

The Legend

Number 208



Newsletter of
North Gloucestershire Orienteering Club
January 2024

www.ngoc.org.uk



NEWSLETTER AWARDS 08 13 14 17 19

CompassSport

NGOC Committee

The Principal Officers	
Chairman Ian Jones chairman@ngoc.org.uk	Secretary Rhiannon Fadeyibi secretary@ngoc.org.uk
Treasurer Alan Pucill treasurer@ngoc.org.uk	
The Officers	
Membership Secretary Ginny Hudson membership@ngoc.org.uk	Equipment Officer Pat MacLeod equipment@ngoc.org.uk
Mapping Officer Ian Phillips mapping@ngoc.org.uk	Development Officer Post vacant
Communications & Publicity Officer Tom Cochrane communications@ngoc.org.uk	Fixtures Secretary & Permissions Officer Greg Best permissions@ngoc.org.uk
Welfare Officer Judith Taylor welfare@ngoc.org.uk	Club Captain Vanessa Lawson captain@ngoc.org.uk
Club Coach Post vacant	Newsletter Editor Alan Brown legend@ngoc.org.uk
Additional Voting Members	
SI & Results John Fallows john@greveye.co.uk	Web Administrator Steve Lee webadmin@ngocweb.com
Volunteer Coordinator Ian Prowse volunteer@ngoc.org.uk	Additional Member Paul Taunton paul@ngoc.org.uk
Other Useful Non-Committee Contacts	
Club POC Manager Caroline Craig pocs@ngoc.org.uk	

The above shows the committee structure following the 2023 AGM

Front cover: we hope you had a happy Christmas and wish you good orienteering in 2024!

Incoming Chairman's Chat

Two thank yous before anything else: firstly to everyone who came along to the AGM in October, joining in with some good discussion as well voting me in as chairman. And secondly to Paul Taunton for a helping hand over the transition, and for agreeing to stay on the club committee, where I hope he will be able to steer me away from any pitfalls. I am looking forward to putting more back into the club, which I have been a member of for so long, if distantly, on occasion.

Following on from the mammoth effort that went into putting on the Caddihoe Chase combined with the Senior Home International, the final months of 2023 were eventful for the club with League events at Blakeney Hill, High Meadow and Bixslade, together with three MapRun events and a Western Night League event.

Congratulations to the overall League winners from NGOC for 2023: Zebedee Harlock-Askew for Yellow, Matthew Fautley for Short Green and Paul Horsfall for the Blue course. Ignoring a bit of overlap for people who appear twice by running different courses at different events, there are more than 900 names in the results over the course of the year. That is a phenomenal total for one club's events and doesn't include additional names of the 132 people who took part in MapRun events. I wonder how much support could / should be available from the Government bodies tasked with getting Britain active?

Congratulations also to Andy Creber as the 2023 winner of the Terry Bradstock Trophy and to the prize winners for the 2023 MapRun series: Richard Cronin, Ian Phillips and Andy Creber. Also of note is Richard's position at the top of the leader board for the 2023/24 Western Night League. On the subject of the Terry Bradstock Trophy, the events that will count for 2024 have been selected and published on our web site. The closing date

for the first one, the BOK Trot at Mendip, is 14th January so if you fancy your chances in the trophy competition you will need to get a wriggle on to enter if you have not already done so.

I was sorry to miss the New Year's Day score event, it sounded like a fine day out and was another well-attended NGOC event. I have just returned from my first orienteering of the year; a small two-person training session using some devious MapRun courses on the small but perfectly formed Burton Dassett Hills in Warwickshire. Several courses are mapped out including one that includes plenty of hills for some physical conditioning and a brown-only map to develop contour-reading skills.

Following on from a discussion at the AGM around the stark observation that we remain without a training and development officer, there have been multiple conversations and a small working group set up to consider this further. One insight is that training and development mean different things to different people and breaking it down to component parts is a good way to start: youth / adult, beginner / intermediate / expert, etc. There is an article on this later in this Legend, but you may see me at the next League event working at one end of the spectrum – a low-effort string course that makes it easier to have this consistently at events as our 'gateway' activity to develop the smallest of our recruits to the sport.

At the other end of the spectrum, we have our seniors and a plan to see if we can improve, measured by average ranking points. The time on Burton Dassett this morning makes a useful example of how we might develop training in our club and how we might instigate more technical training with low effort in terms of hanging out controls, etc.

Of course, we could have plenty of club members who are really happy to simply enjoy their orienteering on the days that they go to events, and for any number of reasons have no wish to join in with any other training. Maybe you could read the article and let

Maggie, Pat or me know what you think, whether you would like to join in any training and how you could help?

That's all from me for now. I am a long way from knowing everyone in the club, so please come and say hello next time you see me around. In the meantime, I wish you a Happy New Year! May 2024 bring you sunlit forests, fleet feet and every control where you expect it to be.

P.S. Don't forget to pay your annual subscription and then enter the CompassSport Cup if you can, your club needs you!

Ian Jones

Profile of our new Chairman

Introduce yourself

I have been a member of NGOC on and off since, I think, 1983. Although I have been orienteering fairly continuously over this whole time, University, various jobs in London and then a six-month posting to Australia, which accidentally extended to 12 years, mean I have not been the most regular attendee at NGOC events over the years. I am now living in Oxford with Maggie, which is the closest either of us have lived to North Gloucester since the early 1990s, and hopefully means we will be at more NGOC events.

When did you first start orienteering? How did you learn about the sport?

It all began at school with a chemistry teacher called Bernard Brickwell, brother-in-law of the famous John Lewis of Kingswood School in Bath, who took a minibus load of us to events. One day he couldn't take us, so my Dad volunteered to drive a minibus.

He went for a walk whilst we were competing and was amazed by the sight of these people dashing out of the bushes onto a path, looking at the map (I think there might have been a mild expletive involved in one case) and dashing back into another part of the woods. It was enough to get him hooked, which eventually dragged in the whole family and then, as they say, we had a sport for life.

