively.

Otherwise there is not a great deal to report activity-wise. PFO and SELOC held a junior training week in the forest, and used some of our areas for their activities. I didn't manage to get to any of them, but they were most grateful for use of our maps, had a very successful trip, and may repeat it next year. Sadly we seem rather short of juniors to join them and provide them some competition, but perhaps next year.....

On the development front, we have yet to plan our activities for the coming season, but the University of Gloucestershire have now appointed a Sports Coordinator, and we have been discussing orienteering activities at length with Hartpury College, so I am hoping that this season we can build some stronger relationships with students in our area. On top of this Kyla da Cunha will be starting a sub-club in Hereford, aimed at building on the programme of events we ran around Ross and Hereford this Spring.

In October the first British Orienteering Association and Club Conference takes place in Sheffield. This conference is part of BOF's plan to engage more effectively with clubs and regional associations, and it provides us with an opportunity to have a say in the way orienteering is managed, or to raise issues with British Orienteering. Chris and Gill James will represent us at the Conference, and I urge you to respond to Chris's request for comments and issues if there is anything you wish to raise. Remember also that the club AGM is scheduled for Monday 7th November, so if you have any local matters that you would like to raise for the AGM, please get in touch with me or Caroline Craig.

Finally, we have been trying for a while now to refresh the club website and extend its facilities so that we can use it more effectively both to publicise our activities and enable better communications between members. The team who currently maintain the website simply don't have time to do more than just maintain the status quo, so if you know about website design and support, but more importantly feel that you have sufficient time available to undertake a review and update of the site, please give me a call, or drop me a note – chairman@ngoc.org.uk.

Pat MacLeod

If Enid Blyton had heard of orienteering surely she would have had the Famous Five taking part. This is the story of NGOC's very own Famous Five.

Five go to The Harvester

Captain Greg got out of bed one morning and thought how absolutely spiffing it would be if he could go up to Sheffield with his chums Joe, Stephen, Heather and Alan to run in The Harvester. They would be environmentally friendly and all travel together in Greg's jalopy.

Alan thought he was wizard at navigating so, when they left the motorway near Chesterfield, he was given the map and told to give directions for the rest of the way. But Alan made a couple of silly mistakes which meant that they drove round and round Chesterfield instead of through it and then went several miles towards the centre of Sheffield before turning round and coming out again. This made his chums rather cross and he was relieved to arrive at the field in the early evening where they found Assembly and a nice place to put up their tents.

Nearby was what looked like a maze made of canes and red and white tape. The Five found out that this was the Ultrasprint course but Alan, who by this time was fed up and feeling rather a silly-billy, said it looked horrid and boring and he wasn't going to do it, even though he had promised to. This made his friends cross again but when lots of people began to run round and round the maze, dibbing like mad and having tremendous fun he changed his mind. Big boys and girls could have three goes for just £2 so Alan filled in the entry form, paid the nice ladies in the tent and started straight away. The control boxes did not have any numbers so that he could not check if he was at the right control; he dibbed at the wrong control at least once on each of his three goes.

Alan was very upset about being disqualified three times in fifteen minutes and was sent to bed, without any supper, at eight o'clock, and not allowed to come out of his tent again until four o'clock the next morning, when he had to get ready for the proper Harvester relay race. However, Alan had a secret store of rice pudding and chocolate bars so had a secret midnight feast all by himself and felt much better when he got up for the first daylight leg. He had wanted to do a long night leg, like a proper orienteer, but he only had a small hand torch with worn out batteries. Captain Greg told him this wasn't good enough to find the controls in the dark, he might even fall over and hurt himself - and made him do the first daylight leg instead. At the mini mass start Alan rushed off ahead of several girls into the woods to show that he wasn't afraid of the

nasty, dark wood and he actually had quite a good run until he ran a hundred yards past the last control and had to go back again. Luckily this was still in the woods and the spectators at the finish could not see him; on the run in he hoped that the other boys and girls would think that his red face was due to running very hard indeed.

