



LEGEND

Summer 2026
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Carol Stewart (1942–2026)



Carol Stewart
© Pat Macloed

It is with great sadness that we announce the death of Carol Stewart, NGOC club member from time immemorial, an almost permanent fixture at Registration until very recently, massive contributor to the club, and lovely person.

Carol went into hospital for a hip operation in May, returned home after a longish spell (until home support was organised), but suffered a relapse, returned to hospital and died on or about May 24th. She was one of, if not the, longest serving member of the club, and will be greatly missed.

It is particularly sad to report that Carol was a very private person, and as far as we know she had no living relatives; we have been unable to discover anything about funeral or other arrangements.

The Committee and one or two others are discussing how we should commemorate Carol, and we will publish our plans in due course. In the meantime, if you have any anecdotes or stories about Carol, photos and memories of shared times, simple impressions, or indeed any information about Carol outside her orienteering interests, please send to the editor:

legend@ngoc.org.uk

Pat Macloed

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How to print *LEGEND* on A4 copy paper

Share your orienteering triumphs and sorrows with fellow NGOC members, (as others have done in this issue). Send articles (150-500 words) and photos (vertical format preferred), and share your race experiences.

Write to the Editor:

legend@ngoc.org.uk

From the Chair

Welcome to the relaunch edition of our club magazine! We are delighted that Duncan Liddle has volunteered to be our new editor and has put together this new *phone-friendly* version of Legend! Duncan has given a nice introduction to himself and his ideas for Legend; please welcome him to the editorial hot seat. I am sure he will be asking for any and all ideas, articles, pictures and other contributions.

It is amazing to think that we are already halfway through 2026. It certainly has been eventful. There have been some great events locally and a few intrepid club members have been making long trips further afield to the big national events.

Moving on quickly from our *oh so narrow* defeat at the Compass Sport Cup in Sutton Park, there have been plenty of successes particularly for our juniors who won their local heat of the Yvette Baker Championship and have also been selected for some of the big races in Europe this summer.

On the subject of summer, this is traditionally a time to enjoy a lighter side of orienteering. Look out for the *Maize Maze* event at Elton Farm and

the *summer relay* at Hartpury College; both great opportunities (weather-permitting) to enjoy a post-event picnic with club friends.

Ian Jones (Chair)



Photo © Wendy Carlyle

Hannah Agombar at the JK 2026 ...
... recently selected for the Junior Regional Orienteering Squad training camp in Czechia, this August.

Editorial

This relaunch edition of Legend represents an unbroken lineage of coaching and support within our community stretching back more than five decades to the founding of the club. During this illustrious period, there have been many editors and contributors, but the most familiar will certainly be our retiring editor, Alan Brown.

Alan edited Legend for two periods spanning eight years each. He wrote and curated entertaining content for 64 editions, and we owe him a great debt of gratitude. During his stewardship, he brought recognition to the club through Compass Sport *Best newsletter of the year* acknowledgements on no fewer than five occasions.

The baton has now passed to me to run the next leg of the Legend relay. My professional background includes writing, editing and design, though orienteering is a new genre for me, so there may be a few incremental changes over in the next few issues, as I explore some of the limitations and potentialities of our magazine format newsletter.

Already evident, of course, is the transition to a phone screen format,

now, perhaps, the most frequent choice for consuming online media; the introduction of a branded masthead; and an harmonising of type styles. I will be experimenting in forthcoming issues to find what balance of text and visual content works best in this format.

Duncan Liddle



Rhiannon Fadeyibi at the Canterbury City Race
© Abigail Cross

Who was Jan Kjellström? And why the JKs?

Jan Kjellström must have known from infancy the allure of the Swedish pine and birch forests. He was born into a family culture steeped in the slopes of orienteering. The child of Ebon Söderström and Alvar Kjellström, he was born in Stockholm on April 4th, 1940. His father was one of three brothers (the others: Björn and Arvid), all of whom were prominent orienteers in Sweden during the 1930s.