Favourite area?

The next area that I haven't run on yet! I really like the sand dune areas we have around our coast and last year's Scottish 6-Days had some crackers. I rarely do well on them – my orienteering just isn't accurate enough – but there tends to be no undergrowth and the hills are just about short enough to keep running, mostly. There are some fabulous areas in outback Australia, all contours and rocks with no paths, undergrowth or water features, but they are a bit far away for a long weekend.

EMIT or SI and why?

SI. It is a bit like VHS versus Betamax (yes, I am that old). Sometimes you just have to choose so that everyone only needs to have one standard piece of kit, even if it isn't as good. And I think SI has won.

Baseplate or thumb compass and why?

Baseplate, mostly. My kids and others laugh at me for not switching to a thumb compass. Maybe my 2024 New Year's Resolution is to have a serious go at making a thumb compass work for me.

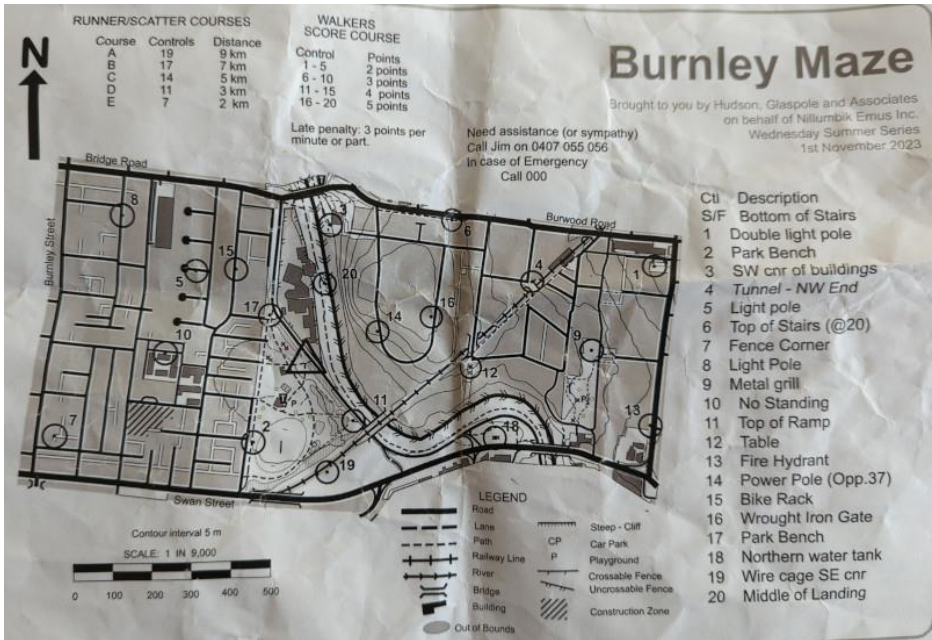
Proudest or most enjoyable moment?

I ran for Australia once in an international competition in New Zealand and managed a podium finish, but really I think it is best to listen to Rudyard Kipling and treat triumph and disaster as just the same. Thinking I have finally got the knack of orienteering is the easiest way of guaranteeing a massive orienteering error / running off the map / mispunching at the next big event. Crawling

across the finish line in atrocious weather, having been completely lost several times and armpit-deep in bog at least once, can lead to memories as satisfying as any podium finish (once warm and dry and supping a restorative beverage).

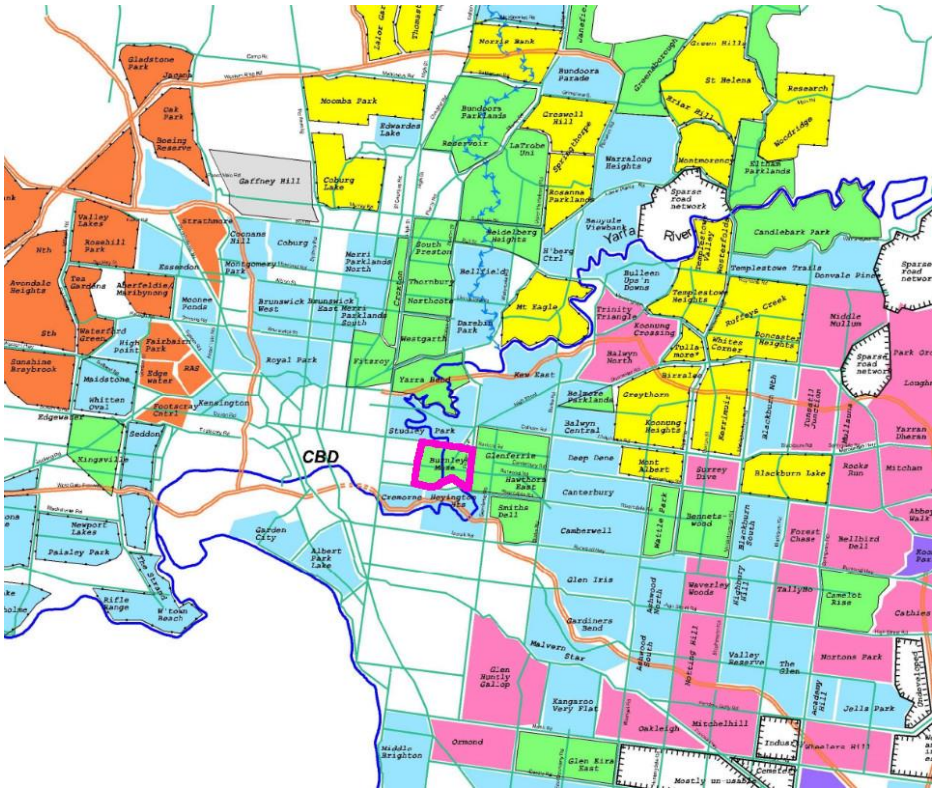


MapRunning in Melbourne



NGOC put on 14 MapRuns in 2023 - we've reached as many as 20 in previous years - but there's still some way to go to match the frequency of events in MapRun's Australian home!

