

The Legend

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Newsletter of
North Gloucestershire Orienteering Club
March 2014

www.ngoc.org.uk

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Cover: Pat and Neil Cameron limbering up for their run at the Compass Sport Cup competition, New Forest February 2014. (*Photograph: Gill Stott*)

Captions invited...

Chairman's Chat

"Well League 4 was supposed to be my second outing this year, but bad weather forced us to cancel our New Year's Day event. NYD traditionally is the run to blow out the cobwebs but sadly it wasn't meant to be. A big thanks to Lester Hartman from HOC, who was our guest planner and as always Pat for organising. Guest planner, we will be doing guest ales soon, Mr Fallows I am sure would approve.

So to Danby Lodge, the weather gods seemed to be on our side and the team organising as usual, did a splendid job, whilst overcast the rain held off. So off I toddle, meandering and wandering as is my wont, everything was going ish(That one is for Rachel, following my tweet the other day) until descending towards No 8, I hate descending, as I get older I feel so dodderly, who put that drop onto the road into my way, I cursed. A tree looked like a good bet to steady myself down onto the track, wrong, as I rotated my face became intimate with the bark and I slid down to the track. No problem as a ruffy tuffy orienteer I went on my merry way. I noticed some red stuff on my hand and thought a bit of claret, ok it will stop in a minute. I then bump into that model of sympathy, Tom Mills and his daughter, "What have

you done to your face Gary? ", he asks, I know it's no painting at the best of time "You should get a picture of that", he adds (which later on, his daughter does) I know now that my modelling days are over, not deterred I wonder on. Ish becomes a full blown disaster, as no 10 eludes me with a vengeance. But finally I make it back, to the delight of Gill Stott, who thinks I have been fighting with a wild boar. A big thanks to all, who enquired after my health on my way round, it looked worse than it really was ☺

A big thankyou, to all club members who attended the Compass Sport Cup and as always Greg as team captain, whose seamless organising makes it all work

The Galloper, could have been remembered for the multiple visits of the "Knockalls Curse". Thankfully despite many issues it went well, despite attendance being lower than expected. The success can be put down to the determination of the organisers, Gill and Chris James and the planning team , Joe and Richard, who with controller Paul put on a well run event. Thanks also must go to all who turned up to help, the unsung members, who just make things work.

My final point today is JK 2014, Pat has been working with Dave Urch of BOK, to provide volunteers for Day 4 parking. We still need people to help. So please email Pat your names :

pat_macleod@btinternet.com



Another caption competition contender? Send them in...

Gary Wakerley

NGOC Facebook page gets a new Facelift



Vanessa Lawson has been busy and updated the Facebook Page

<https://www.facebook.com/northgloucestershireorienteeingclub>

Whilst we have our website too, if you have content of a more informal and chatty/newsy nature (especially photos), then you could send it to Vanessa. Already she has posted the latest on what is happening in our club – you can add your own notices or send to vanessa.lawson@btopenworld.com who can add it to our page. Thanks Vanessa.☺

Knockalls Post Script - Ed

The Galoppen at Knockalls was a success, thanks to the tireless efforts of the organisers, Chris and Gill James and the planners, Richard Cronin and Joe Gidley. Before the event there was some discussion about the correct spelling of 'Galoppen'. I've tried researching the word and unsurprisingly it is a Norwegian word meaning 'the gallop'. Perhaps if it depends whether you are one of those people who like to retain the original spelling of the word or translate it to gallop.

Joe Gidley has captured the essence of the day well with some stunning shots of many of you, leaping gazelle like through the forest or, in the case of Alan Brown and Simon Denman, sprinting to the finish.

<https://plus.google.com/photos/109431841056603679413/albums/5986265192231735233?cfem=1>

Is there anybody out there?

The take up of event organisers for the coming season has been good so far but we need MORE. I'm sure some of my committee colleagues must have noted a degree of pessimism when I set to work to deal with 38 places to fill. We are nearly there, although we may now have to resort to conscription!

If any potential organisers are out there, the following events still need you:

| | | |
|----------------------------|------------|---|
| 21 nd June 2014 | Sat. Event | Hartbury (Gary not now available for this date) |
| 24 th Aug | Sun. Urban | Ross on Wye |
| 11 th Oct | Training | Minchinhampton |
| 29 th Nov | WNL1 | Painswick |
| 1 st Jan 2015 | NYD | Blakeney Hill |
| 21 st Feb | WNL3 | Minchinhampton |

Offers Fixtures Secretary – John Coleman 01594 582151 fixtures@ngoc.org.uk

2014 Summer Programme

Over the last few years we have been gradually developing a busier Summer event programme. We started with a few casual street score events, then tried some Saturday morning sessions in Gloucester and Cheltenham. None of these drew many people, but we still feel that a series of Saturday events, interspersed with a series of weekday evening events, is the right way both to try and attract new club members, and also give existing orienteers something to do through the 'quiet' summer months.

Last year we moved from Wednesday evenings to Thursdays, in part because BOK have an active Wednesday evening programme, and in part because our poll of 2 years ago suggested that Thursdays were almost as popular as Wednesdays for evening events. Last year also, we tried out a coaching programme, with some success. This year we have decided to make Saturday coaching available to those who would like it on an informal basis, and to place more focus on coaching specific skills at the winter training events. You can read more about this elsewhere in this Legend. There will still be a programme of Summer Saturday events, and in this we will again include a fun day at Elton Farm Maize Mazes. The weekday evening events are changing. We will still offer a 45 minute score for those who prefer the Score format, but we will also provide 2 line courses – one of about 8km optimal route, and one of about 5km optimal route. Venues will all be in Cheltenham and Gloucester, using new ISSOM standard street maps at a scale of 1:5,000 (provided we can complete them in time!), and as with the Winter mini-league the Summer series will run as an 8 event Street Challenge league, with the best 5 runs to count. We are hoping to attract local athletics club members and some of the many joggers one sees around during the long

Summer evenings.

The website fixture list already shows many of these events, and we have recently published a paper version of the 2014 Fixture list. This is available at events, and can also be downloaded from the Fixture page on the website. If you know any athletes, joggers, or just friends who might fancy a little exercise around Cheltenham and Gloucester, as well as a chance to get know more of their neighbourhoods, please ask them to have a look at the website, and come and have a go.

Pat McLeod

CAPTAIN'S LOG

The team event season has now begun in earnest. First event of the year, as usual was the Compass Sport Cup qualification match. We travelled to the New Forest on 16th February to compete against five other "large" clubs. Qualification for the final was always likely to be somewhat unlikely, given that only one club would go through and we had only just been promoted from the ranks of "small" clubs. Nevertheless, a very respectable team of over 50 was assembled, and 30 of us travelled by coach to meet the other 20 team members in our 2 club tents, which were already up and waiting when the coach arrived.

For once, it was a dry and sunny day, but this did not prevent it from being very wet underfoot in the terrain. The New Forest is pretty flat compared to the areas we are used to, so navigating by contour shapes was not going to work here. Most of us successfully got around our courses. However, the results on display showed that our top performer, Matt Stott was listed as non-competitive, so didn't score any points. Discussions with the organiser explained that he had not renewed his BOF membership for the current year, so his run would not count. After a desperate chat with Matt, he explained that he had actually renewed his membership on-line with his phone on the coach trip down! Matt brought his phone to the organiser to show him his digital receipt, so happily, his result was re-instated. The wonders and complications of using modern technology! Despite this we could still only manage 5th place, so there will be no trip to the final this year, but better luck next year. The team scores were:

| | |
|-----------------------------|-------------|
| 1. Southern Navigators (SN) | 2405 points |
| 2. South Downs (SO) | 2341 |
| 3. Thames Valley (TVOC) | 2339 |
| 4. Southampton | 2290 |
| 5. NGOC | 2144 |
| 6. Berkshire | 2082 |

The top 25 performers for each team make up the score, although a maximum of 4 can count in any class. For the record, NGOC's score was made up by the following:

| BROWN | points | | |
|--------------------|---------------|----------------------|--------------------------|
| Matt Stott | 95 | MEN'S BLUE | Emily van der Heijden 88 |
| Joe Taunton | 93 | Andy Stott | 87 |
| Ivan Teed | 88 | Chris Harrison | 82 |
| Joe Gidley | 85 | Greg Best | 76 |
| SHORT BROWN | | WOMEN'S BLUE | |
| Patrick Wooddisse | 89 | Heather Findlay | 95 |
| Simon Denman | 76 | Caroline Craig | 91 |
| | | Judith Austerberry | 90 |
| | | WOMEN'S GREEN | |
| | | Gill Stott | 85 |
| | | Shirley Robinson | 78 |
| | | MEN'S GREEN | |
| | | Pat Macleod | 89 |
| | | Gerry Ashton | 83 |
| | | Neil Cameron | 81 |

SHORT GREEN VETERANS

David Lee 92
Ros Taunton 84
Bob Teed 81
Carol Stewart 78

JUNIOR GREEN

Ruth Parkinson 90
Alec Watson 80

JUNIOR ORANGE

Peter Watson 88

Special thanks must be given to Carol, who not only scored points for the team, but also bravely offered to take my wet and smelly kit home to wash. I got off the coach by the motorway to be picked up by my wife and drive to the airport for a week's skiing, so to have left it festering in the car for a week would not have been nice to return home to!! As the family already complain about the muddy state the car comes home in after orienteering, so mouldy, stinking kit would not have been popular with them!