These three brothers enjoyed much competition success, both individually and as a team. They undoubtedly helped to popularise the sport in Sweden. But their greatest influence arose through a collaboration in 1928 with the inventor Gunnar Tillander, who designed a clear plastic baseplate with a rotating chamber housing the compass needle. In 1932, Tillander and the Kjellström brothers founded the Silva company, which remains today, an internationally renowned brand for high-quality compasses and navigational equipment.

Björn Kjellström further refined Tillander's design by filling the compass-needle chamber with a clear liquid, typically ethyl alcohol. This had the advantage of reducing

the time it takes for the magnetic needle to settle, from roughly 30 seconds (in air) to around 4 seconds (in fluid). This brought about a step change in navigational accuracy; and essentially, it is the same as the design we use today.

Orienteering came first to the UK via Scotland in the 1950s, with support from Olympic athletes John Disley and Chris Brasher. Their pioneering work led to the formation of the Scottish Orienteering Association (1962) and shortly after, the English Orienteering Association (1965). Both associations were united under the umbrella of the British Orienteering Federation (BOF) in 1967.

The formative years of the 1960s benefitted greatly from Swedish expertise; in particular, the leadership of Jan Kjellström, who helped to establish training standards, modern mapping techniques, and competition structures. Sadly, his life was cut short in 1967, as a result of a tragic motor accident in Sweden. Later the same year, in tribute to his vast contribution to the sport in Britain, BOF founded the '*Jan Kjellström International Orienteering Festival*,' affectionately known as the JK, now held every year at Easter.

This year, the JK was hosted by the Scottish Orienteering Association in

Perthshire between April 3rd and April 6th. The tournament opened with an urban sprint in Perth, the regional capital. For the middle two days, the competition relocated to the mature Scottish pines of Rannoch Forest. And for the final day of relays, the venue was Tullochroisk. ■

Duncan Liddle



Gill Stott (JK2026 Relay)

© Wendy Carlyle

JK2026

A bit of an adventure!

Since I'd not been to Rannoch Forest before, I knew it was going to be a bit of a challenge for me. I'm not the greatest navigator, and I need to be able to check things off along the way to maintain contact with the map. At Rannoch, this was not likely to happen! So, I looked at the sample maps beforehand to familiarise with the area. However, the '*bit of a challenge*' became somewhat greater than I was expecting!

The *middle distance* race started badly; I just could not get to grips with the map and my route choice to the first control was, in hindsight, not brilliant. But it was the fourth control where things went badly wrong. Looking at the map afterwards, and overlaying the route my Garmin watch had recorded, I could see I'd ended up in the wrong block of white, in the middle of a very big area of green. By the time I decided I needed to relocate, I'd grown a beard!

Ironically, I went straight to the feature I'd decided to relocate on (why does that happen?), and at my second attempt, I went straight to number four. Controls five to eight were all in the same block of green

and that was tricky to say the least, but the JK is a *major* event. It needs to be challenging if it is to mean anything. After that, things got better as I got more used to the map, but the running was mostly difficult going, the forest floor being very scrappy.



JK2026 (Perthshire) © Vanessa Lawson

Armed with the benefit of knowledge gained from the *middle distance* race, I went into the *long distance* race with high hopes. This didn't last for long! For course 12 on the green start, we had a 2.1km walk from the

assembly. I managed to find myself in the middle of a blizzard on the way. Fortunately, I had taken the organiser's advice to wear a cagoule, but there were a number of people in short sleeved shirts and they were in some distress.

I saw a youngster in only a light-weight top having to borrow a coat from one of the start marshals. If this weather had continued like this, it could have become a bit tricky. I was amused, though, to see people arriving at the start with a coating of snow on the top of their heads.

Off I went and made a mess of the first control, again. I can offer no excuse, a careless error. When I retraced my steps to a gully and actually took the trouble to look at the map more carefully, I could see my error straight away. Given we oldies were using a 1:7500 map scale, I can't even blame my eyesight! The rest of my run was pretty much OK, if somewhat slow, the forest floor again being very scrappy, at least the bits I found myself in. But it was the same for everyone.