After chatting to orienteering chums and having something to eat and a rest it was time to do the Urban Race. This sounded very nice, apart from the mile walk to the start, which annoyed some orienteers. Captain Greg, Alan, Joe and Heather all entered the Urban Race but Stephen didn't as he said he felt very tired after running the last leg of The Harvester which had been a lot longer than promised. The start was on a very nice bit of green grass and started off downhill, which everyone liked.

The map was 1:5,000 and everyone thought it was very well drawn and they liked the nice green colour used for people's gardens. Captain Greg, Alan and Joe chose the long course with a whopping 30 controls. There were some quite long legs, where they had to think very hard to work out the best route, mixed in with places where there were lots of controls all close together with lots of little alleyways between houses. Normal kites and SI boxes were used but the planner had been very clever and fixed them in place with very strong wire so that naughty boys, or even naughty grown-ups, could not take them away and spoil people's fun.

Captain Greg and the others were waiting in the rain at the finish when Alan came in but happily they had not been waiting long enough to get cross again. Walking back to Assembly to download they all agreed that it had been a jolly good course and that they would like to do another one very soon. Seeing the results a few days later Alan was very pleased to see that he had not been disqualified and was not even last. But his chums told him that it would still be a lot quicker to find his name in results lists by starting at the bottom and working his way up, rather than starting at the top and going down.

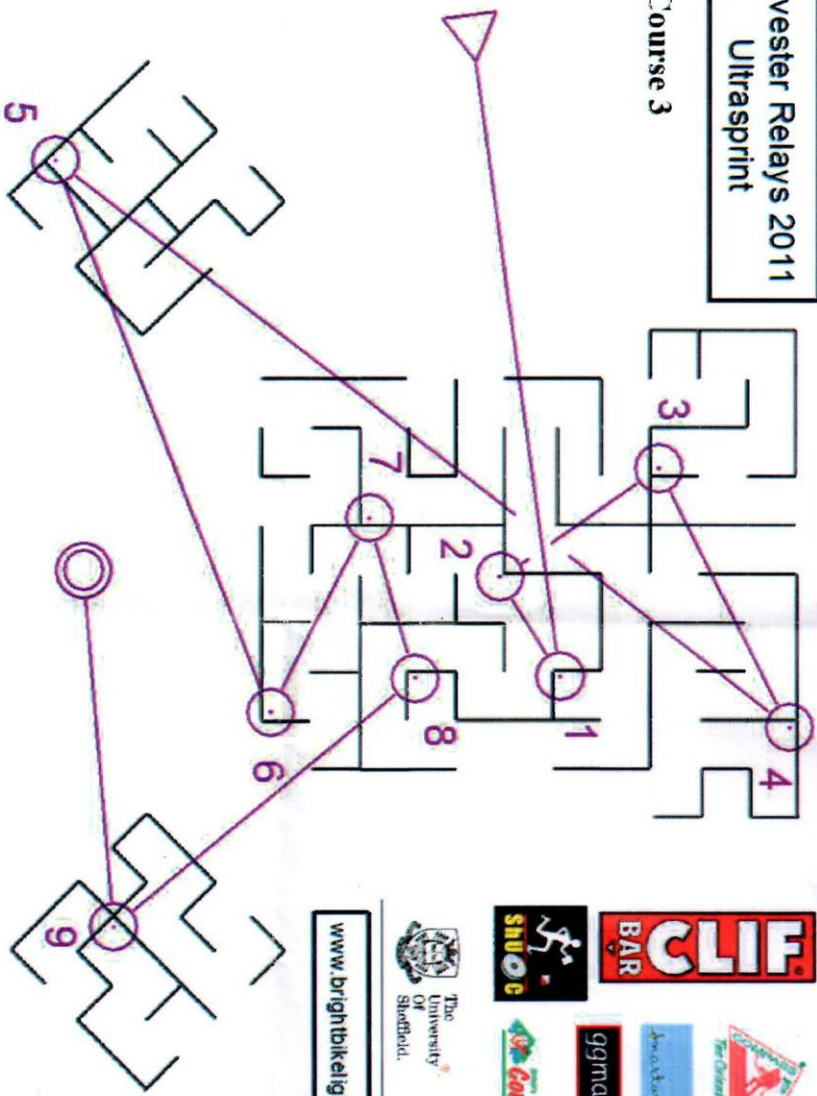
The Five had enjoyed the weekend so much that on the way home they stopped at the motorway services to drink ginger beer, although Captain Greg only had lemonade as he was driving.