On a trip to Melbourne recently I found options on Monday, Tuesday, Wednesday and Thursday evenings. Most of these series run year-round, and there's even a special award to recognise the person who takes part in 'Most Events For The Year' (last year's winner: 157 events). Of course the size of Melbourne is what makes this possible, with over 200 suburban areas mapped - along with the existence of multiple clubs to split the load.



I picked the Wednesday evening event in Burnley Maze, as it was closest to the city centre and easy to reach by tram. There may be more of a tendency towards right-angled road design than in the UK, but it was still an interesting area route-wise: a big river through the middle, and a railway line also splitting things up. In terms of format it was much like a summer MapRun here (with a few more people), but a couple of differences needed getting used to.

- The black-and-white map: this occasionally needed a close look to see which lines you could run along and which were barriers.

- The 'scatter' format of the course: here, unlike a score course, all controls have the same value and you have to get a certain number of them. I opted for B - collect 17/20 controls - which gave plenty of choice as to which to skip. It's fair to say I didn't choose correctly and could have done with taking more time at the start: by skipping the west-most controls instead of a cluster in the middle, others were able to run 1km less than me.



All in all it was good fun in a different urban environment - thanks to Nillumbik Emus for the event!

Tom Cochrane



DONATIONS



You may sometimes wonder how our events come together, where the maps come from, likewise the information about the event on the website, and what all this costs. Of course the labour that delivers events is all voluntary, but the volunteers need a variety of tools to help plan, organise, deliver and wrap up events with Results.

There are two basic components – tools – behind all this, and without which, we'd be operating in the relative dark ages; OCAD, for map survey and maintenance, and the NGOC website. We pay fees to OCAD for use of the application. We have three licences, which we share between the dozen or so club members to maintain maps. When you start an OCAD session you are invited to draw a licence from the pool, and when you sign off, the licence is returned to the pool automatically. The website is hosted in US, and for an annual fee provides all the services we need, including a basic website platform – in our case WordPress – with which we construct the club website.

There are, however, additional software tools that we need to provide the full range of events that we run, and these are all open source (i.e. essentially free) products, or in the case of MapRun, specific Apps made available to us at no charge. We couldn't operate as well as we do without these, and so although they are free of routine licence charges, we have developed the habit of making donations to the main ones, in recognition of the value they represent in running our very successful programmes.

There are three such Apps, to coin the current terminology, which we use routinely, and therefore contribute to: Purple Pen, Open Orienteering Mapper, and MapRun.

Anyone who has planned an event will have used Purple Pen, and although we could plan events using OCAD, Purple Pen is far simpler to use, and also facilitates the creation of MapRun courses, as well as standard orienteering ones.

Open Orienteering Mapper likewise is essential for generating MapRun courses, and it has evolved significantly since Covid days with the addition of facilities to make MapRun course creation very simple indeed. Tom Cochrane is looking at whether we could further simplify that process, as Open Orienteering Mapper is open source software and so open to local customisation by anyone capable of doing so.

Finally, MapRun is the brainchild of Peter Effenev in Australia, and has developed hugely since it's introduction around 2018. Most importantly, apart from supporting normal events, it provides extra facilities which greatly help with course planning and checking, and control placement and collection. MapRun provides an end to end event service, from planning to timing and results, and although free to use, these all have an ongoing infrastructure cost, so we donate an agreed sum – effectively a levy – for each paid for run at our MapRun events, plus an extra top-up for use of the extra facilities.

In case you are wondering if this is worthwhile use of club funds, we couldn't offer the top class event programme that we do offer without tools like these, and the proposed donations for this year amount to about 6% of the profit we made from our events. To me that is outstanding value for tools that we cannot do without.

Pat MacLeod

Chris Morris



We are sorry to report the death of former member Chris Morris who was Legend Editor 1999-2002. Chris's time as editor coincided with the foot-and-mouth epidemic but he still managed to put out an "emergency edition". As well as a keen orienteer Chris was a photographer and author who published books, under the Tanner's Yard Press label, on local and engineering subjects. Titles include: "A Portrait of Dean - Photos from the Forest", "On Tour with Thomas Telford", "Work in the Woods - Dean's Industrial Heritage", "The Great Brunel", "Canal Pioneers" and can be purchased on the web.

We extend our condolences to his widow, Charlotte.

The memorial service for Chris will be at St Briavels Church at 1.30 on 10 February followed by tea at the village hall with an exhibition of photos. If anyone would like to come they are very welcome. A full eulogy will appear in the April edition of Legend.