I did come up with a cunning plan for the route from number two to number three – heading to the east and running alongside a fence that was parallel to the red line between the controls. Unfortunately, migrating

wildebeest had chosen the same route and the mud was chin deep in places! Still, at least I knew where I was. As with the *middle distance* race, the rest of my run was uneventful, if somewhat slow. And looking at *route gadget*, I did use a similar route to the runners who finished well.



Judith Taylor (JK2026)
© Wendy Carlyle

On both days, the organisation and course planning was excellent, and the *bussing* to assembly worked really well. Part of me would like to put on a pair of walking boots and do both courses again, but walking around to see if I could maintain contact with the map. I have the utmost respect for the orienteers who can run hard and still achieve this; some of those orienteers being NGOC members.

But it was tough out there in the forest, no getting away from that. Assuming the 78 runners who started the M65 middle distance race intended to also start the long distance race (might not be the case), only 52 runners completed both days, a drop-out rate of 33%.

Given the scrappy forest floor and tricky running through low hanging green, there will have been injuries and it must have been very disappointing for anyone who travelled so far for the event if they were unable to complete both days. As I said earlier, the JK is a major event, and as such, it needs to be challenging, but I wonder if, in the post event review, some may question whether the drop-out rate was a little higher than might be expected?

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On our trip home, we had planned to stop for two nights on the Cumberland /Northumberland border, but detoured to Falkirk to visit the *Kelpies* and the *Falkirk Wheel*. If you have not had the opportunity to visit these sites, or like me know nothing about them, I encourage you to take a look. The Falkirk Wheel, especially, is simply wonderful.

We stayed close to Alston for two nights and it was astonishing just

how quiet the area is. Stunning scenery, quiet roads, red squirrels, Hadrian's Wall, The Sycamore Gap well, actually, the stump of the Sycamore Gap, which I can happily report has many shoots growing from the base. ☺ ■

Chris Harrison



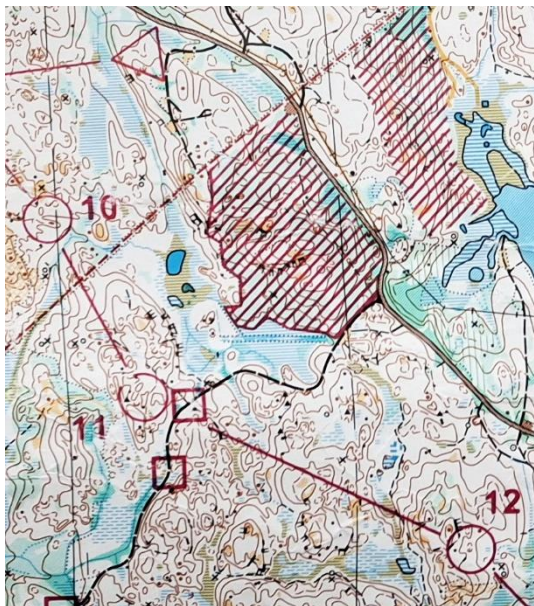
Rhiannon Fadeyibi pauses for a selfie in 28c heat after finishing the Canterbury City Race on 23-May-26. Also representing NGOC were Ian Prowse, Suzanne Harding, and Gill Stott. Family members Edward Stott and Cordelia Slade-Stott also participated.

O-Ringen Göteborg 2026

An immersive experience

This Summer, (July 19th to 25th), the world's largest orienteering competition comes to Gothenburg municipality, with 'O-Ringen city' located at Stora Holm, Hisingen.