JK RELAYS

The next team event in the calendar will be the JK relays on Easter Monday, 21st April. The JK is being held relatively close to our area, near Abergavenny in South Wales (relays near Blaenavon) NGOC will enter several teams of three, and these will cater for all abilities and aspirations. I already have quite a few people signed up, but do let me know if anybody else would like to take part.

Our club is also involved in helping out with the organisation on that day, so you'd be able to combine a relay run with a helper shift.

Greg Best captain@ngoc.org.uk

Wear your club colours with pride

New NGOC tops - £30 senior, £20 junior. Fill in an order at an event or send your order to Carol (treasurer@ngoc.org.uk) See the manufacturer's sizes below, but we have found them to be smaller than this so you may want a size one or two larger than you would normally choose unless you like a close fitting top.

All sizes in inches; arm length is for long sleeves (long sleeves only in zip neck versions)
Unisex (zip neck) or Basic (V-neck, all mesh body - no children's sizes in Basic)

| Size | 120 | 130 | 140 | 150 | XS | S | M | L | XL | XXL | XXXL |
|--------|-----|-----|-----|-----|-------|-------|-------|-------|-------|-------|-------|
| Height | 47 | 51 | 55 | 59 | 62-65 | 65-68 | 68-71 | 71-73 | 73-75 | 75-78 | 78-80 |
| Chest | | | | | 34-35 | 35-37 | 37-41 | 41-43 | 43-45 | 45-47 | 47-49 |
| Waist | | | | | 29-31 | 31-33 | 33-36 | 36-38 | 38-41 | 41-42 | 42-44 |
| Hip | | | | | 34-36 | 36-39 | 39-42 | 42-43 | 43-45 | 45-47 | 47-49 |
| Arm | | | | | 23-24 | 24-25 | 25-27 | 27-28 | 28-29 | 29-30 | 30-31 |

Women's (zip neck only; no children's sizes) – although XS might fit?

| Size | XS | S | M | L | XL | XXL | XXXL |
|--------|-------|-------|-------|-------|-------|-------|-------|
| Height | 62-64 | 64-66 | 66-68 | 68-70 | 70-71 | 71-72 | 72-73 |
| Chest | 31-33 | 33-35 | 35-38 | 38-40 | 40-42 | 42-44 | 44-45 |
| Waist | 25-27 | 27-29 | 29-31 | 31-33 | 33-35 | 35-36 | 36-38 |
| Hip | 35-37 | 37-38 | 38-40 | 40-42 | 42-44 | 44-45 | 45-47 |
| Arm | 22-24 | 24-25 | 25 | 26 | 26 | 26 | 27 |

Order form is on the NGOC Facebook site

<https://www.facebook.com/northgloucestershireorienteeingclub>

Coaching opportunities at 2014 Training Events

At the Summer Saturday events in 2013 we offered a series of coaching, which was specifically aimed at newcomers, children and returning orienteers. This year, for the Summer Saturday events, we will continue to offer informal help and advice to newcomers, or indeed to anyone who feels they would like some coaching. However we also propose to widen our scope by offering coaching at our Informals over the 2014/2015 winter programme. We have renamed Informals as Training events, and we aim to provide coaching in the particular skills needed to negotiate the terrain that will be met on the individual training day.

The planner of the training event and a coach will assess what skills are needed for the particular area, and anyone, whether new to the sport, or indeed someone who wishes to revisit the basic skills will be welcome to register on the NGOC website to receive coaching on the best techniques. Maybe some of the more skilled orienteers can share their ways of dealing with the terrain.

We also hope to include variations on the map, such as contour only maps, map memory, giving more of a challenge, and some fun sessions too. Aspects of training for events as well as coaching will be also included.

The details of each session will be on the club website and also the opportunity to register your attendance and any specific point you wish covered. We are also happy to shadow when required; and one to one coaching is also available.

Tip: Terrain Memory – As well as reading the map and checking features seen in the terrain, you should also reverse the process and looking at the terrain whilst you are running, identify distinctive features you have seen on the map. Terrain memory is also useful when you are trying to relocate and need to recall where you have been. If you see a control which is not yours should be able to identify the feature it is on and use this to identify where you are.

Gill James

Orienteering Techniques Section – Judging distance

The scale of the map enables you to work out how far it is between controls and points.

1:10,000 1 cm on the map is 100m on the ground (the back straight of a running track)

1:15,000 1 cm on the map is 150m on the ground

A large proportion of navigation errors are caused by either going too far and overshooting the control, or by under estimating and starting to search for the control too soon. Try to train yourself to measure regularly from the map how far you need to go. Once you are familiar with the scale and can judge this by eye, then you can do this less often.

Having measured how far you need to go, now you need to estimate the distance you have covered on the ground, either by a) pace counting or b) estimating distance by eye

Pace Counting

Pace counting is the most accurate method of judging distance but it does have limitations and isn't perfect. It's only accurate for short distances, up to 200m and on flatter ground. The faster you run and the steeper/rougher the terrain the less accurate it is.

If the forest has poor visibility, or rough terrain with brambles/brushings then you could have an error of +/- 20m so use it with this in mind. At least you should be in the control circle but you should be confirming your position with features on the ground.

So pace counting is good to lead you to the correct area within about 15% of the correct distance in more complex areas.

How do you Pace Count?

An simpler and less error prone way of keeping count is to double pace, that is to count every other pace, each time your left (or right) foot hits the ground. This is the way Roman soldiers measured distance. A mile was 1000 double paces (1760 yards).

You need to measure your paces over 100m at different speeds and on different terrain:

| | double paces |
|------------------------------|--------------|
| walking on the flat | 56 |
| running fast, flat | 32-36 |
| steady running, flat | 36-40 |
| running uphill | 40-50 |
| running over rough ground | 35-45 |
| running uphill, rough ground | 45-55 |
| walking uphill, rough ground | 60-70 |

try measuring yours.

So if you need to measure distance accurately, eg going 100m low visibility to find a depression with no other features to navigate by WALK (or run and miss it!).

Next steps

Get a tape measure and stake out 100m on different terrain, then count your double paces for each and keep a record. No good using somebody elses, especially if they have shorter/longer legs than you!

Finally, make allowances for obstacles/deviations on the way – falling in ditches, going round a fallen tree etc.

adapted from the Scottish Orienteering Association booklet "Orienteering Techniques" by Gareth Bryan-Jones. Cost £6 www.scottish-orienteering.org/soa/page/orienteering-techniques-by-gareth-bryan-jones

Gill Stott

Orienteering Skills Training Day

We are offering a training day at Parkend on Sunday, April 6th. The day will run from 10:00 to about 16:00 with a lunch break in between. The day will cover a wide range of skills, from compass work to interpreting the map, pacing, route choices, attack points and finer navigation tactics. It will be suitable for all ages and from beginners to those at TD5 level but who would like to further their skills and minimise errors. If you are interested then either email Gill Stott or Tom Mills apg.stott@btinternet.com or sign yourself up on this shared form link

https://docs.google.com/forms/d/1gVWn_h0H-PZWSeGy9N2qpp0TPer0YFp5JZr_4yy2Hzg/viewform

Forest Forum

Chris and I attended the Forest Forum on 4th February 2013 which proved very interesting.

The Forestry Commission is still in discussion as to the way forward and this should be resolved later this year. The speaker felt it may result in a name change only. They are applying again for a Lottery Grant of almost £3 million to help towards maintaining the forests throughout England. Each of the public forests are cared for by Forest Enterprise, England and their aim is to protect wildlife at manageable levels, provide a safe place to relax and play and also allow opportunities to be inspired and get involved. The forests support local jobs through timber and tourism and are largely funded from sales of timber, woodfuel and recreational activity. They also aim to protect historical and archaeological features as they are all part of the rich and diverse nature of the forest.

There is still a big issue with wild boars as they now cause more road traffic accidents than deer and need to be culled. This is made extremely difficult as there are so many forest users during the day so limited times when a cull can happen. Winter is the best period when there is more visibility through the trees. The FC started with a ceiling of 90 boars, this was raised to 400 but they feel there are now around 800 loose in the forest. The culled boars are checked for disease, and like deer which are culled, the carcasses are taken to Kent and then enter the food chain so are not just destroyed.

No new cases of larch disease in 2013, but now there is a case of the chestnut disease in Flaxley. Ask that we are still vigilant about cleaning shoes, clothes before leaving forest and should also be careful not to carry anything to or from our own gardens. They are hopeful it will not appear again as spring growth starts.

There are now very few freeminers left and in 2010 there were 6 whose average age was 55. In 2013 there were no registrations. However, there are currently 4 active coal mines regularly pulling and selling coal and 6 which operate under a care and maintenance basis. This means that entry is permitted to enable works such as timber replacement in roadways.