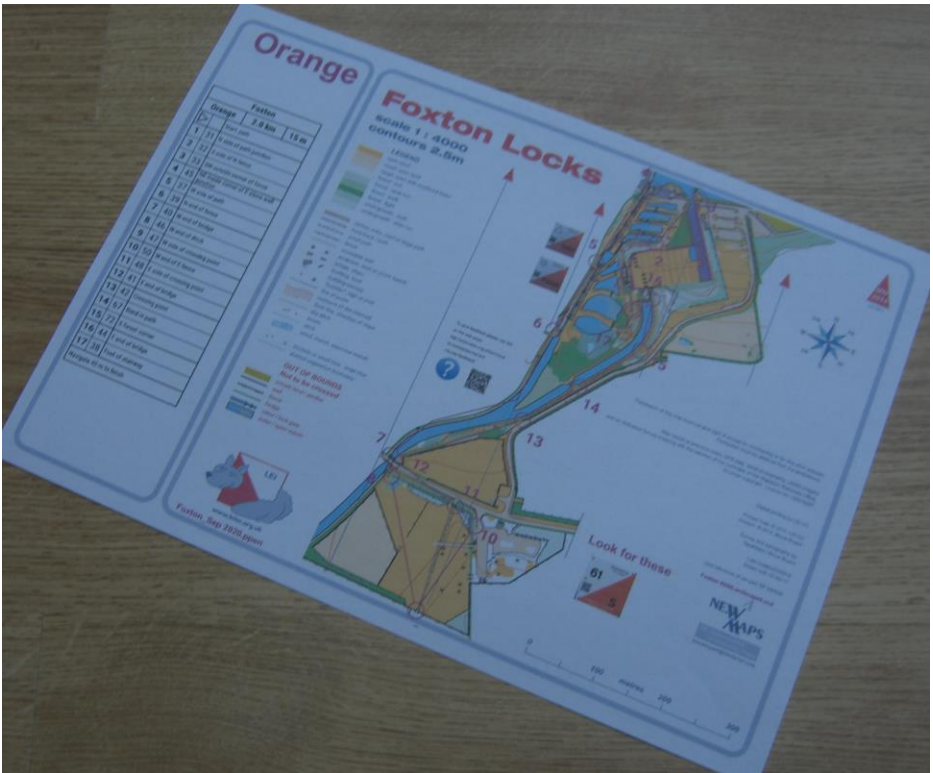
Cover of Chris's "emergency" Legend from 2001:



newsletter of North Gloucester Orienteering Club
March 2001

Canal "O"

Don't run and trip or you might get very wet



Last autumn, on the way to a short holiday, we stopped off at Foxton Locks near Market Harborough for lunch and to stretch our legs. Whilst strolling round the canal area (home to the longest, steepest staircase flight of locks in Britain) we noticed several permanent “O” signs put up by Leicestershire Orienteering Club. Back home we switched on the laptop and found that there were Short, Restricted Mobility, Yellow and Oranges courses, the Orange having 19 controls.

Next time we travel that way we will allow time to walk around the Orange course (“walk” because of long drops into locks, steep slopes and deep water!). Maps are free online or can be purchased at the small waterways museum on site, which is closed in winter.

Recommended for any orienteer interested in canals/industrial archaeology

[Foxton Locks, Leicestershire | Canal & River Trust](http://canalrivertrust.org.uk)
canalrivertrust.org.uk

[Foxton Locks - Go Orienteering](#)



Bottom of Foxton Locks (photo by kev747)

Terry Bradstock Trophy 2024



First of all, congratulations to Andy Creber for winning the trophy in 2023.

2023 saw the first year when more events were included in the competition, seven in total with your best four scores counting to your total. This fulfilled the plan of being more inclusive with 72 club members taking part in at least one of the events and 14 in at least four.

For 2024, the committee has chosen nine events and the best five scores will count. These are:

21 January	BOKTrot – Stock Hill
18 February	CompassSport Cup Heat – Cannock Chase
3 March	Welsh Championships – Pwll Du
30 March	JK Day 2 Middle - Beaudesert
31 March	JK Day 3 Long – Beaudesert
23 June	British Sprint Champs - Coventry
21 July	Croeso Day 1 - Merthyr Mawr
26 July	Croeso Day 6 - Merthyr Common
1 September	HOC Urban – Worcester

The first event is nearly upon us, so get your entries in soon. Vanessa Lawson has emailed details of the CompassSport Cup event in February – take part in this and it's points for the Terry Bradstock trophy as well as points for NGOC in the Cup.

After each event, as with the NGOC League, the updated standings for the trophy will be posted on the web.

John Fallows

Coaching and Development for NGOC

At the AGM the two posts of Club Coach and Development Officer remained unfilled. Some discussion on the night indicated this might be due to the perceived time commitment required to properly fulfil these roles. Doug Wilson and I agreed to have a think about how NGOC might be provided with support whilst keeping the effort within manageable limits.

Many discussions, and Zoom calls later, drawing in Pat McLeod and James Askew to those initial thoughts and we came up with some approaches underpinned by the following ideas:

1. Coach volunteers should only work on those things they have energy and enthusiasm for
2. Solutions should be high on impact but light on coach commitment
3. There are distinct 'audiences' for coaching with unique needs

We broke down the audiences, identifying their basic requirements, what would make the training have the most impact, brainstormed the types of training offering that might be suitable, where the training might be delivered, and the sorts of coaches that would be needed. The table at the end of the article shows our developing thoughts.

Once we had the framework, we talked about what we all had energy for. For me, it is supporting beginners whether junior or adult. For Pat, it was the development of deep skills within the club experienced orienteers to give NGOC better results in competition.

So, then it was on to solutions high on impact and light on coach commitment. There were so many ideas it was important to

choose only a few and get those underway – a full steam ahead approach was likely to result in exactly the coach and club burnout that we were trying to avoid.

There were two things I personally wanted to get off the ground. Firstly, a lightweight version of a string course provided as a matter of course at every league event. The key parts of this included:

- At the start of the season 10 courses are prepared and printed and kept with the string course equipment kept as part of normal event equipment stores
- The planner ensures an area near assembly is identified for a string course – no map or planning required
- The organiser adds 'string course set up' x1 to the volunteer list – 20 minutes on the first shift and take down done when the orienteer has returned from their run
- On the day the set-up volunteer chooses the map which most closely aligns to the shape of the area set aside. No need for terrain or compass points – children are just following string and getting used to checking control pictures to the one on their map
- Enquiries tent hand out maps to families and sweets to the children on return – no need for anyone to man the course itself

We trialled this successfully at the Bixslade event on 16th December and will do it again at the Cooper's Hill event being organised by Ginny Hudson on 13th January.

Second on my list is a lightweight approach to upskilling juniors moving from Yellow to Orange courses. The concept here is self-service.