Alan Brown

(Next page: One of the Ultrasprint courses that made Alan look a chump)

Harvester Relays 2011 Ultrasprint

Course 3



The University of Sheffield



www.brightbikelights.com

Five go to The Harvester



Captain Greg (*above*) and Alan (*below*) take part in the Ultrasprint
(*photographs: Paul Taunton*)





Uringa Orienteers

Terrain running

Terrain running in orienteering is often the reason why some great road runners don't like our sport. The magic 'minutes per km' figures never look that impressive. Compare the 2010 City2Surf (Sydney) winner Ben St Lawrence's magic figure of 2:55min/km with Olav Lundanes winning time at WOC2010 at Trondheim which was 6:08min/km. Doesn't look that impressive, does it? And yet as orienteers we know that Olav's time is phenomenal, especially when you take into account that the WOC distance had 770m of climb as well!

Let's assume we are all great technical orienteers. And we are aerobically fit. Now we've isolated the only other element, we can start working on that - terrain running. In an orienteering race there might be multiple types of terrain to be negotiated: open, rough open, open eucalypt forest, forest with brushings, granite outcrops and rocky ground to mention but a few, and of course the contour detail will add more complexity to all those. Visibility and runnability vary massively from race to race and we need to have some techniques to help us get those under control.



*Helen Palmer
WOC 2010*

Visibility

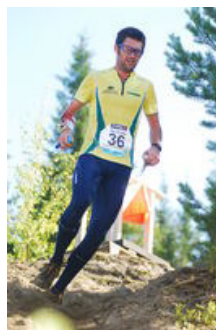
Of course changes in visibility only affect those who keep their heads up when they are running. Are you too busy looking at your feet to see the control on that rise ahead? Getting your head up is easier if you have worked on map memory skills and are holding your map up high (see training note 1). Looking ahead will allow you to pick a line through the vegetation which avoids things which slow you down – you may be able to jump over a fallen tree or ram your way through a thorn bush, but how much better and quicker would it be to have seen these GB obstacles in advance and have plotted a line that avoids them altogether?

Runnability

Slippery, uneven ground means that the way an orienteer's foot hits the ground is really important. Top orienteers run with a high cadence to give a maximum time of contact with the ground – up to 190 steps a minute. How many steps do you make in a minute of running? Running very upright, with a straight heel landing is more likely to get you a nasty fall as the rock that you stood on wobbles you off. Top orienteers run a bit splay footed, like ballerinas, as this spreads the weight and prevents trips and falls. More steps also lightens the load on each step reducing the wear and tear on your joints.

Where the ground is *level* the orienteer needs to think about how they lift their legs as they run, and the way the foot is held as the leg is pulled through the running action. A higher leg lift is needed over brushings and a toe down position where the foot is dragged behind the leg will help prevent snagging. In order to do this however both the ankles and calves of the runner need to be strong but flexible. Standing on a Bosu or a stability plate is one way to practise and strengthen those key muscles. In addition the core of the runner needs to be strong and stable to allow for movements and jarring in the lower body from the terrain. There are some who claim wearing gaiters helps reduce snagging though I have had friendly discussions with orienteers in the UK who would dispute this and say gaiters are to protect shins not help with speed.