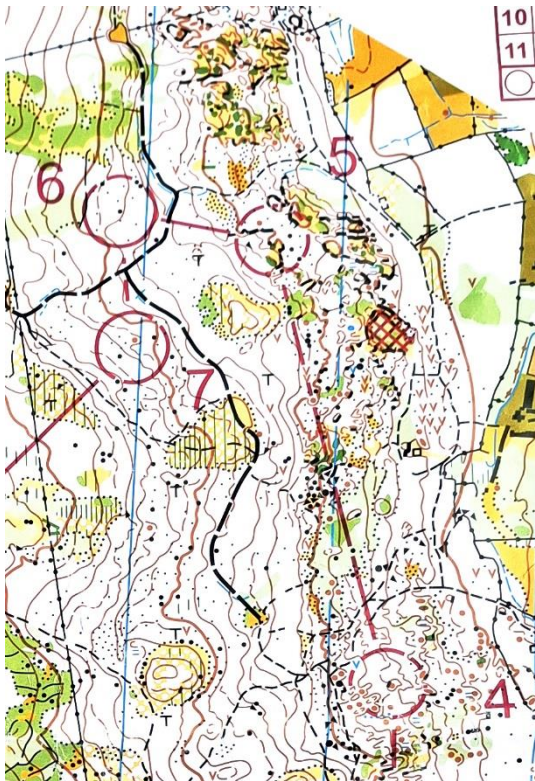
Stora Holm gives a rural idyll to O-Ringen but with very good infrastructure and logistics. It provides a campsite that is undisturbed and scenic, yet close to competition areas, and still accessible to big city Göteborg.



O-Ringen sample map (detail)

To ask a rhetorical question ... What is so good about O-Ringen?

"In short, it could be the best orienteering experience of your life. It's not just the running of the courses and



O-Ringen sample map (detail)

the competition, but being immersed in the total experience. The scale of the event is so very impressive and confirms that we are not an isolated sport.

“Roughly 23,000 people, including families and children take part. Of this, about 18,000 compete in their respective age classes. Everything from ‘O Ringen City’ to the individual competition days is a mammoth organisational feat.

“If you can think of it ... they have it covered! Showers, food, equipment, biathlon shooting (in 2022), and back in the day, live bands. Whether you try it as an individual, a group or a family, each and all of this is likely to be a memory forever.”

“Assuming the international situation is stable, and in my own personal case, I avoid any more serious injury, this will be my 6th O Ringen.” ■

Tom Mills

**One return flight ticket
to Gothenburg available
half-price !**

LHR > GOT (17-July-26)

GOT > LHR (27-July-26)

Group coach transport available to and from Heathrow. Contact Tom Mills (number available via NGOC WhatsApp group) for more details.

Self-confessed map-geek Rob Finch takes a look at 'the map' with two club members and untangles what went wrong while navigating from point to point. Case-studies are taken from the recent BOF Middle Distance Championships (April 2026).

A map-geek's analysis

The *middle-distance championships* were held at Brown Clee Hill and 30 NGOC members headed up to enjoy a day of orienteering in the sun. The courses provided a really technical orienteering challenge with several distinct sections to navigate, including: a contoured open area with deep heather, a mixed open area with scattered trees and marshes, and a more typical sloping woodland, before a final section of mixed open and woodland. Changes in terrain demanded varying techniques and concentration while moving between them. There were a lot of controls in the forest and a high number per course, so there really was not much chance to relax!

Case 1: (M18E, control #3)

After a couple of controls to get into things, this control really ramped up the difficulty ... a relatively longer leg

with not much route choice but a lot of jeopardy! There's a lot of vague vegetation and subtle contours which are particularly tricky when you're moving as fast as a top M18! Unfortunately, a *one-minute mistake* on control #3 was the difference between 4th place and a podium finish for James.

James: "My plan for #2 to #3 was initially to take a bearing to the top of green and then cross the wall at that level to contour along to the control. However, my exit direction from #2 was poor and I was forced to correct myself. In my head, I thought this might have led to an overcompensation, and that this would mean I was too high. This meant, when I crossed the wall, I ended up dropping too far down in an attempt to reach the right level. This was also partly due to the fact I didn't have an attack-point to lead me into the control, and had opted instead for a simple 'look in the pits to find it' approach. In retrospect, the ruin just above #3 would have been useful, as would the large spur just about it."

It sounds like a few things led up to the bigger time loss near the control. A poor exit direction, not knowing exactly where you are mid-way through the leg, no clear attack-

point and (just) a hope to find the control. A pause to work out where James was on the ruined wall could've made a big difference. James was perfectly on the line at that point.