Gill James

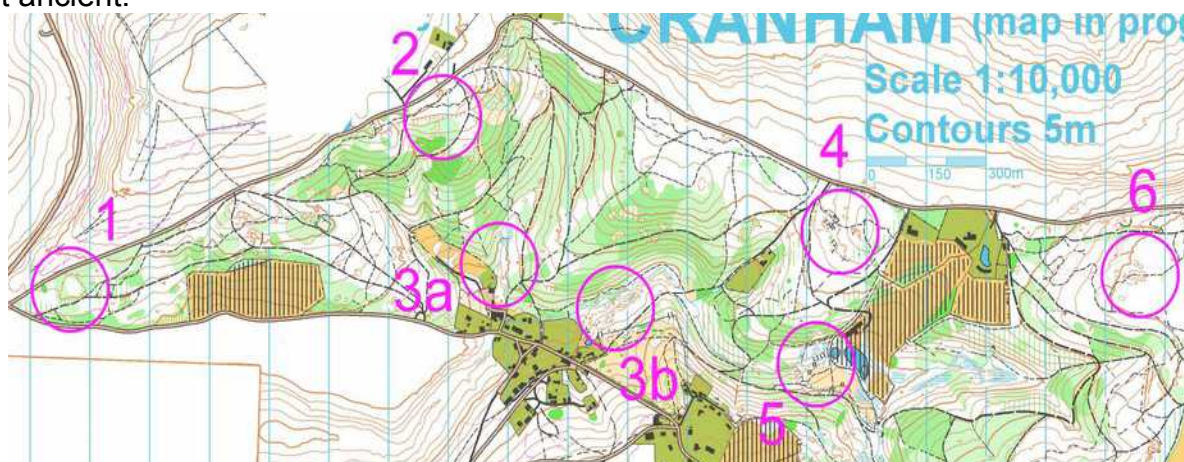
Compass Sport Magazine Newsletter Award

Alan and Ann Brown, with the help of all your contributions, have done such an impressive job with the past editorship of Legend, that we won an award. The Latin edition prompted a special mention, alongside the photographs of the wild boar. We've even got a logo to use (see front page). I think that's our prize... Ed

A Brief History of some of Cranham's Humps and Hollows

This last year, I have spent many days tramping through Cranham Woods, surveying the area for the new map. During this time I started to wonder at the purpose and history of some of the many humps, bumps, hollows and ruins. I was particularly intrigued by the cluster of old ruins close to the road on the northern side of the map, so decided to do a little research using the internet and the library. It is very easy when orienteering just to see these things as control features or navigational aids without giving them any further thought, so I thought I would share my findings and let other orienteers know how some of the Cranham features came to be there.

My brief research has revealed that some of these features are quite ancient while others are much more recent, so I will describe them in rough chronological order, starting with the most ancient.



When the map is complete, there will be an extension across the road to Coopers Hill. This extension will contain the iron-age Brotheride Hill Fort, which is thought to be one of the largest in Europe. The dense woodland cover has meant that this hill fort has been explored and excavated much less than the others in the area. About 500 metres of its fortifications are covered by the existing map, and is indicated on the map above as point 2. These are very clearly seen on the ground and are shown on the map as a steep earth bank. They stretch to the apex of the road and then continue the other side past Buckholt House.

Towards the eastern corner of the map (point 6) is the Neolithic burial mound known as West Tump. When it was excavated in 1880, bones of 14 adults, 8 children and one puppy were found. One rather macabre discovery was that one of the heads had been removed prior to burial using flint tools!! Today, somewhat insensitively, a mountain bike track goes right over the top of the mound.

Point 1 on the map is known as Witts Enclosure, which is the possible site of a Roman guard post. Its earth banks form a rough triangle, a shape sometimes adopted by the Roman army, since three sides are easier to defend with a small number of men. Apparently, some Roman coins were found at the site in 1986.

In the 18th and 19th centuries, manufacture of pottery was a significant industry in Cranham, and there were quite a number of individual pottery businesses in and around the village. The key resource required for this was the blue micaceous clay that was readily available closeby in two main areas bordering the stream. The potters created reservoirs of water that enabled them to process the clay. These two clay pit areas were located at points 3a and 3b

on the map. The legacy of these pits to orienteers is some of the more complex map-reading on the Cranham map, particularly at 3b. According to one report from 1834 the potters were a particularly rough lot. Whether master potter or clay digger, they were all disfigured with broken noses and black eyes!

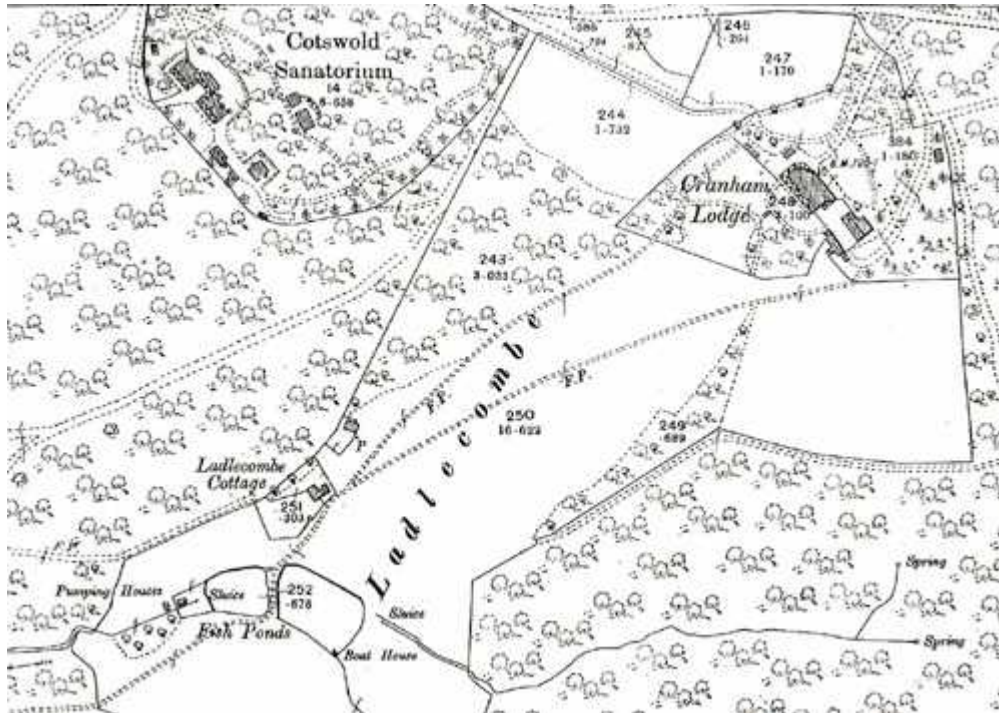
There are many abandoned small quarries in the area. The best quality building stone was extracted from the quarries either side of the road towards the eastern corner of the map. Some of these are quite extensive and there is even one passage that passes under the B4070. They are now closed to the public and inhabited by bats. Many of the small and large depressions marked both in the woods and on the Common are former small open quarries. These give us an abundance of potential control sites today.

The ruined buildings near the ponds (point 5 on the map) are old pumping houses, and these were built in Victorian times to pump water up to the big house at the head of Ladlecombe, where the open fields are.

Finally, and most recently, we arrive in time at the cluster of ruins that first made me interested in looking further at the local history of the area. These are located on the map at point 4. It turns out that these forgotten relics hidden in the woods are the building foundations of the first Cranham sanatorium. In late Victorian times it became fashionable to build sanatoriums in the open air, far from the polluted towns to treat people suffering from tuberculosis and later the effects of World War I gas attacks. The sanatorium was built in 1899 with buildings mainly of wood. The only exceptions were the larder and mortuary. Patients were accommodated in bungalows with wide verandas to make the most of the light and air, and looked out onto attractive gardens. A revolving summerhouse could be turned to face the sun throughout the day. Treatment consisted largely of exposure to fresh air, open space, light, walks in the woods and wholesome food.

As patient numbers rose, more extensive accommodation was built in the 1920's, adjacent to Cranham Lodge on the site of what is now the sawmill. The old buildings of the original sanatorium were dismantled and sold off. Interestingly, one of the bungalows is still in use as the village hall at the nearby village of Whiteway. In 1949 George Orwell became the most famous resident, the year before he died. The sanatorium finally closed completely in 1956 after improved living standards and medical advances much lessened occurrences of TB. The original site has long-since returned to nature, with just the foundations marked on the orienteering map as ruins to give us some clues, and control sites, of course.

The 1901 OS map below shows the site very clearly.



And here are the patients taking the air on the verandas.



So when after your run through Cranham Woods on 8th March, and at subsequent events, don't just run to your next control, that depression, re-entrant, gully, ruin or earth bank, perhaps try and think about how and why that feature came to be on the map.

Greg Best

Bertie joins the Army

"I say, Jeeves, this BOK Army thing I was hearing about the other day – is there a lower age limit?"

"Sir?"

"To put it another way: does one have to be an old duffer to join?"