Sad to say for those of us who don't get out training as often as we might, going *up hills* is mostly about fitness and strength. You should shorten your stride which is the same effect as going down a gear in a car, lean into the hill and pump your arms to get you up the incline. If weight is shifted too far forwards, however, the runner uses the forefoot as he leans into the hill and there is increased risk of calf muscle injury. Better to get your heels down a bit and use those massive glut muscles and drive through the hamstrings. It may be a bit slower but if you have ever run next to a power walker going up the same steep hill you will know that sometimes the walking action can be more efficient. The idea is to get to the top of the hill with enough puff to continue on your way, not crushed so badly you have to stop and wheeze like a winded racehorse!



*David Shepherd
Aus WOC 2010*

When descending using the fall of the hill to gain some speed without much effort is only really useful on track slopes where the ground is relatively even and can be negotiated easily at speed. Leaning slightly forward will help to use gravity to propel you downhill; you will know if you are doing it right as you will feel like you are about to fall over as you speed down the hill. Put your elbows

out to slow down rather than pumping your arms, step lightly and try not to tense through the quads to grip the ground as this puts pressure on your knees – not a good thing! It is important not to lean backwards when going downhill as this effectively puts the brakes on and puts additional strain on all the joints and muscles.

Crash! Taking and avoiding falls

Falling on rough terrain happens to us all at some point. Perceived wisdom is to tuck and roll using a shoulder to take the impact, with hands palm outwards but held close to the chest so that you can push off the dirt. This prevents you taking the fall on wrists or arms and risking a breakage. That said, Graeme Dawson of Garingal had an unfortunate experience with this technique in Western Australia at Easter as his elbow, tucked close to his chest, took the impact and broke his rib. The only consolation was that he didn't break an arm or wrist instead. TrailRunner magazine has the following tips for avoiding falls:

- Tilt your pelvis forward to engage your abdominal muscles to make you more stable, especially on technical, rocky declines;
- Imagine you're running on eggshells. Skim over the ground, lightly touching the ground with your feet, particularly in rocky sections;
- Use compact form. Shorten your stride to keep your feet underneath your body which maintains your balance and conserves energy. You're most likely to trip when fatigue slows your normal stride to a stiff shuffle;
- Keep your chin down and eyes scanning 10 yards ahead on uphill or flat terrain, 30 yards ahead on downhill sections;
- On steep descents, carry your arms wider than normal to help maintain balance.

Once again all these techniques depend on practice but if you fancy some further reading some interesting discussions can be found at the following websites:

<http://www.trailrunningday.org>

<http://thedeal.cleansnipe.com>

<http://www.trailrunnermag.com>

Margaret Jones
Uringa training officer

NGOC CLUB KIT: NEW IDEAS AND OLD BARGAINS!

NGOC is thinking about replacing its club kit with a more modern style of top in a technical fabric, retaining the purple/green/white theme (samples on show at the Chairman's Challenge). Even with a club subsidy these are likely to cost £25-£30 (less for Juniors). We will only do tops this time, not trousers. *Meanwhile, there are bargains to be had from our old stock:*

Original NGOC O-suit, unisex Ultrasport traditional long-sleeved top, with collar and front pocket, maroon with grey sleeves.
6 tops size 4; 1 top size 3 - only £2 each. Size 4 is roughly a ladies medium, 3 is small.

Second version, unisex Ultrasport collarless long-sleeved top, grey with maroon and green bands across chest; trousers grey with maroon/green stripes down outside leg.

Tops: 1 size 4, 2 size 3 - £3 each. Trousers: 3 size 3 - £2 each

Current version, Conrad collarless top, magenta with white mesh yoke, green sleeves, green/white diagonal stripe. Long and short-sleeved versions as below. Trousers magenta with green/white diagonal stripe on thigh. Men's and women's tops differ only in the way the neck opening crosses over.

Tops: £8 (were £13), £5 for juniors. Trousers £4 (were £7), £2 for juniors.

Ladies tops: Short sleeve (green fabric): 1 XS, 2 M; short sleeve (green mesh): 2 M, 1 XL

Long sleeve: 1 XL.