James:▶

What can we do to make the control far safer and possibly quicker? Rather than looking enroute or around the control, how about looking beyond?

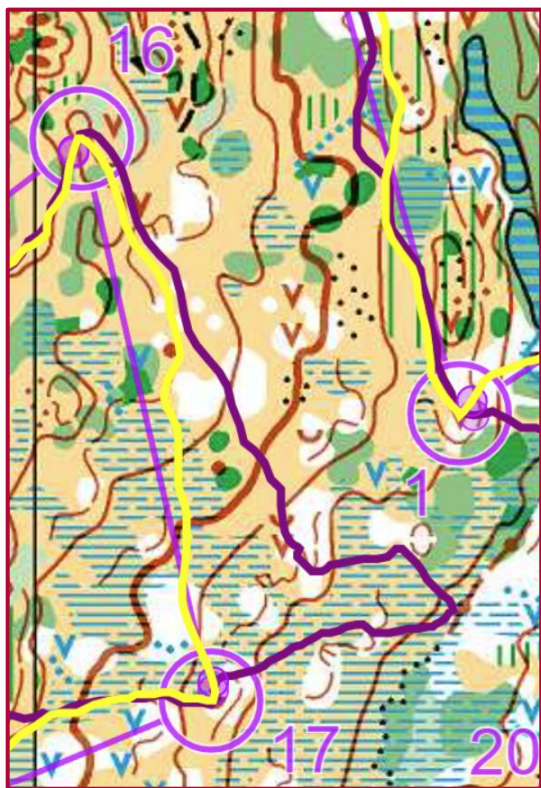
There is a very distinctive big spur beyond the control. If we took a rough bearing (brown arrows), aiming slightly off to the left, we should be able to travel quickly and use it as a catching feature. Potentially you'll be able to see it from a long way away, whereas you are not going to see that wet pit until you are very close to it! By aiming off to the left, you may also spot the small ruin just outside the control circle.

Case 2: (M21E, control #17)

Another leg with not much route choice but hard to execute. A classic challenge of heading slightly diagonally down the slope. After looping round the top of the open areas, most courses were now beginning to head down to the finish.

Nick: *"#17. By this point I was having a really bad run. My '2min-guy' was just in front and I decided to try to hang on (to him), despite him also making even worse mistakes than me! The whole leg, I didn't really know where I was, but I also knew the '2min-guy' was going too far right. I hit a control on a small re-entrant but thought it was the small linear wet marsh to the west, so I attacked the control from there. However, I soon ended up in a marsh, and a more definite veg boundary. Knowing I'd*

gone too far, I headed back towards the smaller copses, and guessed I was too high, so I headed south.



Nick: ■■■▶

2min-guy: ■■■▶

Again, (I was) a bit lucky to hit it at that point. I'd completely lost all focus by trying to hang on, also to other people and controls ... a prime example of everything not to do!"

About two thirds through the course, you know how you are doing. You know whether things are going well

or not. You may also be naturally speeding up at this point, but need to remain focused. If things are going well, you need to keep the focus. If things aren't going well, at least try to grasp back some control.

Nick knew things weren't going well and allowed himself to get distracted by other orienteers. What was needed was 'a slowing down' to make a robust plan that he could execute. Not being influenced by others.

Considerations: What would your plan be for #17? How could you simplify the leg and guarantee nailing it? What would you use as an attack-point? How quickly would you allow yourself to move?

Conclusions

It has been an interesting exercise to look back at some controls and hear from the people themselves, about what went wrong. What stands out to me is that a bigger time loss is actually often caused by a number of smaller mistakes or errors that result in something bigger. You can be lucky when orienteering, but try to approach each control with **a robust plan that you can execute**. That may be my new motto!

If things go wrong or seem really uncertain, *stop* and figure out what is going wrong. Don't let the little assumptions and errors stack up until you really don't know what is going on!