"Oh, no, sir, it is mainly older orienteers who are members because they are retired and able to attend the army events on Wednesdays whereas their younger colleagues are obliged to attend their places of employment. There is no formal membership as such: anyone from BOK or NGOC attending Army events is automatically considered a member."

"Have you ever been to one of these beanos, Jeeves?"

"No, sir, I work on Wednesdays."

"Ah, yes, of course. Well, what say you that we have a go, Jeeves?"

"It appears a very pleasant way to pass a Wednesday, sir. Would you like me to ascertain details of the next event?"

So it was that we found ourselves on our way to Long Valley open brackets South close brackets the very next Wednesday. We found the venue without a hitch and drove into a large field with plenty of space. I was amazed to see a tented shop selling "O" gear, a mobile café and even portaloos. Rather better than the standard club event where you count yourself lucky if you find a level patch of mud to park the old jalopy. I spotted some familiar faces.

"Ah, Jeeves, that looks like the usual suspects straight ahead."

And then one in particular struck me.

"Oh golly, Jeeves, tell me I'm seeing things."

"I fear not, sir."

Jeeves was right, as he always is. Across the car park, and just standing there looking goofy, was NGOC's premier louse. To add to his other crimes against orienteering he had been newsletter editor for eight years and had won the "Worst Newsletter of the Year" award every year. I expect he doesn't possess any metal spoons, being plentifully supplied with wooden ones. He had been badgering me to write an article for his rotten mag but he had now "resigned" as Editor so I had been let off the hook. I say "resigned" but he must have been pushed. He always reminded me of someone of whom I had once asked the time and received the reply "Do you mean now?" or another goofball who was giving me directions that included "When you reach the fork in the road - take it." Of course this blister had spotted us at once and was making his way Woosterwards; Jeeves made good his escape as soon as the car stopped and yours truly was forced to listen to a riveting account of yet another of his orienteering disasters before he noticed another victim and went off to persecute him instead.

Jeeves returned from Registration just as a rather smart looking gent of military demeanour appeared. He turned out to be The Colonel, head honcho of BOK Army, and we exchanged what ho's. Although he was very welcoming and friendly, I thought I could detect a velvet hand in the iron glove (if that is the expression I want) and made a mental note not to get on the wrong side of him. How true this was I would discover later; a twenty minute egg would appear underdone by comparison.

We did not start straight away as we wanted to recover from the drive and the ex-editor's visitation. So we joined some of the other BOK Army members for a relaxing chat. I had been somewhat concerned that I had dropped myself in the mulligatawny *re* the collapsing tent at Bixslade but I needn't have worried: everyone had found it amusing and the new club laptop had been unharmed. In fact the incident had made me mildly popular.

Jeeves hadn't actually voiced disapproval of my attempting the Brown course but merely

adopted his stuffed frog expression when handing over the control description sheet. But we Woosters are made of stern stuff and I was determined to get one over on the fellow. As for the actual orienteering the first four controls were reasonably straightforward and the terrain helped: gone were the brambles of the Forest of Dean. There was bracken but although it hindered progress somewhat it did not rip the Wooster legs to shreds. Control 5 came as a bit of a shock: about a mile in a straight line and a lot longer on the ground, taking about 15 minutes; Control 10 was a similar distance but I was just getting into my stride by now and I literally flew over the ground in about 12 minutes. Apart from slight problems with a couple towards the end, where longer routes would have been better than struggling through undergrowth, I was well satisfied by my run. Especially as I had no doubt that Jeeves was expecting to call out the search parties. Not even the message on the download slip "You are 9 out of 9 so far" discouraged me; naturally those slower than me were still out on the course.

A day or two later Jeeves shimmered in at breakfast time with the printout of an email just as I was finishing a strengthening plate of b and e. "Here is a list of the split times of the BOK Army members at the Long Valley event, sir. Unfortunately, there is an error. The 1 hour 46 minutes that you took has been changed into 146 minutes, thereby adding 40 minutes to your time."

"Forty minutes, Jeeves? This is scandalous. Outrageous. Send an email straight away – and make it strong. We can't have this.

"To whom should I address the communication, sir?"

"To The Colonel, Jeeves. Straight to the top with this one. No good sending it to the office boy: my reputation is at stake. We can't have people thinking I took nearly two and a half hours on a course, even on my first Brown."

"I will attend to it straight away, sir."

The next morning I was sitting at the breakfast table drinking a moody cup of coffee and still brooding over the injustice of it all, the slings and arrows of outrageous something-or-other, when Jeeves materialised at my elbow.

"What ho, Jeeves. Any news from the front?"

"An email has arrived from The Colonel in connection with the results at Long Valley, sir. He asks that you accept his apology and promises that the miscreant will be shot at dawn."

I reeled and clutched at the table for support. Getting the results wrong was certainly serious but surely . . .? My lower limbs had begun to feel cold and I tried to speak but my tongue was glued to the roof of my mouth. However, Jeeves was continuing to speak.

"The email, after saying that 'the offender will be shot at dawn' goes on: 'if we can get him out of bed by then. I suspect this will be difficult, so demotion is the only other possibility. Unfortunately, he has been demoted several times in the past and there are no posts to drop him into. Normally, the Army promotes its useless staff who cause mayhem, so I therefore recommend that we make him up to Sergeant and watch him suffer at the hands of his squaddies. I hope this meets with your approval.'"

"Eh? Oh! Ha ha ha, Jeeves. For a minute there I thought that you were serious. Very witty, what?"

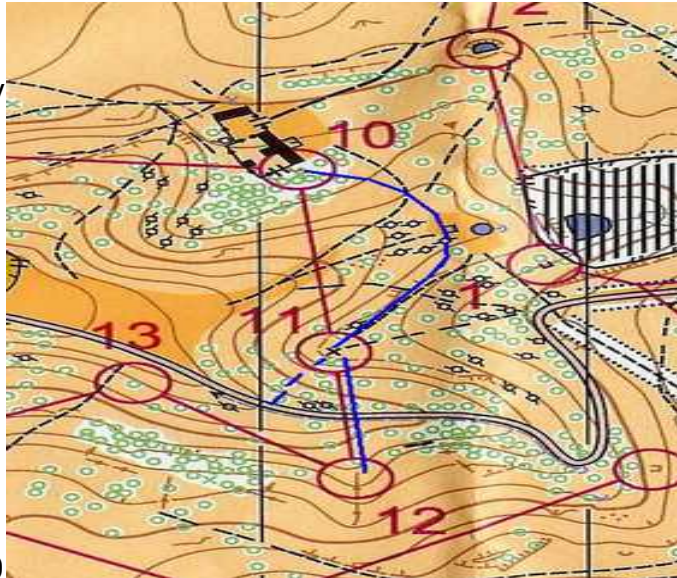
"Extremely diverting, sir. There has also been an email with an apology from the culprit himself."

"An excellent result, Jeeves. Yes, I think I will have another cup of coffee, thank you."

Victoria ponders over technique at Dyrham Park

My personality tends towards "intuitive" rather than "logical", which can be a big help or a major hindrance when orienteering. When running away from controls, I often use my intuition to set off in the right direction. I'm not very good at planning ahead for the controls (for instance, looking at a route for the next few controls when on a path run) so this "intuition" can be helpful - I know what route I went into the control so I know which direction to run out of it.

That's all OK as long as I do actually know which way I went into the control! A mistake I used to make a lot was forgetting which direction I'd come from; I would glance at my map and see that I needed to leave the control at say 90 degrees from which I'd run into it, forgetting that in reality I'd come from a different angle to that shown by the pink line. By the time I'd checked my compass (something else that I often forget to do, despite now having been an orienteer for over 10 years!) I'd be off in the wrong direction and that was the end of that.



I've worked hard over the years to try to correct this little foible and I recently proved to myself that the effort is paying off. Our first event of the New Year was an informal BOK event at Dyrham Park, a National Trust estate north of Bath. Just starting to recover from a nasty chest infection, I entered light green to avoid the climb of the green course. Parkland with a smattering of paths and lightly wooded areas, the navigation was not particularly challenging but there were a couple of places that needed a bit of concentration.

Attached is an extract of the map showing controls 10, 11 and 12. Now, the pink line shows an almost straight line between 10 and 12, collecting no 11 on the way. But..... wanting to avoid some of the climb, there was a good route round (my hand-drawn blue line). I realised as I set off from no 10 that it would be ever so easy when leaving no 11, to just carry on in the direction that I'd been running, "forgetting" that I wasn't actually following the pink line, thus leaving no 11 in the wrong direction (shown by the broken blue line). So I concentrated ever so hard and made myself leave no 11 in the right direction. I was very pleased that I'd avoided a mistake that I've made ever so many times in the past. What a shame there was no hiding from the climb up the re-entrance to no 12!

I think in a nutshell I'm trying to say "think of the exit as well as the entry" and I hope this will help others. I just hope that I can remember it myself more often!

Victoria Harvey

Dogs and Orienteering

For some, being able to take your dog round on an orienteering course is a good way of exercising dog and self. For others dogs can be seen as a nuisance, maybe getting in the way and affecting orienteers' concentration. At nearly all events the policy regarding dogs for that event is given, depending on the level of event and the wishes of land owner(s). At some events orienteers are allowed to take their dog round on the course, at others dogs must be on leads at all times, or confined to the assembly area only or in some cases banned from events all together.