Ladies trousers: 1 XS, 2 S, 3 M, 1 XL.

Mens tops: Short sleeve (green fabric): 1 M, 2 XL; short sleeve (green mesh): 1 XL

Long sleeve: 2 M, 3 L, 1 XL

Mens trousers: 1 S, 1 XXL

Other items:

Black Western Night League T-shirt: 2 M (but they are fairly small) - £2 each

Grey T-shirt with small maroon NGOC logo on chest: 1 XL - £2

Red lycra tights (Ultrasport): 3 M, 3 L, 4 XL - £2 each

NGOC buffs: last few remaining - £5 each (were £7.50)

Unhemmed white fabric patch printed with maroon NGOC logo (shield about 4x4 inches) - 10p

If you would like to buy (or make an offer for!) any of the above, please contact Carol (01242 514988 or carolmstewart@btinternet.com).

White Rose

There were some podium places for NGOC at the White Rose, near Scarborough, over the August Bank Holiday weekend:

Third place for James Hartley on M21S on Saturday, and on Sunday third place for Andrew Hartley, and third place overall for the 2 days.

On Monday second place in the "A" relay (at least 1 woman class) for "NGOC Purple People" (Ros, Joe and Samuel Taunton)

And finally, second place for the Taunton family in the White Rose Quiz, just ahead of the HOC Hartmanns!



NGOC team "Purple People". (Photograph: Wendy Carlyle)

Scottish Six Days



The front view of the front page back view (*photograph: Greg Best*)

Jan Jones (right) with a group from several different Australian clubs who borrowed one of our club tents for the event (*photograph: Pat MacLeod*)



FORTHCOMING EVENTS

Date	Event	Location	Signposted	Organiser
10 Sep Sat	Chairman's Challenge	Danby Lodge	SO666066	Pat MacLeod 01594 528128
1 Oct Sat	League 1	Minchinhampton	SO858013	Alan Richards 01249 713542
15 Oct Sat	Informal	Blakeney Hill	SO666066	Pat MacLeod 01594 528128
5 Nov Sat	League 2	Mallards Pike South	SO652086	Roger Coe 01594 510444
26 Nov Sat	Informal	Sallowvallets	SO608116	Alan & Ellen Starling 01793 320054
3 Dec Sat	League 3	Flaxley Woods	SO707144	Tom Mills 01452 760451
17 Dec Sat	WNL (Western Night League) 1	Sheepscombe	SO902100	Greg Best 01242 516053
2012				
1 Jan Sun	New Year's Day Score	Bixslade	SO608116	Neil Cameron 01684 294791
7 Jan Sat	WNL 2	Symonds Yat	SO572128	Dave Hartley 01452 863805
21 Jan Sat	League 4	Danby Lodge	SO666066	Peter Ward 07790 669460

Enquiries to Organiser or Fixtures Secretary – Dave Hartley 01452 863805

For latest details check the NGOC website at www.ngoc.org.uk

NGOC Registration and start times

Informal Events: Start times 1230-1400.
 Senior £2 Junior £1 Non-members £3
 Yellow / light green / blue courses

League Events: Registration 1130-1230 Starts from 1200-1300
 Senior £4 Junior £1
 Competitors who are not members of any club £5
 Yellow / orange / green / blue courses

Night Events Registration from 1800 – or when it's dark!
 See www.westernnightleague.org.uk

Malvern Mini-League

Date	Event	Location	Signposted	Organiser
8 Oct Saturday	Event 1	Wyche Ridge, Malvern	SO766420	Judith Taylor
12 Nov Saturday	Event 2	Lickey Hills	tbc	tbc
11 Dec Sunday	Event 3	Hawkbatch, Wyre Forest	SO755784	tbc
21 Jan 2012 Saturday	Event 4 (same event as NGOC League 4)	Danby Lodge, Forest of Dean	SO666066	Peter Ward, NGOC
26 Feb Sunday	Event 5	Bringsty Common	tbc	tbc

Saturday events:

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

Registration 1130-1230 Starts from 1200-1300

Sunday events:

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

Entry fee will be slightly higher. May need to pre-enter.