- An additional job for the planner but none too onerous – taking the Yellow course already planned and providing an ‘off Yellow course’ using 4-5 other controls already out in the forest which can provide more challenge
- Yellow course runners run their normal course competitively – this gives them confidence
- They return to Enquiries and get an ‘off Yellow’ course and run it again this time picking up the additional controls just ‘off’ the original Yellow course (not unlike the old ‘off string’ course approach)

The plan is to trial this towards the end of the 23/24 winter season – date to be decided.

For Pat the coaching of technique and condition at a much higher level is the real interest. Pat has already and continues to provide one-off training sessions attached to League events, focussing on some of the core skills (handrailing, catching features, route choice). He is also interested in informal coaching with club members getting together to practice specific skills and is looking into how to get that underway without triggering onerous permissions requirements and unnecessary BOF levies. Watch this space! One of the ideas we discussed was the use of MapRun to set permanent training exercises, like bearing exercises and aiming off on open areas such as Cleeve Hill which could be done at any time. BOK are rumoured to be trialling this approach and we will be following that up to see if they have come up with something we can copy easily.

Please have a look at the table below to see some of the other ideas we are working on. If you’d like to know more, and/or get involved as we creatively tackle this important area of club activity please get in touch with Pat and we can dial you into our next discussion.

Maggie Jones

Coaching – a distributed model

Audience for coaching Families with small children	Basic need Entertainment	CSF Reliable Predictable	Types of offering String courses Come and try it days Weekend events in the holidays Weekly training sessions Long weekend camps Off Yellow courses	Where Detail already circulated Club events Events local to core club locations in holidays Single point training – based in one town or forest location Scout camp locations for cheap and reliable accommodation and venue League events - set as part of normal planning using other controls already on courses Encourage coached runners to do yellow first well and then with confidence go out and try Off Yellow with Orange level controls	Type of coach None specific – can be picked up by club members at events or as one-off coaching Dedicated local coach, supported by additional irregular but trained coaches for weekend camps Coach needs to be a bit beyond school coaching level None – set parameters for Off Yellow planning for planners – i.e. choose 4-5 controls located just off the yellow course which will need basic technique to find – handrail, catching feature, simple attack point
Juniors	Developing core skills	Regular Recognisable and regular coach	Weekly training sessions Long weekend camps Off Yellow courses	Events local to core club locations in holidays Single point training – based in one town or forest location Scout camp locations for cheap and reliable accommodation and venue League events - set as part of normal planning using other controls already on courses Encourage coached runners to do yellow first well and then with confidence go out and try Off Yellow with Orange level controls	Dedicated local coach supported by additional irregular but trained coaches for weekend camps Covered by Junior Squad programmes – not required for NCOG
Developing juniors	Introducing performance measures	Role model coaches	Weekly training sessions Long weekend camps Week long training camps in diverse terrain Major event coach support	Single point training – based in one town or forest location Various	Dedicated local coach supported by additional irregular but trained coaches for weekend camps Experienced orienteering coach required
Adult beginners	Clear and supportive adult learning	Adult coaches Supportive groups	4 weekly training courses	4 central sites required with specific attributes – eg WK1 – park terrain, WK2 forest, WK3 clear contour	School coaches could operate here with support from more experienced coach. 6-week programme already designed and in use Single set of commitment for coach – can timebox their effort each year once trained
		Weekend course		Location with variety of good quality terrain	Can do a single event without commitment to ongoing coaching. Best if can be scheduled each year for predictability

Adult improvers	Developing knowledge	Technical exercises which focus on advanced skills	Introduction to new tools and techniques	<ul style="list-style-type: none"> League event co-location for physical exercise available or online on a follow up coaching session. Online coaching post event coaching has advantages: <ul style="list-style-type: none"> Any senior coach could be asked to review exercise – not location specific Lightweight on coach time – just using their skill rather than their time as not setting out events Routadogz could be used to analysis event if participants encouraged to use GPS watches <p>Online coaching not intimidating for people who want access to advanced coaching, but don't feel 'let's'</p> <p>Available anytime</p>	Experienced coach Sessions can be offered according to coach interest – terrain specific, exercise specific (ie only offer exercises on relocation, or sprint racing, or on urban)
Club adults	Coaching must practice or develop skills which are already in place	Advanced exercises	<p>MapBup coaching series</p>	<ul style="list-style-type: none"> Any senior coach could be asked to review exercise – not location specific Lightweight on coach time – just using their skill rather than their time as not setting out events Routadogz could be used to analysis event if participants encouraged to use GPS watches <p>Online coaching not intimidating for people who want access to advanced coaching, but don't feel 'let's'</p> <p>Available anytime</p>	<p>Experienced coach sets season and identifies activities</p> <p>Actual exercise set up by rota of NGOC people – can be solid orienteers who can put out controls – don't need to be coaches</p> <p>To be trialled Therapie? Relocation Reading contour Improving compass work (could include night O to really test</p>
					Experienced coach sets series of exercises with notes provided on club website

NGOC orienteering kit



Our CompassSport Cup heat on Cannock Chase is coming up on 18th February. Let's try to get our team all smartly turned out in NGOC kit! We have a range of kit (T-shirts, jackets and two types of O-top) in a wide range of sizes to suit juniors and seniors. Please get in touch with Paul Taunton, paul@ngoc.org.uk to let me know if you need something. I usually bring some kit to NGOC events but I don't have space in the car to bring everything, so please try to let me know beforehand what you need and I'll make sure I bring a range of sizes.