In The Forest it has been taken as given, that the primary land owner, the Forestry Commission, allows dogs and orienteers enjoy taking them. At Danby a young, lively dog ran through some sheep on common land, scattering them briefly. Next week, by chance, another event took place in the same area and the owner of the sheep (called sheep badgers in the forest) accosted a member of BOK who was putting out controls, claiming that one of his ewes had been chased on the road and its lamb was consequently aborted. He was pretty mad. Next day I managed to seek out the sheep badger (his sheep are usually to be found opposite the Rising Sun pub on Moseley Green). I inquired after the sheep, asking if he was seeking reimbursement for his lost lamb and possibly sheep but he retorted that he didn't want my money (I hadn't any on me) but that "If I didn't agree to a ban on dogs" where his sheep were then "your flags may not be there when you go to collect them". Next week, in [The Forest Review](#), an article appeared "Dogs



could be shot, warns commoner", accompanied by a photograph of the sheep badger. He claims he'll take 'drastic action' if he finds your dog not on a lead.. you have been warned!

Gill Stott

THE COTSWOLD RELAY – New Chairman's Challenge??

What is it? : A 103 mile 10 stage relay race, nearly all off road, starting at Chipping Campden and ending outside Bath Abbey.

When is it? : The last Saturday in June so this year that will be 28th June 2014.

Who organises it? : Bath Athletic Club www.cotswoldrelay.co.uk (be patient, they haven't updated the website yet for this year)

Who runs it?: Teams of 10 runners. There are different categories, open men/women, veteran and mixed. Mixed teams need at least 3 women in it. There were 79 teams competing last year so for each leg you would be running with 78 others. In the past BOK has entered a team.

What route does it follow? The Cotswold Way, following the way markers. Sounds straightforward enough? Well it is until you start running and miss the markers! Most runners recce their route before the day. I can provide you with route maps 1:25000 pdf format if you wish.

Official Blurb from the website:

The Cotswold Way Relay is now in its 21st year, operated as 10 back-to-back races, starting each stage with a mass start at the expected arrival time of the 1st runner from the previous stage. Running from Chipping Campden in the early morning, through to the arrival at Bath Abbey in the early evening, using the waymarked route of the Cotswold Way as our route, the relay is over 90% off-road, taking in many hills, woodlands, fields and tracks, all offering spectacular views of the countryside around (if ever a runner looked up from the path to take

it in!).

We split the route up into 10 varied stages, varying in ascent and length, to offer a differing flavour for each runner in the team. There are no marshalls on the route, so route finding is all part of the spirit of the event. In recent years the Cotswold Way Authority has considerably improved the signage on route, as part of its upgrade to National Trail status, but there's always one or two who speed past a sign to take time to appreciate some countryside off the main route. The race route follows the National Trail precisely, with the exception of the end of Stage 7 into Wotton-under-Edge, where we avoid the High St for safety reasons. Many runners do a recce of their stage before the event, others fall in behind someone else. Most runners find that doing a recce through the beautiful Cotswolds in the company of other runners is all part of the great pleasure derived from this event. You will certainly observe more of the views during the recce than in the race.

The stages:

STAGES and ROUTE INFORMATION

| <u>STAGE START</u> | <u>FINISH</u> | <u>DESC</u> | <u>START TIME</u> | <u>DIST.</u> | <u>ASCENT</u> |
|--|--------------------------------|-----------------------|-------------------|--------------|---------------|
| Stage 1 Chipping Campden | Stanway House | long and undulating | 07:00 | 19.2 km | 392 m |
| Stage 2 Stanway House | Cleeve Common | hilly, long | 08:15 | 19.0 km | 525 m |
| Stage 3 Cleeve Common | Seven Springs | shorter | 09:35 | 13.2 km | 327m |
| Stage 4 Seven Springs | Cranham Corner | long & tough! | 10:30 | 20.4 km | 406 m |
| Stage 5 Cranham Corner | Ebley Mill | long downhill | 11:45 | 18.9 km | 307m |
| Stage 6 Ebley Mill | Dursley | 2 steep climbs, short | 13:00 | 14.0 km | 409m |
| Stage 7 Dursley | Wotton-u-Edge | steep climb, short | 14:00 | 11.6 km | 292 m |
| Stage 8 Wotton-u-Edge | Old Sodbury | long slog | 15:00 | 19.4 km | 404 m |
| Stage 9 Old Sodbury | Cold Ashton | runners leg | 16:20 | 14.8 km | 240 m |
| Stage 10 Cold Ashton | Bath Abbey | Glory leg | 17:20 | 15.7 km | 240 m |

Fancy having a go? We need 10 runners. Athletic prowess not important but stamina is.. We'd also need some reserves to cover us for last minute injuries/drop outs. I have 1:25000 pdf file maps of legs if you need them. I could manage the team, helping to organise lifts to reunite you with your transport. As there are mass starts for each leg, the next stage runner won't be waiting for you to finish (phew). All runners get a commemorative tee shirt to remember the day.

Interested? Check out the website for more info and detail on each stage. Then email me, Gill Stott apg.stott@btinternet.com, stating which leg (1st and 2nd choice) you'd prefer to run so that I can gauge interest. If we have enough takers, then we can start organising entries. Gary is poised to bag a leg, so be quick!

Gill Stott

Open5 Adventure Race by Steve Green

Forest of Dean, 1st December 2013 (www.openadventure.com)

A couple of years ago, on a snowy, sleety day in the North Downs I discovered exactly how cold you can get on a bike in clothes that were fine for running. That was the last time I had entered an 'Open5' adventure race and I must have forgotten the worst of it, because I was keen to enter the local event this year. While various friends made up their minds whether they would do it or not, I got an email to say that NGOC had been given a free entry if anyone wanted it. I waited to see if anyone else would step up, but no-one did, so it was mine!

The Open5 events have a format of five hours of 'score' mountain biking and running. The choice of how long to spend on each discipline is yours, as is the order you do them in, but for maximum points a split of 3 hours biking and 2 hours running seems reasonable (on average foot controls are worth slightly less than biking controls). Entries can be solos or pairs, and as well as event prizes there's a league with best three scores giving end of season prizes.

I entered the pairs with my friend Dave, who is a 6-foot-4 RAF officer and fearsomely fit, although he claimed to be off form as the weather had been too good and he'd spent all his time flying rather than going for a run. A pilot's life is hard!



We drove over to the event centre at Lakers School in Coleford nice and early and did all the registration and kit prep. You get a laminated map each at registration with controls marked on, but only at the start do you get the control scores and find out which controls are dummies, making pre-start route planning tricky. We did make an initial plan though, even though we knew the fake controls would mean we'd have to rethink once we started. The maps are OS, with running at 1:25000 and biking at 1:50000.

The foot controls were distributed through the woods around Symonds Yat, with four or five across the river; the biking controls ranged from this area to as far as Cinderford, and included a section of the Verderers Trail single-track that contained two controls and had to be completed in North-to-South direction.

The start/finish and transition point was 2km from the event centre, so once we were ready we biked over and made sure our kit was ready for transition. We were going to run first, as that way we could give our legs some rest afterwards on downhill biking sections.

Our start time was entirely up to us, so after a quick banana each we dibbed, picked up the control cards and ran over to a convenient tree stump to mark up the maps with control values. As expected, the fake controls disrupted our pre-planned route, but after a minute or two of marking up and a quick discussion we set off. Dave claimed he was rusty on navigation, so I took the lead on the detail and he had the dibber so that I could grab a few seconds extra nav time at each control.

We decided to head down to the Yat and then along the river to the bridge and over to grab the far controls, then back via a couple of other ones. The quickest routes on adventure races are mostly on forest tracks as that's the most effective way of covering the distances,

and the controls are generally on easy features such as junctions. There are definitely opportunities to use more technical approaches though, and a couple of times we cut across country, hopefully gaining time on less experienced teams.

When we got to the river I looked round for the ferry – on the way down I had worked out a route such that if it was on our bank we could usefully take it across for a short cut; unfortunately it wasn't, and as we ran on I realised that we didn't have any means of payment anyway!

The footbridge across the river at Biblins Adventure Centre bounced alarmingly as we ran across closely followed by another pair, then we cut right looking for a control somewhere on a stream left of the path - "tree root west of main waterfall" was the description and eventually a number of teams converged on the control, which was fairly typical, being an SI box on a wire leash with red and white hazard tape tied round it.

It was after that control that Dave's protestations of being unfit proved false – he was still running as light as a gazelle while I slogged along through the mud trying to keep up whilst map-reading. We collected a couple of other controls on the far side of the river, but not the fourth as we decided it would take us over our nominal two hour run limit and that the twenty points weren't enough to justify this. Once we crossed back over the bridge we headed gradually uphill back to transition via a few more controls. We did 13.4km on the run, in 1h40m, getting 160 points out of 250 – not bad, but I was a bit disappointed with our overall route plan and thought we could have done better.