Registration 1000-1200 Starts from 1030-1230

For more details see Harlequins Orienteering Club website.

Selected Army events

Important: for latest details and full list of events visit: <http://www.baoc.org.uk/events/>

Date	Event	Location
14 Sep Wednesday	Southern Area Summer Series (Infantry Orienteering)	Barossa
28 Sep Wednesday	RAF Championships & Mil League South (RMAS)	Woolmer
5 Oct Wednesday	Mil League South (HQLF)	tbc
12 Oct Wednesday	Mil League South	Worthy Down
19 Oct Wednesday	Mil League South (RAFO)	Long Valley South
26 Oct Wednesday	AAC Championships & Mil League South (AACen/SCJS)	tbc

Caption Competition - answers



The first attempt at the new Moon transport pod wasn't what NASA was expecting. *(Nick Barrable, CompassSport)*

Bob Teed modelling the new MTBO kit for NGOC. *(John Fallows)*

Bob hasn't grasped that cycling involves using the pedals. *(Neil Cameron)*

Hell's something, but not an angel! *(Neil Cameron)*

Next time I think I'll go to Halfords. *(Carol Stewart)*

Should win the Chairman's Challenge easily on this. *(Carol Stewart)*

Do I have to wear this hat? *(Carol Stewart)*

During this year's minileague events, watch out for Bob's new Google-Streetview off-road mapping vehicle, with the front mounted super wide angle lens! *(Ros Taunton)*

(See picture below) California Bob - the unknown star of Easy Rider, he got left behind by Peter Fonda and Dennis Hopper. *(Paul Taunton)*



2010—2011 minileague winners

Blue

Winner	David Nevell, HOC	5212 points
1 st NGOC	Peter Ward, 2 nd	4808
1 st lady	Caroline Craig, NGOC, 5 th	3965

Green

Winner	Rachel Dennis, BOK	4372
1 st NGOC	Steven Harris, 2 nd	4209
1 st Junior	Ali Wilkinson, HOC, 6 th	3886

Orange

Winner	Samantha Harris, NGOC	4616
Second	Ashleigh Denman, NGOC	3959
Third and 1 st non-NGOC	Adrian Dawson, SARUM	3936

Yellow

Winner	Joe Hudd, BOK, M8	3294
1 st NGOC	Josh da Cunha, M6, 3 rd	2045
1 st girl	Rebecca Ward, NGOC, W8, 4 th	1747

Prizes will be given out at the AGM or can be collected at a later event.

Brashings

Instant maps for street-O

There is now a website, created by Ollie O'Brien, where you can create an instant map suitable for street-O, of any area, in about five minutes. Put your postcode into the OpenO-maps site <http://oobrien.com/oom> and try it. Here's one Paul Taunton did earlier for the centre of Gloucester! (*See back page*)

AGM

Monday 7 November 2011 at the University of Gloucestershire's Oxstalls Campus. Buffet. Mini-league prize-giving for 2010-2011 season.

Forest Challenge orienteering board game

Still available. Ideal for:

Christmas and birthday presents;

Playing at club nights;

Prizes for club competitions;

Educational - as used by a number of schools.

Rain? Snow? High winds? No need to go out - orienteer in the comfort of your own home with Forest Challenge!

Available at NGOC events (£7-50) or through the post (£9-00) from Alan Brown, 10 Brizen Lane, Cheltenham, GL53 0NG (please make cheques payable to NGOC).

Have your say!

Are there any matters that you would like the Committee to consider? Contact the Club Secretary, Caroline Craig, or any member of the Committee. The next Committee meeting is on Monday 12 September at 1930.

Articles for Legend

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

Disclaimer

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

Gloucester



Scale 1:10000

500m



Map data CC-BY-SA OpenStreetMap and contributors. Map produced using OpenCachingMap - <http://obrien.com/cm/>