Paul Taunton

MBE for Andy Stott in New Year's Honours

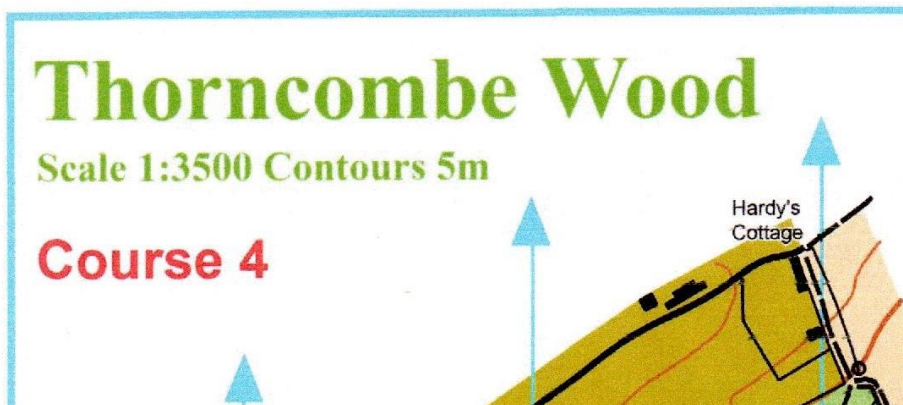
Congratulations to long-standing club stalwart Andy for his award. Gloucestershire Live reports:

“Dr Andrew Stott. Lately Science Adviser, Department for Environment, Food and Rural Affairs. For services to Nature and Climate. (Lydney, Gloucestershire)”.

Andy says he's delighted his contribution has been recognised and he thanks all his friends and colleagues who have helped him over the years. He and Gill are looking forward to their visit to Buck House!

Orienteering with Thomas Hardy

A Wimborne Orienteers permanent course

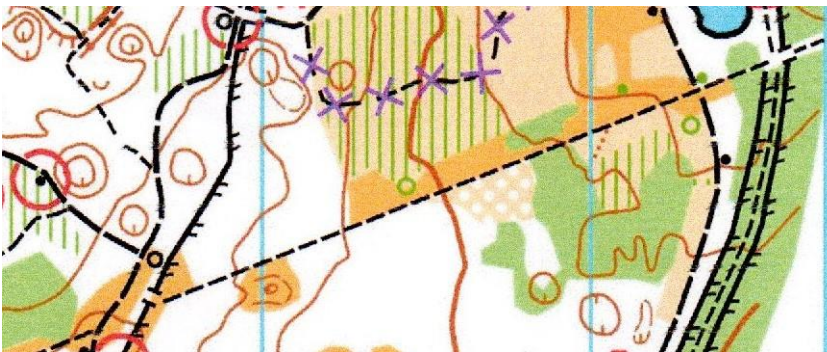


We recently visited Thomas Hardy's cottage a few miles outside Dorchester, where he was born and lived for his first 34 years. On the 15-minute walk back to the car park, through the woodland behind the cottage where Hardy would have played as a child, we spotted some orienteering controls for a permanent course. Back home we discovered that the land is owned by Dorset Council and that the course was devised by Wimborne Orienteers. Although the courses are for beginners and of the path junction variety the (small) area has plenty of depressions suited to a more difficult course; a pleasant area to explore if you're planning a visit to Hardy's cottage (National Trust). Max Gate, Hardy's house which he designed himself (he was apprenticed to a local architect at age 16 before he eventually became a full-time writer) is three miles away, on the outskirts of Dorchester.

To see the full map:

<http://www.mjk2.net/waffle/Thorncombe%20Wood/POC.htm>

A Roman road runs through the middle of the map:



For the Monty Python sketch of Thomas Hardy writing “The Return of the Native”:

[Monty Python - Novel Writing - YouTube](#)

Best route choice challenge ever?

BOK Local Oldbury Court and Frome Gorge event, 15 October 2023



A pleasant warm and sunny Sunday saw 26 runners on the Blue course. Apart from a good variety of terrain - parkland, urban, steep wooded hillsides - there were some excellent route choices. The River Frome bisects the map from east to west, and there are just three bridges, so how to get from Control 8 to Control 9 was a bit of a puzzle, with climb to consider as well as distance. To see Routegadget for several different ways of tackling the leg:

<https://www.bok.routegadget.co.uk/rq2/#257>

At this point I think that all competitors could have done with a short break (like you get at some road crossings) to study the map; I had got some way into my route before I wished I had

gone the opposite way. When I eventually finished the course I got chatting to someone who said that he had not used any of the bridges but actually paddled or waded across the river (shown as uncrossable dark blue) near a weir where he thought it looked shallow enough.

I think this is the most challenging leg I have ever seen for choosing a route - have you seen one that you think is more interesting or more difficult? Let the editor know at:

legend@ngoc.org.uk

NGOC Trophy for British Night Championships

I didn't know that in 1985 NGOC provided a trophy for the M17 class at the British Night Championships. It has taken nearly 40 years, but at last there is an NGOC name on the trophy! Well done to Reuben Lawson! (The Trophy was awarded for the M18 class as M17 no longer exists).



1985 MARTIN WARD M.V.
1986 SIMON BOURNE N.O.C.
1987 ALUN POWELL W R E
1988 KEITH GRAETZ POTOC
1989 JUSTIN HOWELL BOK
1991 ANDREW SIMPSON DEVON
1992 MICHAEL CRANNY DEE
1993 JULIAN SIMPSON DEVON
1994 SIGMUND GOULD DEVON
1995 SIGMUND GOULD DEVON
1996 LOUIS GOFFE EAST PENNINE O.C.
1997 LOUIS GOFFE EAST PENNINE O.C.
1998 CHRISTOPHER HODKINSON NOC
1999 CHRISTOPHER HODKINSON NOC
2000 STEPHEN WRIGHT NOC
2001 DAVID HODKINSON NOC
2002 TOM CHESTERS DEVON
2003 DANIEL HALLIDAY O.D.
2004 ANDREW LLEWELLYN NOC
2005 OYSTEIN LANGBERG EBOR
2006 CHRIS SMITHARD DEE
2007 EDWARD LOUTH WAOC
2008 DECLAN GRAY SARUM
2009 JONATHAN CRICKMORE SO
2010 LEWIS TAYLOR WCOC
2011 SIMON BRADBURY S.Y.O.
2012 ADAM POTTER BOK
2013 AIDAN SMITH SYO
2014 ALISTAIR MASSON SO
2015 HARRISON MCCARTNEY
2016 ZAC HUDD WCOC
2017 JOSEPH WRIGHT
2018 MATTHEW GOOCH
2019 JOE SUNLEY WCOC
2020 BEN SQUIRE NOC
2021 EUAN TRYNER SYO
2022 REUBEN LAWSON NGOC