We were pretty quick in transition, changing shoes, picking up bike repair kits etc and grabbing a snack bar each and were out in four minutes, heading to a high-value control just west of the transition. After that we reversed our route and headed on roads over towards the bulk of the forest, where we had a vaguely circular route planned, ending up with the single-track section, which we could now see would score very well.

Dave is a keen biker and he was clearly in his comfort zone at the pace I could manage. We both had map boards on our handlebars, but reading detail whilst bumping along is difficult and 1:50000 maps aren't that easy to do tight nav with so I had to slow down occasionally to check the map.

We covered most of the area, but I got the planning slightly wrong around the A4136, which only had a couple of allowed crossing points – we ended up spending a lot of time getting to and from a 25-point control when a different strategy would have enabled us to pick up a few extra points elsewhere. After that we hit the Verderers Trail section, which although it had 55 points available turned out to be very slow compared to the rest of the route. It did however lead us back towards the finish and after a couple of km of roads we got there five minutes before the 5-hour deadline. I was pretty pleased with how we'd been going but knew that we could have done better if I had been a bit fitter... anyway, the most important thing was to get back to the event centre and the burger van!

We downloaded and got our score – 305 points out of 350 on the bikes and my GPS said we had done 45km in 3h10m; a total of 465 points out of 600. We thought we had done well, but we knew that various people had overtaken us at times, so had no idea on our overall position. We ate some food, tidied our kit, put the bikes back on the car, had some more food, chatted with other teams about our routes, and then it was time for the results...

The scores for the female solos and female pairs were surprisingly low compared with other events I've done, and I made a mental note to encourage female friends to enter next time; the mixed pairs scored a bit better, and then it was time for the male pairs - we were third! Beaten to second by five points, and luckily for us the fourth place pair had scored more points but came in late, getting heavily penalised as a result. We each won a Haglofs hat (which I can highly recommend for warmth) and headed home for a hot bath...

The Big 5 'O' &/or the Big 5 in Mpumalanga, South Africa?

Actually it is both. Gill & I have just been very fortunate to have had a 3 week trip to South Africa. You may have seen the flyer or advertisement for the South African Orienteering Federation's Big 5 'O' over the New Year period? You may also have heard that in Africa they refer to seeing the Big 5 when you are fortunate enough to see Buffalo, Rhino, Elephant, Leopard and Lion. Well some years ago Jenny and Dave Peel (SYO) started an involvement with the South African Orienteering Federation (SAOF) and made a few holiday trips to that country. This grew into taking British Squads there and coaching the South African National Team.

So when the SAOF announced their second International 5 Day event over the New Year 2013-4 they decided to take Oscar (5) and Nathan (3) for a two week holiday. Jen also said "Dad – why don't you and Gill join us?" We initially thought that it might be a trip too far as it would be expensive. Then we reflected that this would be an ideal opportunity to visit a country that we might have given a miss. Also I have two historic connections with the country in that my father was a Marine Engineer previously sailing with the Union Castle line to Cape Town and Durban until 1936 and my mother had lived in Kimberley over the turn of the previous century when my grandfather ran a Watch Maker & Jewellers' Shop there, the famous Diamond city. We knew that it, or a replica, was still to be found in the Street Museum at the Big Pit.

We all flew out from Birmingham to Johannesburg on Boxing Day though the others went via Zurich and us via Paris. The grandchildren could not work that out! Jen & Dave hired a car with 7 seats for two weeks. Our first 2 nights were at a country resort called Lakenvlei with a lodge in the middle of a country park which is used for orienteering including the first Big 5 'O', two years ago, and for British Squad training. It was then moving on to the competition area around Nelspruit in the NE of the country towards Mozambique. Actually the Event Centre was a small country village/town called Kaapsehoop in a previous gold mining area. Sunday 29th December was the Registration and Training Day around the town. The event was all quite informal with less than 200 competitors from 15 countries over the full age range but on far less courses than we are used to. Gill was on W70/M80 and I was on M70-75/W60-65. We had been warned that Kaapsehoop at around 1,500 metres was subject to mist and rain. We were not disappointed as Sunday and Monday were like that and wet feet were inevitable.

The Monday event, Day 1 on Kaapshe Hoop Rockery, was over open moor and a rocky area that is best described as many, many rock chimneys varying from small to huge. This was my undoing as I just could not sort myself out. Gill thought she had completed a good run for her until she was told she had visited the wrong first control – not a very auspicious start. Anyway matters then improved dramatically with the sun now out and a more usual forest area, Battery Creek, near the village for Day 2, where a stir was caused when the 'run-in' was suddenly full of wild horses about 10 minutes before Chris finished! Apparently when the mining stopped the horses were just turned loose on the moorland – they were pretty well behaved and did no harm to competitor or themselves.

New Years Day was a rest day when we went exploring in the general area seeing historic places including war graves dated 1900 in the Boer War. This was the very period that my grandparents had been out there.

Day 3 was at quite an altitude (+2,000 m) in a forest, Elandshoogte right up on the top of the mountains owned by Sappi who have a large paper mill and its raw material supply. We certainly noticed the rarity of the air though the elevation helped to keep the temperatures more acceptable.

Day 4 was back to another area around Kaapsehoop, Pear Orchard, with the Finish in a lovely deciduous glade within the pine forests. Our last day, Day 5 was in totally different

terrain – the Lowveld Botanical Gardens in Nelspruit with the prize giving outside a cafe within the Gardens.

We had each achieved 4 successful runs so did score. Jenny won her W45, Dave was well placed in M21E having been non-competitive on Day 4 as he had made part of the map! Nick Barrable (CompassSport) was second on M21E, Martin Ward (BOF Chairman, DVO) and Jon Cross (FVO) were also well placed on the same course. John Franklin (SYO) was first and Ted and Val Finch (FVO) second on their respective courses, and Colin Welch of BOK also had some good runs. Competitors were from a range of 14 overseas countries from Finland to Australia and the USA. The British were the second largest contingent just one more than the Swiss following the South Africans. It was great to see Black, Coloured and White South Africans all taking part.

Now we come to the other Big 5 as we went on to spend 4 nights in 2 Centres for the Kruger National Game Park. We were extremely fortunate in that we saw all of the Big 5 within 24 hours due to taking an escorted Night Drive from Skukuza camp within the Park. Apparently many folk do not have such luck. Actually we saw a Pride of Lions and two Leopards on that drive though we did all see a Lion in the daytime walking along the road. Our most scary moment was when a herd of Elephants were crossing the road and a huge bull Elephant decided to walk towards us. Unlike another family whose car was turned over in a similar circumstance Dave did manage to back the car at speed before the elephant decided to walk off into the bush.

After a couple of night stops en-route to Pretoria our fortnight with the family was over. We still had a further week. They dropped us at the privately owned Rovos Rail Centre for our 2 day journey to Cape Town. The Rovos Centre is 60 acres and previously the steam loco depot in Pretoria. On arrival they invited the boys in to see the steam engine come into the platform then invited us to take a short footplate ride as the loco pushed our electric locos to the end of the non-electrified yard to hook up onto the overhead wires of the State Railway. The family then left for Johannesburg and their flight home whilst we were welcomed by Mr Rohan Vos the owner of Rovos Rail. He explained that in 1986 he had been a rich man but



now he was a poor man with a marvellous train set! This consisted of at least 4 complete rakes of coaches as well as 7 steam locos. We then embarked on 2 days of sheer luxury travel on the 'Pride of Africa' claimed to be the most luxurious train in the world – it certainly felt that way. There were 47 of us all in our own compartments for sleeping with dining and lounge cars for the daytime. There were to be 2 scheduled stops.

For our first stop at Kimberley we had pre-arranged that an official guide who would take us to my grandfather's shop. It remains as a part of the Street Museum at the Big Hole diamond pit. Our guide, a local historian, was so interested to meet me a descendent with historical connections to the City. The second stop was at the historic village of Matjiesfontein that has been authentically preserved as a Victorian Village originally established by a Scot, Jimmy Logan and now effectively a living museum. Rohan Vos had explained that the train was not allowed to stop on the main line. However it always seemed to have a minor breakdown 5 Km short of the station. This allowed those who wish to get off and get a little welcome exercise.

So our holiday concluded with the 2 day rail trip down to Cape Town and 5 nights there before flying home. In Cape Town we had clear views of Table Mountain with only its table cloth on for a mere few minutes on one day. We explored the Cape area visiting the City, Table Mountain, the Stellenbosch wine district, the Kirstenbosch Botanical Gardens and Cape Point.

Why not think about the next Big 5 'O' in 2015-6? It will be back to the Kaapsehoop area. We are!

Chris and Gill James

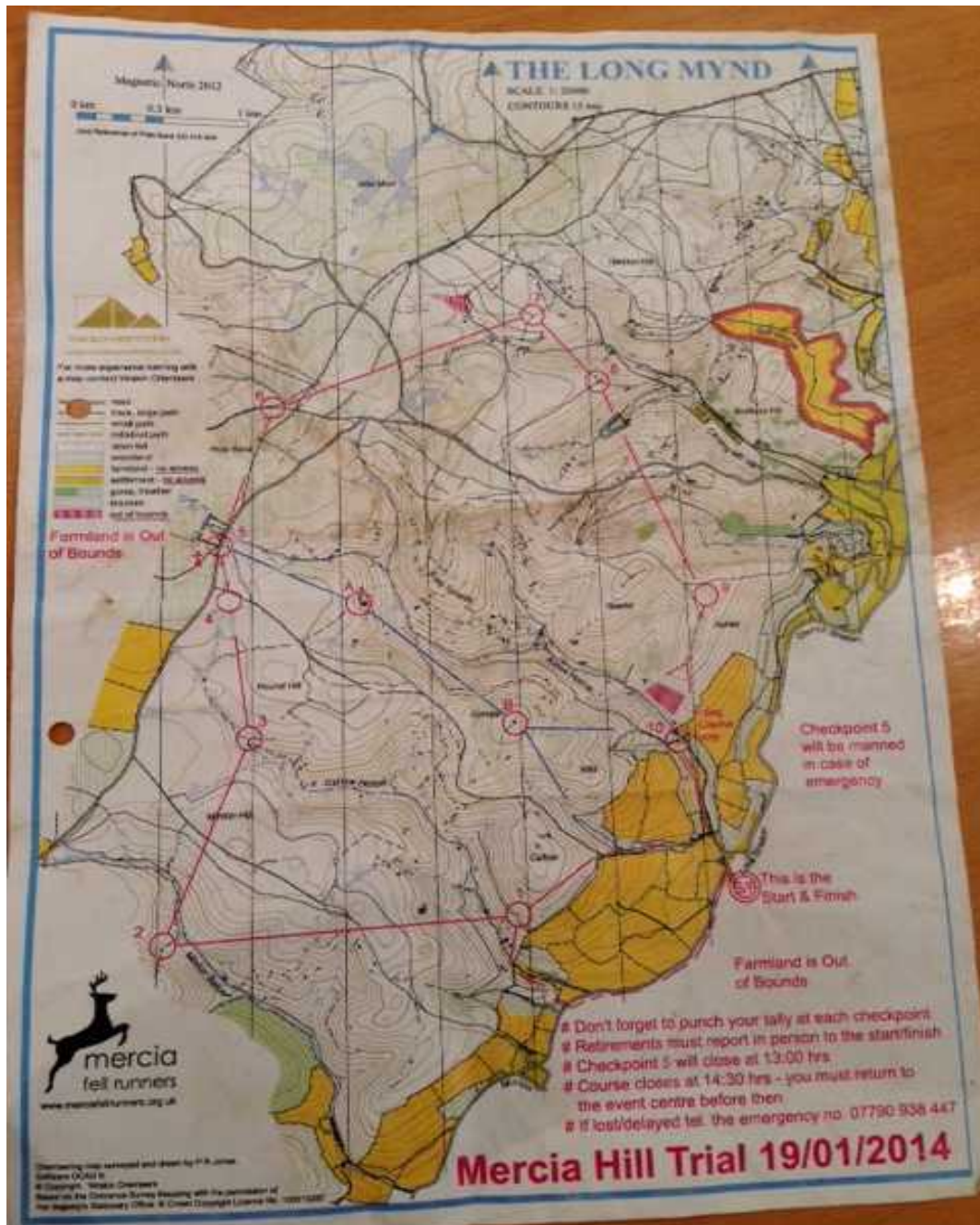


2014 Mercia Hill Trial

By Vanessa Lawson

The day dawned bright -well, dawn arrived sometime after wake up this morning, a 6am alarm call after the Chepstow Harriers annual Awards Dinner the previous night and I did contemplate staying in bed. The promising weather and the fact that Andy Creber (BOK) and Judith (Austerberry - NGOC) would be turning up to my house within 45 minutes encouraged me to get myself in gear. Andy arrived 2 minutes early and promptly rang Judith at 7.02 because she was late. We were on the road by 7.10 and successfully managed to overshoot the layby outside Monmouth where we had arranged to collect Dave Austin (also NGOC).

The drive to the Long Mynd was pleasant with not too many floods, the company chatty and entertaining as expected, the sun was shining and the sky was blue. What else do you need for a "Grand Day Out In The Hills"?



The event we were going to was the 2014 Mercia Hill Trial, a 8-9 mile navigation event (a bit like a mini mountain marathon) that Judith and I were doing as a pair, whereas the boys chose the solo option. The boys really wanted rain and peasouper - I personally was very happy with sunshine. When we arrived at the Village Hall in Little Stretton we found Patrick Wooddisse, also looking forward to a lovely run in the hills.

We all did the usual pre nav-race faffing, and set off pretty close to each other (staggered starts between 10-11, and we went for the 10.30 option on the basis that we didn't want to be first out on the hills but wanted people to chase). The first descent was tackled in style with at least 3 muddy slithers on our backsides each (the Long Mynd is much much steeper than I remembered) but Andy is clearly getting back to normal after the knee op as he overtook us all on top of the next hill and disappeared on the way to control 2. Dave disappeared soon after and we managed to overtake quite a few other teams (especially a mixed team that we kind of decided we should catch whatever the cost). The heather was a nightmare and I found it totally unrunnable and we ended up choosing the longer path option where available, so the 8-9 miles turned into 10.3, but hey, who's counting? One rather major nav disaster (there has to be one – always) saw us take a huge descent and ascent and totally missing the much flatter alternative option to control 8, which cost us the best part of 10 minutes I reckon.

Relief at the finish, 2+ hours later (gives you an idea of how tough it was, a stunning average 12.5mpm pace) 15th place overall and two nice bottles of wine for being first ladies' pair. Andy C did brilliantly in finishing 3rd solo overall so rightfully managed to wangle a bottle of wine at the presentation. Patrick was 6th and Dave 7th overall.

Lovely to have your company today Fantastic Four (or whatever Dave called us on his blog). Roll on the next expedition.

How old is NGOC? Who first formed the club? What areas where they mapping and using?

Caroline Craig reports:-

I received an email from a John Parsons, who was one of the original members of NGOC back in 1970. He's not orienteered for some time, or thought about it much, but said he was chatting about it to someone recently and thought he'd look online to see whether NGOC still existed. He found our website, of which he was very complimentary, and was intrigued to see that the "About NGOC" section said nobody was quite sure when or how the club was formed. He sent me the following information, in case we were interested. I enjoyed reading it and I'm sure the rest of the club would be very interested in some history from the very beginning of the club.

John has copies of the first editions of Legend, and copies of some early maps, which I think could be very interesting, and maybe some extracts of areas we still use could go in future Legends?

I remember when in OD we had a 40th anniversary event using the original black and white map, which was an eye-opener (the barbed wire fences I had to tackle weren't there 40 years before, and my zip-off 3/4 length trousers became permanently 3/4 length as a result). So that could be an early idea for a 50th anniversary event!

Anyhow, these are John's words about NGOC's formation:

The club was the idea of Derek Thompson, a lecturer at Glos Cat. and was officially formed

on 14th January 1970. As I recall I noticed a advert in the local paper, probably The Echo, in late 1969, about an event on Cleeve Hill. Following the event Derek called the inaugural meeting, which I attended. There were just an handful of us in the beginning. I have attached a piece from our 10th Anniversary Weekend Event, which we called the Double Gloucester. The first handwritten minutes say,

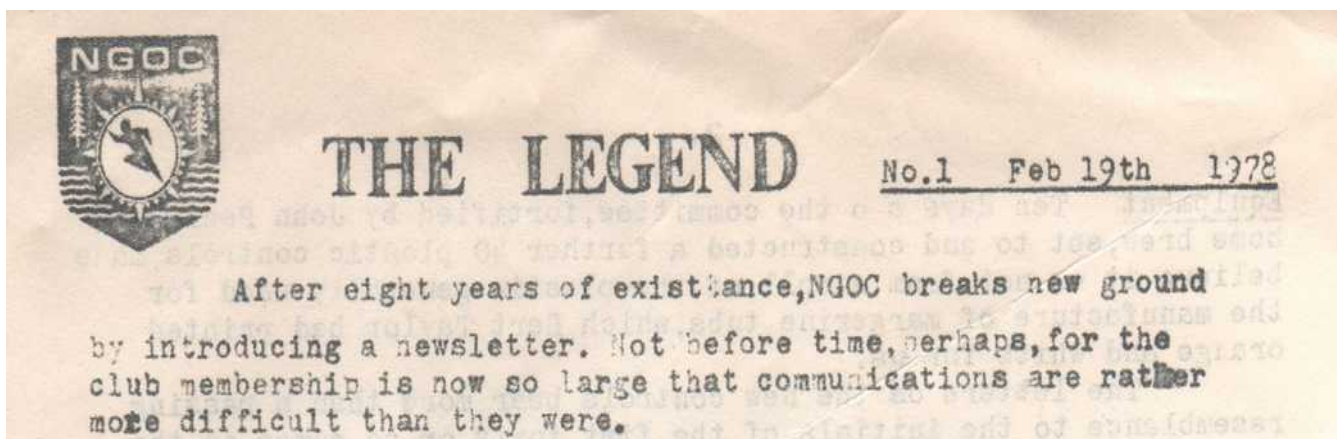
“At an opening meeting held on 14th January 1970 in the Gloucester Teacher’s Centre, under the Chairmanship of Mr G Reynolds (C.C.P.R.) the following resolution (proposed by Mr D Thompson and seconded by Mr R Johnson) was passed unanimously: “That an orienteering club for North Gloucestershire be formed”. Mr D Thompson agreed to form a small steering committee to organise the club and set up a constitution. The committee was elected unanimously as follows: Chairman- Miss A Gregory, Secretary/Treasurer – Mr D Thompson, Committee members: Messer’s J Parsons, P Powell, A Pritchard and H Taylor.....”

and the note goes on.

Over the next few years we developed the club, draw maps, organised regular events and increased the membership. I was heavily involved for about 20 years and held the offices of Chairman, Secretary and Treasurer , event organiser, etc. and spent hundreds of hours in the forest mapping, and loved every minute. It is good to see that you have retained the club badge that we designed.

Congratulations on a great webpage and very best wishes for the continuance of the club.

Here are some excerpts. The full original scanned version is available on the NGOC website



and on mapping.

Mapping Time was when we seemed to have very few maps of new areas. But all this has now changed. John Peniket's map of Soudley is one of four new maps to appear this year. Sheepscombe has been totally remapped by John Parsons and Tony Court. Steve Suckling has mapped May Hill, using a base prepared by Derek Jarrett, and by April, I hope to have finished mapping Cleeve Hill

Meanwhile the equipment officer was as resourceful then as ours is now.

Equipment Ten days ago the committee, fortified by John Peniket's home brew, set to and constructed a further 40 plastic controls, made believe it or not from a roll of the plastic generally used for the manufacture of margarine tubs, which Bert Taylor had printed orange and white for us.

The letters on the new controls bear more than a passing resemblance to the initials of the first forty or so names on the membership list. This now means that some of the rather more battered ornaments which seem to be more repair than control can be given a decent burial and we shall still have enough markers for a badge event without borrowing equipment from other clubs. The same is not true about punches however; they are expensive and we have not yet found a satisfactory method of fabricating our own.

And look Richard, they couldn't spell Galoppen in those days either!

The next Galoppen is run by the SARUM club; only their second or third big event, I think. Then in three weeks it's our turn. The terrain at Sheepscombe is interesting and the map good. Most of the area is pretty runnable (but bring your bramble bashers all the same.)

What are your memories of the good old O days? Has anybody got an old (by that I mean 1970s) map of an area we use now that could be scanned in? If so then please send them in.

Paul Taunton's Competition Corner. Victorian Photo – O

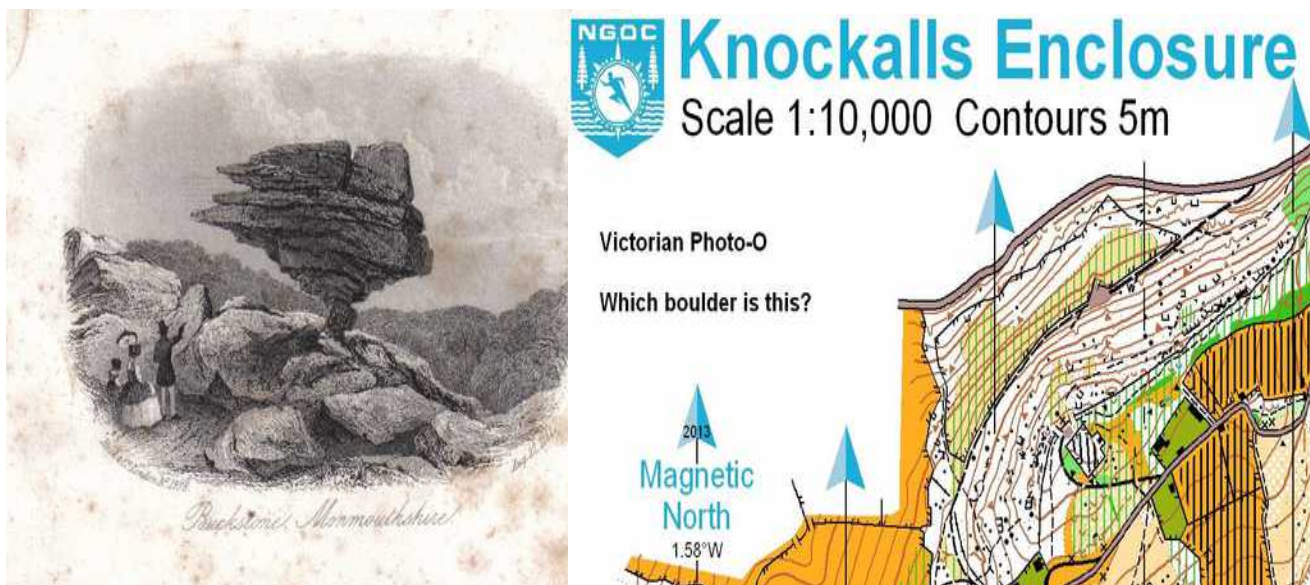


Photo 1. Look at the photograph Paul found in his family photo album below, and match it to the correct boulder on the map of Knockalls. Can you work out which one it is? Answers please to legend editor.

Results Corner:

Congratulations to Joe Taunton who won the senior men category in the 2013/14 YHOA Night Orienteering League. Joe won three out of his four races, making him king of the night.

Southern Championships, January

Victoria Harvey 13/24

David Lee 16/22

Chris Harrison 21/?

Welsh Championships

M21 Joe Gidley 5th

M50 Clive Caffall 9th

M60 Paul Taunton 12th, Gerry Ashton 13th

M75 David Lee 2nd

W55 Gill Stott 4th

FORTHCOMING EVENTS

| | | | | | |
|--------------------------|---------------|--|------------------|----------------------------|---------|
| Sat 15th Mar | HOC Local | Venue: Callow Hill | Bewdley | Club: HOC | Level D |
| Sat 15th Mar | BOK WNL | Venue: Mosley Green | FOD | Club: BOK | Level D |
| Sat 15th Mar | Informal | Venue: Stoke Park Estate | Bristol | Club: BOK | Level D |
| Sat 29th Mar | League 6 | Venue:Cleeve Hill | Cheltenham | Club: NGOC | Level D |
| Sat 5th Apr | HOC Local | Venue: Brockhampton estate | Bromyard | Club: HOC | Level D |
| Sat 12th Apr | Informal | Venue: Minchinhampton Common | Stroud | Club: NGOC | Level D |
| Sun 13th Apr | BOK Trot | Venue: Wye Valley Forests | Trellech/Tintern | Club: BOK | Level B |
| Sat 21 st Apr | JK | | | | |
| Sun 27th Apr | HOC Reg Event | Venue: Breakneck Bank | Bewdley | Club: HOC | Level C |
| Sat 3rd May | League 7 | Venue: Bixslade | Coleford | Club: NGOC | Level D |

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

NGOC Registration and start times

Informal Events: Yellow / light green / blue courses

League Events: Yellow / orange / green / blue courses

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

Entry deadline alerts

| | | |
|--------------------------------------|------------------------|---|
| JK deadline | 30 th March | http://www.thejk.org.uk/jk2014/ |
| British Orienteering Champs deadline | 16 th March | http://www.boc2014.org.uk/entries |
| BOK Trot deadline | April 6 th | http://www.bristolorienteeing.org.uk/events/mike-nelson-bok-trot-wye-valley-13th-april-2014 |
| Lakeland 5 Days next deadline | 30 th April | http://www.lakes5.org.uk/ |

Brashings

Facebook Revamped

Vanessa Lawson has been busy with the NGOC Facebook page and has updated it <https://www.facebook.com/northgloucestershireorienteingclub>
You might want to visit it, like it, and add to it.

Errata

David Lee sent me two photographs of his late wife, Ann. They arrived mysteriously in an envelope and after studying the postmark, I thought they might be of my Auntie Norah, who has also died recently. Uncle Roger knew nothing of them (thought they didn't look much like her but..) so then the penny dropped, they were of David's wife, Ann in her youth. My apologies David. Here is a photo of Ann which should have accompanied the tribute which David had written in the last Legend



Second errata

In the last edition I mentioned all the NGOC competitors of the 2013 OMM, except my own family. Oh dear. Sorry husband Andy Stott and son Ed Stott (SLOW). They competed in the medium score class and won the family prize, £25 each in vouchers.

Filing Old Orienteering Maps.

Are there any other orienteers out there like us, who have drawers and drawers stashed with maps dating back to the last century? My dilemma is not should I throw them out (you never know..) but how to file them? What are the options:-

1. Alphabetically – but that relies on you to remember the name of the area.
2. Chronologically – meaning that you will need to remember when you last ran there
3. By region – I tried this but they are still all mixed up
4. By club – the answer? Am I more likely to remember which club organised the event?

What about others in the club – is there another, cleverer way? Your solutions please! Including how you store them too.

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. April 14th at 19:30, Oxtalls

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 Gill Stott 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.