I would also advocate for being a *map-geek*! Reflect on your orienteering ... how the mistakes and time losses have happened. Maybe even discuss it with a friend or rival! By seeing it written down, you can really see where some plans fall apart or were even non-existent! ■

Robert Finch



Sun 5 Jul 26

Clydach Terrace

Nearest town

Ebbw Vale

NGOC League & Welsh League

Level C (Regional)

Be ready ... in case you find ticks!

On the theme of aerial borne challenges published in an earlier Legend ("*Wasps, Bees, and Anaphylactic Shock*," by Tom Mills), I thought it would be useful as the weather warms-up, to remind everyone of the risks posed by ticks (*Ixodes Ricinus*).

A couple of years ago at the Sarum Saunter event down at Shearwater, I bumped into Jolyon Medlock, whom many of you might know as a very good orienteer from WSX. In addition, he is a leading medical entomologist based at Porton Down researching vector-borne diseases. We had an interesting conversation about the risks from tick bites, including Lyme Disease and Tick-Borne Encephalitis.

I used to be rather blasé about the chances of being bitten and the risks attached, but it is clear that the number of ticks across the UK has markedly increased in the last few years, and with it, therefore, the number of incidences of subsequent illness. Anecdotally, I have heard of two cases, one in Cumbria, the other in Northumberland, in which tick bites have caused life-changing illnesses. So, now, as a family, we always check for ticks after an event.

A reminder too – check your animals, especially dogs, if you walk them in the countryside.

Ticks can be avoided to some extent when orienteering by ensuring full body cover and the use of insect repellents; however, this is far from perfect. After an event, it is advisable to check for ticks attached to the skin. Typically, ticks can be found in areas such as skin folds, armpits, groin, wrist, waistband area, behind the knees, and the back of the neck and hairline.

Though most prevalent from Spring to Autumn, ticks can occur at any time of the year, and now, as we have wetter and warmer winters due to climate breakdown, the seasons are extending.

The safest way to remove a tick is to use a tick removal tool, or failing that a pair of fine-tipped tweezers. Having carefully removed it, clean the area with water and an antibacterial soap, and monitor over the following weeks; should a red rash and /or flu-like symptoms develop, contact your GP. There are a large number of tick removal devices on the market – we use a fairly cheap and very efficient one called *O'Tom Tick Twister* (£5 for three different sizes). ■

James Askew

UK ▾

The
Guardian



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Lyme disease

Lyme disease cases in England rise by more than 20% in a year

Scientists developing vaccines and anti-tick treatments amid growing concern over spread of disease

Nicola Davis *Science correspondent*

Thu 21 May 2026 10.13 BST

<https://www.theguardian.com/world/2026/may/21/lyme-disease-cases-england-rise-tick-vaccines>

Further information can be found at the UK Health Security Agency (UKHSA):

<https://www.gov.uk/guidance/tick-awareness-and-toolkit>

https://assets.publishing.service.gov.uk/media/642e966bfbe620000f17ddbe/Be_tick_aware_toolkit.pdf



Jizerky O-Fest Orienteering Festival (Czechia)

This annual festival is based at Potkavarna u Havrana, which is orienteering heaven; the programme is run by orienteers and rogainers (long-distance, cross-country orienteering); and the hosts are super-friendly.

They have a 7-nights programme (23-30 August) with full board, including maps and courses, O' training and other activities (eg: cycling, swimming, walking) in the Jizera mountains. Cost: £400. They also do a 5-nights programme for £320; (price increase after 30 April).

<https://sites.google.com/view/o-fest/domů>

Flights to Prague are easy to source, and the bus to Josefuv Dul cost me a tenner last year. This year may be short notice, but if there is enough interest for next year, we could possibly do a group trip. ■

Vanessa Lawson

Ten things to review in your (orienteering) life!