Paul Taunton

How to be a (very) sad orienteer



Some of the maps are a bit large for folding into A4 plastic wallets. Black Morgans Wood was probably last used over 20 years ago

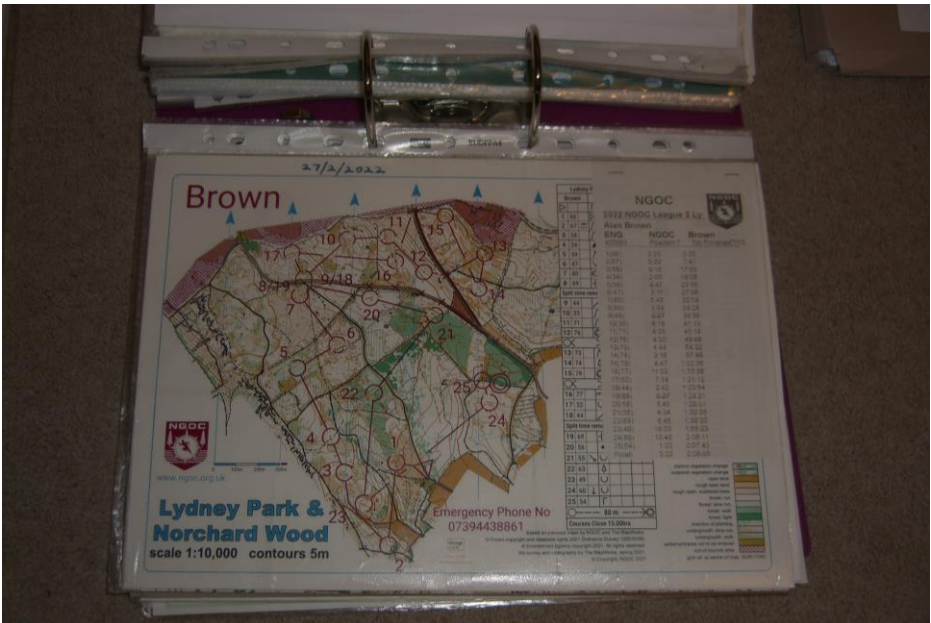
Collect all your orienteering maps together, put them in alphabetical order and then date order and type in the details on an Excel spreadsheet set up by your wife who knows about these things. Details can include course (Blue, Green, Score, Harris etc), distance, climb, number of controls and scale of map. You can get the spreadsheet to add up how many controls you have visited or how much climb you have done. Then, making sure that you have donned your anorak, you can play around with the figures and bore your friends, or maybe your enemies, with them.

From 30 years of orienteering I reckon, roughly, to have done 750 events, with a distance of 4,000 kilometres, 100,000 metres of climb and 13,500 controls at 300 different locations. The scale of the maps has varied from 1:600 to 1:15,000.



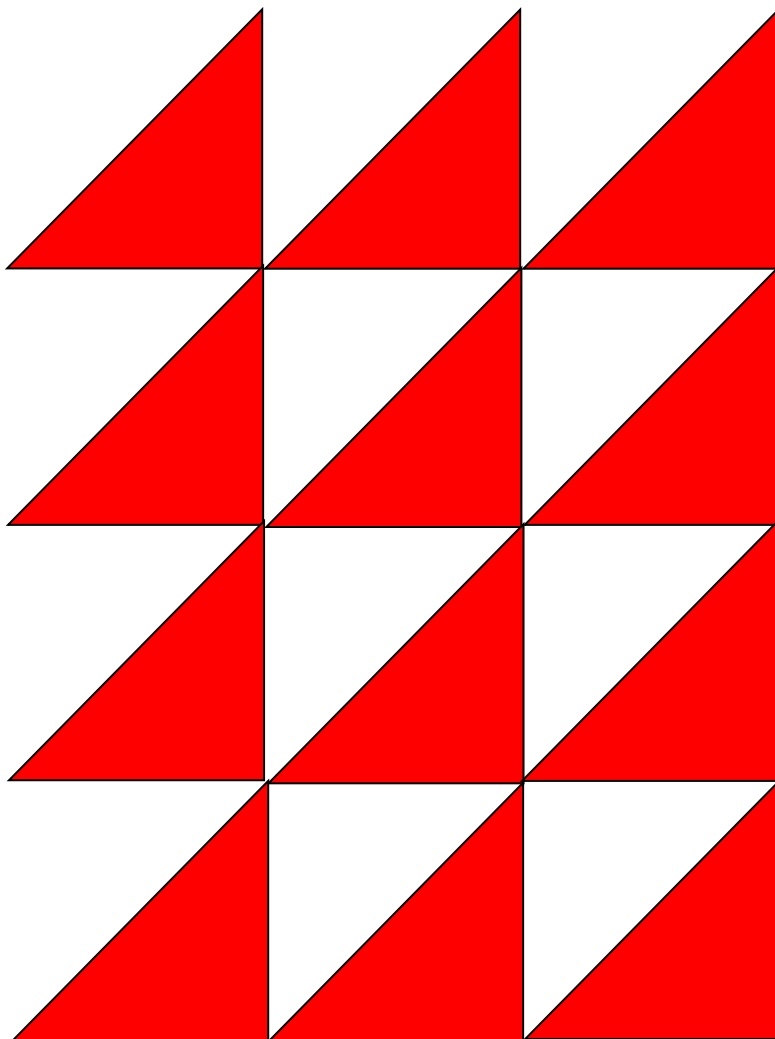
Thanks to my sister-in-law having a clear-out of papers I have been able to file my maps in recycled plastic wallets in recycled lever-arch files; larger maps have been stored in plastic bags.