Hydration

How much fluid do you take in during an average day? Obviously, it may vary given temperature /humidity /exercise, but many people regularly fail to drink enough water. 6–8 glasses per day is often quoted for all fluids but perhaps a more accurate target would be a minimum of 2 litres per day, though some people would need more and some less. Older people especially can find it difficult to ingest enough fluid. If you rarely feel thirsty, then this is a good sign. Likewise, if your urine is colourless or a very light yellow. As a friend of mine regularly announces, *'Clear and Copious'*!



Vitamins

Should you take a supplement? I think the jury is still out on this one. If you are eating a well-balanced and nutritious diet with lots of fruit and vegetables and are outside a lot, then probably not. If you are older, say over 60, have a more restricted diet, and are indoors a lot, especially in the darker months of late autumn, winter, and early spring, then a multi-vitamin supplement or at least vitamin D is well worth con-

sidering. If you are on medication, it is best to take medical advice before embarking on this, however.



Tetanus

There is always a risk of infection from cuts, grazes, and burns after being outdoors at an event or when training, and animal bites are also a possibility to bear in mind. It is worth ensuring that your tetanus vaccination is up to date. Although cases of tetanus, which is a serious illness, are rare, that's mainly because the vaccine has been part of the nationwide vaccination programme for years. If your last jab was more than ten years ago, or if you are uncertain about your vaccination history, it is recommended that you get a booster shot.



Variety

Do you do the same sort of run each time? Do you always follow a similar route? Do you change the time that you run for or the distance that you run? I would suggest a lot of variety in your running is healthier and is more likely to become a permanent habit. Urban /rural /track /treadmill; alone /partner /group; time of day; flat /hilly; length of time out exercising and distance covered; cross-training and plyometrics; LSD (long, slow, distance) /fartlek /hill reps. /anaerobic threshold; with or

without a map. There are lots of possibilities and some will appeal more than others, but as the cliché goes, *'variety is the spice of life'*.



Warm-up and Cool-down

Many people either fail to do these at all or only in a perfunctory way. The benefits are perhaps not obvious, but both of them improve performance and make the activity safer. Warm-ups increase blood flow, raise muscle temperature, and reduce injury risk, while cool-downs gradually lower heart rate, prevent blood pooling, reduce lactic acid buildup, and reduce muscle soreness and stiffness. Each only needs to take 5–10 minutes and may well have significant benefits.



Flexibility

The importance of working on improving flexibility should not be underestimated in orienteering. It is a prerequisite for injury-prevention and is also vital in order to maintain the effort required for unrhythmic movements when running on uneven surfaces and across rough terrain. Emphasis should perhaps best be focused on hips, back, and calves – sit and reach exercises, forward lunges, and standing quad stretches

performed on a regular basis will all assist to maintain or improve flexibility.

07 Balance

Likewise, good balance is likely to improve all round health as well as helping to prevent such injuries as sprained ankles. If you do yoga or Pilates, it is likely that you are already doing balance type activities. Something simple to try is to stand on one leg when brushing your teeth each day; one leg in the morning, the other in the evening. Hopping and single leg squats are also good exercises to work on balance. Running across rough terrain is the best way both to improve balance and to develop confidence in moving across such terrain at speed.

08 Strength Endurance

is a key element in orienteering. The stress on the core and the legs in particular can be enormous, leading to rapid fatigue, poor decision-making, and injury. The aim is to develop injury-resistant muscles, especially in the knee and ankle areas to cope with repeated high-force impacts. The potential number of possible exercises is large but consider such ones as lunges (forward and reverse), planks, step-ups, squats, calf-raises, bounding, and box

jumps. Using weights too can be useful – perhaps particularly for the upper body that orienteers and runners often neglect – but do use a reputable coach or trainer before embarking on such a programme.



Mental

How do you approach an event? Do you have a set routine before the event starts – sleep, food, kit, hydration, playlist ...? Do you pack the night before? How much extra travel time do you allow for when things go wrong? What is your warm-up routine? What do you do at -4, -3, -2, -1? How do you approach the first leg? What happens when things go wrong, out on the course? Have you thought about what you can control, and what you cannot control?



Tool Kit

How good are you at using the following techniques in your orienteering tool kit: orientating the map /thumbing /map colours /map symbols /handrails /collecting features /corner-cutting /attack-points /catching features /aiming-off /pacing /route-choice /planning forwards and backwards /use of beacons /simplification /contour-interpretation /contouring

/relocation /control-flow /map-contact /picture, direction, plan, distance /T-CUP (Thinking Clearly Under Pressure) /traffic light system?

I hope that these methods are helpful and provide food for thought.

Always remember: **health** comes before **fitness** comes before **physical performance**.

If you have any comments, questions, or ideas, or you would like further information about any of these concepts, please do let me know by email or post them on: WhatsApp (NGOC General Chat). ■

James Askew

Email: jamesaskewindia@gmail.com

MAPRUN Gloucestershire

Thursday Evenings in June



04 Jun 26

St Briavels Common

11 Jun 26

Frampton-on-Severn

18 Jun 26

Colwall

More information:

<https://www.ngoc.org.uk/maprun-events/>



TRENTINO

Val di Sole

BULLETIN 1

5 DAYS 2026



Val di Sole

29 June - 4 July 2026



5 DAYS 2026 - VAL DI SOLE



@5DAYSITALYORIENTEERING



5DAYSITALY.COM

Val di Sole is a fairytale landscape of mountains, glaciers, rivers, and lakes just ready to welcome you for a festival of orienteering. Comprising a five-day tournament, this is one of the most anticipated international events of the European summer; taking place in northwestern Trentino between the *Ortles-Cevedale*, *Adamello-Presanella*, and the *Brenta Dolomites* (UNESCO World Heritage Site).

The programme comprises three middle distance races, one long, and two sprints. Competitors may enter for all stages or make their own selection.

Date	Location	Event
29-June	Pejo / Cogolo	Sprint
30-June	Passo del Tonale	Middle
01-July	Passo del Tonale	Long
02-July	Lago dei Caprioli	Middle
03-July	Lago dei Caprioli	Middle
04-July	Ossana	Sprint

Numerous camp sites are located with good proximity to all the race venues.



Full event details can be found at:
<https://www.5daysitaly.com/>



© Ginny Hudson

"I'm off to Italy again this summer, flights permitting, as it was a wonderful event two years ago. Fabulous orienteering terrain in beautiful oak forests with breathtaking views, delicious food and excellent mountain-biking to entice my other half. It's a mountain playground with plenty of other activities like rafting & paragliding. Everyone happy!"

Ginny Hudson

NGOC Committee

Principal Officers

Chair: *Ian Jones*
chair@ngoc.org.uk

Secretary: *Rhiannon Fadeyibi*
secretary@ngoc.org.uk

Treasurer: *Alan Pucill*
treasurer@ngoc.org.uk

Safeguarding & Welfare Officer:
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Membership Secretary:
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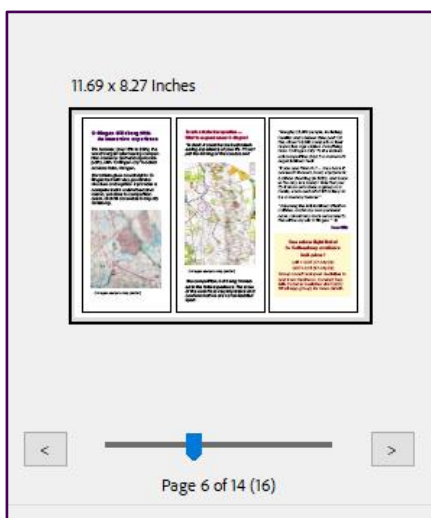
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How to print *LEGEND* on A4 copy paper

LEGEND is formatted for optimum viewing on a typical smart phone screen (19.5x9cm).

To print *LEGEND* on A4 copy paper, select the Adobe print options as follows:

- Printer properties: **A4 Landscape**
- Page handling: **Multiple**
- Pages per sheet: **Custom 3 by 1**
- Page order: **Horizontal**
- Print page border ☒
- Print on both sides of paper ☒
- Flip on short edge ☒
- Orientation: **Landscape.**



Legend

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