Is there anybody out there as sad, or sadder than me? How many events have you been to? And in how many years? Let the editor know at legend@ngoc.org.uk



Christmas decorations

If you like the trendy control kite decorations in the photo on the front of this Legend print out the ones below on some good-quality white card. Then cut them out, remembering that they are three-sided and that you should leave a bit of overlap, glue them together, attach a thread to each kite and wait for Christmas 2024!





	MILITARY LEAGUE(SOUTH)	<i>BAOC</i>
	HOSTED BY BAOB	
	HAWLEY	
	WEDNESDAY 13 DECEMBER 2023	
	FESTIVE O	

From the flyer:

"Fancy dress is encouraged, however remember not to confuse with Santa or Fairy."

"The Score course will have 27 controls on the map, plus a mobile Santa, a mobile Fairy and a static Christmas Tree all worth 10 points, not marked on the map. A total of 30 controls worth 300 points."

(Needless to say, I did not encounter Santa, Fairy or Christmas Tree but a large bowl of soup and a glass of mulled wine afterwards at a nearby hostelry made up for it.)

28	60	Single Tree
29	90	Special Item
30	123	Special Item



MLS festive event on 13 December: Kim, Tom (with turkey headgear) and Ginny

from the . . . NGOC Archive

Overprinter




































New Year's Day 2007 – the last time the overprinter was used? Pat - do you still have this as equipment officer?

In the days before Mapping Officer Bob Teed printed the maps *and* courses on the NGOC computer, score events were overprinted on conventionally litho-printed maps using a John Bull-like printing kit. One “blank” map at a time was placed in the printer on the metal plate; then the upper plate, with the control circles and numbers held in place with glue, was inked on the giant pad and then pressed down on the map. Although there were guides to bring the upper and lower plate together correctly, the control circles did not always end up in exactly the right places!

Brashings

How good are you at control descriptions? Answers:

Map	Terrain	Control Descriptions	Text Description
		46 <input type="text"/> <input type="text"/>  <input type="text"/> <input type="text"/> 	Lake, east tip
		47 <input type="text"/> <input type="text"/>  <input type="text"/> <input type="text"/> 	Pond, east edge
		48 <input type="text"/> <input type="text"/>  <input type="text"/> <input type="text"/> 	Waterhole, east edge
		49 <input type="text"/> <input type="text"/>  <input type="text"/> <input type="text"/>  	Stream bend, west side
		50 <input type="text"/> <input type="text"/>   <input type="text"/> <input type="text"/>  	Southern stream bend, south side
		51 <input type="text"/> <input type="text"/>   <input type="text"/> <input type="text"/>  	Stream junction, north side
		52 <input type="text"/> <input type="text"/>  <input type="text"/> <input type="text"/> 	Ditch, north-east end

For the full list of examples see: [OneDrive \(live.com\)](https://onedrive.live.com)

British Orienteering incentive scheme Awards

Congratulations to the following members who have been awarded incentive scheme certificates for their performances at orienteering events.

Colette Du Toit	Racing Challenge: Bronze Award *****
Francis Cameron	Racing Challenge: Bronze Award ** Navigation Challenge **
Alexander Harlock-Askew	Racing Challenge: Bronze Award *** Navigation Challenge ***
Alec Linton	Racing Challenge: Silver Award *****
Ella Miklausic	Racing Challenge: Bronze **/Silver **
Emily Horsfall	Racing Challenge: Silver **
Luke Miklausic	Racing Challenge: Bronze **
Dylan Miklausic	Racing Challenge: Bronze **
Katie Agombar	Navigation Challenge *****
Tom Johansson	Navigation Challenge *****
Hilary Nicholls	Navigation Challenge ***
Rosie Watkins	Racing Challenge: Bronze Award *****

A warm welcome to new members: -

- * Heather & David Bovill with their sons Daniel & Ben.
- * Roger, Lisa and Hannah Hardiman.

William Morris . . .

. . . might not have been an orienteer but he describes in his medieval fantasy adventure *The Wood Beyond The World* exactly how some of us feel occasionally when out in the woods:

"Howsoever, he found the gate whereby they had entered yesterday, and he went out into the little dale; but when he had gone a step or two he turned about, and could see neither garden nor fence, nor any sign of what he had seen thereof but lately. He knit his brow and stood to think of it, and his heart grew heavier thereby; but presently he went his ways and crossed the stream but had scarce come up on to the grass on the further side, ere he saw . . . "

"The Way Through the Woods"

The title of Colin Dexter's tenth Inspector Morse novel suggests it might be of interest to orienteers! Morse heads the investigation into the disappearance of a Swedish girl, Karin Eriksson, leading to a search focussing on Wytham Woods, near Oxford. Lewis travels to Sweden to meet Karin's mother and establishes that one of the girl's interests was orienteering, but unsurprisingly this proves not to be relevant.

During the investigation Morse receives several mysterious notes and letters relating to the case and highlights spelling mistakes within them as being potential clues. **But Dexter himself makes at least two spelling mistakes!** In a forester's hut Morse looks at **Ordinance** (sic) Survey maps pinned on the wall and later he drinks a pint of Ruddles **Country** (sic) Ale! Is it chance that these typos appear on pages 96 and 192, (2 x 96!) or is that a further hidden clue?

At this point I think the Editor will add the word RUBBISH!
But the book is a good read, and also somewhat different
from the TV adaptation.

(Thanks to Paul Taunton)

Have your say!

Are there any matters that you would like the Committee to consider? Contact the Club Secretary or any member of the Committee.

Articles for Legend

We are always looking for articles and photographs on anything to do with orienteering. Send your article/pictures to legend@ngoc.org.uk. 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.

Festive Amazon tape for sealing packages:

