

# The Legend

Number 211



Newsletter of  
North Gloucestershire Orienteering Club  
July 2024

[www.ngoc.org.uk](http://www.ngoc.org.uk)



# NGOC Committee

The Principal Officers	
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<b>Treasurer</b> Alan Pucill <a href="mailto:treasurer@ngoc.org.uk">treasurer@ngoc.org.uk</a>	
The Officers	
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<b>Mapping Officer</b> Ian Phillips <a href="mailto:mapping@ngoc.org.uk">mapping@ngoc.org.uk</a>	<b>Development Officer</b> Post vacant
<b>Communications &amp; Publicity Officer</b> Tom Cochrane <a href="mailto:communications@ngoc.org.uk">communications@ngoc.org.uk</a>	<b>Fixtures Secretary &amp; Permissions Officer</b> Greg Best <a href="mailto:permissions@ngoc.org.uk">permissions@ngoc.org.uk</a>
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<b>Volunteer Coordinator</b> Ian Prowse <a href="mailto:volunteer@ngoc.org.uk">volunteer@ngoc.org.uk</a>	<b>Additional Member</b> Paul Taunton <a href="mailto:paul@ngoc.org.uk">paul@ngoc.org.uk</a>
Other Useful Non-Committee Contacts	
<b>Club POC Manager</b> Caroline Craig <a href="mailto:pocs@ngoc.org.uk">pocs@ngoc.org.uk</a>	

The above shows the committee structure following the 2022 AGM

**Front cover:** The prestigious orienteering trophy for the BOK Army Championships, created by NGOC's very own Bob Teed and won this year by NGOC's . . . (see article inside)

# *Chairman's Chat*

Welcome to another fine edition of Legend.

We have experienced some summer and there is a promise of more to come, but all of the recent rain means we can expect plenty of undergrowth; unless of course you are fortunate enough to be heading off to one or more of the summer's events in upland terrain which are relatively free of undergrowth but heavily burdened with contour features. Talking of which, the Welsh six days, aka Croeso 2024 is just around the corner and I do hope that many members of the club are planning to go to some or all of the events. Gary Wakerley has been rounding up club members to help on Day 1, NGOC's event planned by Andy Stott on Methyr Mawr whose sand dunes are always an excellent challenge. Pat has mapped Ogmores Castle adjacent to assembly for the string course so even the little ones will enjoy this exciting and special event.

Congratulations go to our juniors. Seth Lawson, Alexander and Zebedee Harlock-Askew, Jacob Reeves and Luke Miklausic won the Yvette Baker Shield Heat, and then The Harlock-Askews, James and Hannah Agombar, and Thomas Dilley won the Shield at the finals. In another display of orienteering excellence, the Harlock-Askews (again) and Kathryn Lynne won the U12s at the British Sprint Relay Orienteering Championships.

Further congratulations go to Greg Best, who was awarded the Chichester Trophy for 2023 for his map of Mallards Pike. This award was originally donated by the Honorary President of the British Orienteering Federation in 1971, Sir Francis Chichester. The jury liked Greg's combination of LIDAR and detailed ground surveying to produce a clear and technically accurate map, and the fact he has surveyed the area over a year so that a user can toggle the vegetation overlay to reflect the thickness of the

bracken depending on the season. The Trophy consists of the binnacle compass used on Sir Francis' 'round the world' yacht, Gipsy Moth V; an interesting artifact in itself.

I went with Maggie to the World Orienteering Championships in Edinburgh over the weekend. Our excuse was that it gave us a chance to catch up with Maggie's Scottish half of the family and also to meet old Australian friends who had travelled up to support the Aussie squad. Before going, I was unconvinced that orienteering could ever be a spectator sport but with half-decent weather, live GPS tracking on the big screen and an experienced Swedish TV crew spread around the course it was a genuinely exciting experience. The planners had come up with excellent courses that used map exchanges and slight alterations to previous maps which created some bamboozling navigational challenges for our elites. I am not proud of the feeling, but I took comfort from watching the world's best make the sort of mistakes we all make (well I do) – live on a big screen in front of several thousand spectators. Maybe there is a future for orienteering in the Olympics after all? Probably in sprint format rather than forest orienteering, but good publicity for our sport overall.

*Ian Jones*

# Saunders Lakeland Mountain Marathon 2024 Haweswater



The Saunders Lakeland Mountain Marathon (SLMM or just 'Saunders') is a major highlight of the Lawson annual racing calendar. Matthew (my husband) and I first started in 2002 where we entered the Carrock Fell class, walked most of it and fuelled ourselves with cheese sandwiches (reader: don't try this at home; you CANNOT climb hills quickly while eating cheese sandwiches). Since then I have taken part in many more, with many different running partners, and loved all of them in different ways.

Since our children have reached the age of 14 they have also been able to take part as the Saunders has a 'parent-child' class, and the 'Saunders love' has been spread to them as well. Seth, our youngest, is especially hooked, and with Matthew has also won the Family prize at the Short Score at the 2023 Eryri OMM.

After the 2023 Saunders I was deemed too slow to run with Seth so I set about looking for a new, more appropriate partner. Luckily Alice wasn't required to support the GB orienteering team at JWOC (Junior World Orienteering Championships for non-orienteering readers) so she agreed to run with me. Alice has been one half of our children's main orienteering coaching team for years, and has taught me quite a lot too. I knew we'd get on and it would be fun so I was very much looking forward to it.

After running the Bedafell class for three consecutive years with different juniors I entered Harter Fell with some trepidation. It was only a little bit longer, but none of us are getting younger and regular training on the hills is harder to fit in these days with the children's orienteering events being all over the country. A couple of longer runs (well, 10 miles is long for me!) in the Wye Valley and a couple of not-very-long South Wales fell races was the total specific training undertaken this year. The rest was based on luck and hope. And the certainty of no cheese sandwiches.

Alice had the opportunity to finalise various issues with the organisation of Croeso 2024 whilst about to enter the start grids (multi-tasking at its best) and I soon discovered I was running with a celebrity because EVERYONE seemed to know her. Countless pairs of young gazelles wearing O-tops leapt past us with a 'Hi Alice!' wave. We'd be slogging up a steep hill and there would be someone that knew her. At the Saturday run in all I could hear were voices from every direction calling out 'Go Alice! Go Alice!'.

The course itself was good and there was interesting route choice on day 1. We took the higher path route to 2 and we chose the lower eastern route to 3. We stuck to the path for the ascent past the tarn rather than the direct route up the steep hillside to 4 (Matthew and Seth overtook us at this point having chosen the direct route up) and we then retraced our steps to the sheepfold at 5. The climb out of 5 did kill us though.

The overnight camp was one of the best of all the 14 Saunders I have done. We had a nice group of old and new friends from South Wales and South West, excellent weather and unexpected entertainment in the form of 'groups huddled round a phone and reacting to the penalty shootout'. People's phone reception speed varied so that, amusingly, the cheers were not always simultaneous. The fact that Alice and I were winning the Vets class by 10 minutes was a bonus. From South Wales our running club coach Eddie sent a message to 'kick on guys' to the 3 teams that contained people he coaches (me, Matthew, Seth and Rebecca who was running Carrock Fell).

Day 2 dawned bright and sunny. We set off steadily but with a greater sense of purpose as so often happens on the second day when you have a much better idea of how you are doing results-wise. There was significantly less route choice than day 1 (we took the planner's exact route) and I mentally tried to 'kick on' once we had done all the climb, for the last two downhill controls. I am not sure this kicking on actually happened but my brain thought it was trying to even if my quads were not cooperating. The forecast lunchtime rain was fortunately late and when it arrived it was fairly feeble so we had a smooth outing to finish early enough to stay dry and to not have to queue for food (double bonus). We were sent off to be kit checked (always promising when that happens) and we had won the Vets prize: two lovely engraved slate tiles.



Eddie's message obviously worked because Rebecca and her running partner also won a prize as first F team in Carrock Fell, and Matthew/Seth were 6th team in Harter Fell (out of 81 finishing pairs plus 16 teams who retired) so were pleased especially considering Matthew's ongoing injury woes.



I would recommend the Saunders to anyone. There are many different course options, and you can run or you can walk, or mix it up. You also have the option of a shorter course on day 2 if you so wish. It is a friendly, extremely well-organised event. You can pre-order beer and other drinks for the overnight camp. The weather is usually ok.

This year out of 575 entered pairs there were 100 juniors as well as 315 people under 30, which is extremely good news for the future. If you have a child who will be 14 by 5 July 2025 then do consider it. Entries will open in December 2024. Next event 5/6 July 2025. Put it in your diary now and see you there!





*Photo by the official photographer Rob Howard on the descent to the end of day 1*

*VANESSA LAWSON*

# FRANCES ALEXANDER



We are sorry to report the passing of Frances Alexander. There may not be too many left who remember her - foot problems meant she hadn't been active for some time - but she was one of the leading lights behind the Junior Club of some years ago, which encouraged quite a few of our youngsters to have fun and improve their skills.

*Editor*

Sorry to hear that Frances has passed away. She was living around the corner from myself, Nick Nourse and John Coleman in Chippenham in the nineties. NGOC was important to her and it was her enthusiasm that steered me towards joining. Very keen to be out competing, but even more so getting youngsters to take up the sport. She put a lot into that. She had been a teacher at Hardenhuish school there. A very public-spirited person.

*Alan Richards*



*Frances (middle of back row) with the NGOC Junior Squad in 1993/94*

In her earlier sporting life Frances was a fencer - to a high standard. In her working life she was a secondary school teacher.

*Carol Stewart*

I remember Frances as an articulate and enthusiastic coach from my time in the NGOC junior club. She was a friendly and welcoming figure to a novice such as myself. There were always challenging but enjoyable training activities on offer and under her tutelage I learnt all the basic O skills. She always had suggestions for improvement which I tried to follow as best I could, though I'm afraid I never took to pacing... My passion for the sport was kindled at that time and I can only thank Frances for the part she played then which undoubtedly led to my continued involvement in the sport today.

*Joe Taunton (now South Yorkshire Orienteers)*

The only thing I would add was learning about attack points - I remember Frances gave us a control to find when we were orange level, after we had found it she told us that it was only on the blue course; it was made easy by attacking it from a different direction.

*Samuel Taunton*

Hello Ian

On behalf of myself, my brother Gordon and cousin Iain, I wanted to take the time to thank you so much for your lovely letter about our aunt, Frances Alexander.

Frances was an amazing person and will be much missed among her family as well as her huge number of friends. She was always such an energetic person, and she certainly had an enormous range of talents - fencing, orienteering, art, calligraphy and creative writing - a lot of variety in one person!

Thanks again

*Jane Dearden (niece)*

From April 2020 Legend:  
*Frances Alexander retires*

Having had to stop orienteering years ago because of foot and back problems, I kept up subs. in the nostalgic hope that some time I might be able to do it again - but have now decided not to renew any longer. What a wonderful sport it is and what pleasure it gave me.

*Frances Alexander*

## Bertie does Frith Hill

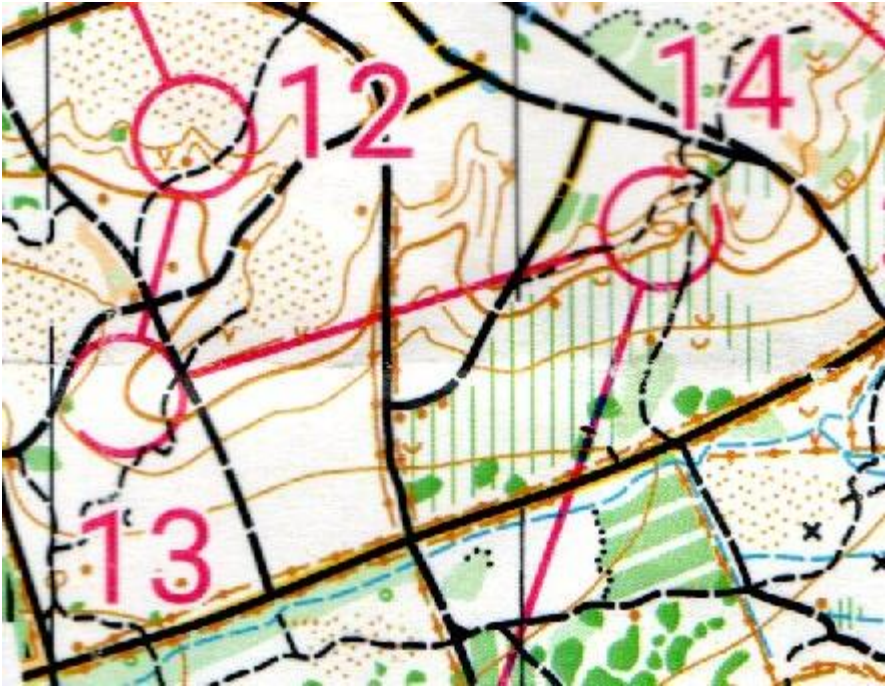
What a bunch of slackers! Yes, you know who you are – the band who usually go each Wednesday to the MLS but who opted out and left the gallant Bertram to travel on his ownsome. I decided to let the train take the strain but the train didn't seem to be making much of an effort. Jeeves – my valet, you know – when arranging my tickets had discovered that I had to change at Reading. Since there was just one train an hour from Cheltenham to Reading and just one train an hour from Reading to Farnborough it goes without saying that my first train was due to arrive at Reading a few minutes after my second was due to depart.

Eventually I arrived at the destination station and strolled a mile or two to Frith Hill, a good warm-up. I arrived at the event and exchanged a friendly hello with the Gurkha chappie guarding the entrance and wandered off to the car park to be greeted by a round of applause. Now I realise that I am quite well-known at the MLS and have even been described as mildly popular but this was rather surprising. Toddling on a bit further it became evident that the applause was not for me but for the prize-giving at the Royal Logistics Corps Championships. Of course this is all explained by my arrival being later than normal and many punters having already completed their courses.

Relieved of any embarrassment I changed behind a bush and ankled over to the start. Exchanging greetings with the usual cheery Start team I set off on the Blue course. The day was beautiful, warm and sunny and the ground was actually dry and firm underfoot for a change so I felt no need to rush round.

Taking things steadily I found most controls quite well; two or three controls were not so successful but this was only because I tried to be clever and go direct rather than round on the tracks. When getting near to a control, I walked rather than ran and I felt that this part of the plan also worked well.





*Why did Bertram try to go direct from 13 to 14 when it would have been easier and quicker to follow the tracks?*

Back home I was in the jolly old armchair thinking of this and that about the day's event and finishing my second G & T when Jeeves materialised at my elbow with a computer print.

"Here are the results of today's MLS orienteering event, sir. I see that your name appears about halfway, a very creditable result, considering."

"I'm not sure that I like the word 'considering', Jeeves, you must curb this tendency to denigrate, if that is the word I want, my orienteering prowess."

"Well, sir, of today's competitors on the Blue only two were under 40 years of age; also I was thinking of the event last Saturday, when, in spite of finding control 15 at Leckhampton Hill, you failed to punch and were subsequently disqualified."

# Your ideas wanted

*by NGOC member Neil Cameron*

I am a Trustee of the Orienteering Foundation registered Charity and act as its Ambassador for SWOA.

In my role as Ambassador, I try to act as a point of contact for anyone in SWOA or its clubs who wants, for example, information about the Foundation or wants to seek support from us (eg to discuss a potential grant application).

As well as supporting with finance some excellent initiatives from clubs recently such as Club Development Officers, the Foundation occasionally initiates projects of its own, examples being the now annual coaching day (see <https://www.orienteeringfoundation.org.uk/coaching-days-2>) and the Newcomer Retention project and its report (see <https://www.orienteeringfoundation.org.uk/newcomer-retention-group-report-published>).

We are currently reviewing what our next project(s) should be. We are about to launch one on volunteering (see <https://www.orienteeringfoundation.org.uk/volunteer-effort-project>) and I now would like your assistance please in answering the two questions below. I am happy to have emails or phone calls from anyone in NGOC (or short discussions at an event), whether they are on the Club Committee, or are simply club members. I hope this approach will encourage replies as it might mean just a 2-minute phone call or an email with a sentence or two. You can answer either question or both.



*What is the most important problem you believe clubs currently face and that you would like to see efforts made to find new solutions and/or current best practice?*

*When our volunteering project starts, what aspect(s) of volunteering would you suggest as being the most important to address first?*

I am looking for input over the summer, and say by 8 September at the latest.

Thanks

Neil Cameron

([nm.cameron@btinternet.com](mailto:nm.cameron@btinternet.com) 01684-294791)

# YVETTE BAKER TROPHY AND SHIELD

Yvette Baker, born Yvette Hague, was one of the first international stars of UK orienteering, becoming in 1999 Britain's first world champion by winning the short distance event. As a junior she hit the headlines when, at the age of 15, she won the W21 Elite Jan Kjellstrom Trophy and in the same year, 1983, was selected as a member of the senior British relay team at the World Championships. The annual Yvette Baker Trophy and Shield competitions for juniors are named in her honour. The Trophy competition began in 1999, while the Shield is a relatively recent addition with the inaugural event in 2017.

The YBTS are the premier Junior Inter-Club competitions for English and Welsh clubs - (Scotland has its own competition the Jamie Stevenson Trophy). There are two competitions held each year that take place at the same event, the Trophy for larger clubs, with teams of nine to count, and the Shield for smaller clubs, with teams of five to count. NGOC counts as a smaller club and so competes in the Shield. Last year the final was held at Sandall Beat near Doncaster and organised by SYO. NGOC fielded a team of four juniors then and came fourth, though only 6 points behind HALO in third place.

The South West qualifying heat was hosted by BOK at Hanham on June 9th, where NGOC juniors were in competition with QO and KERNO. In the end it was straightforward, unlike the previous year when QO ran us very close, as all our five competitors had clean runs, scoring 495 points. Juniors score points based on their finishing position in their class. In each competition, the winner in each class scores 100 points; second place 99; third place 98; then 97, 96, etc. down to 0. Running Green Seth Lawson scored 100, on Orange Zebedee Harlock-Askew scored 99 and his twin brother Alexander 97, while on Yellow Jacob Reeves scored 100 and Luke Miklausic 99.

The final was hosted by HH on Sunday 7th July and held at Northaw Great Wood to the north of Potters Bar. The weather was challenging for the time that the juniors were running as there was torrential rain and many loud claps of thunder. With the breeze as well, there were a number of very cold competitors by the end of their runs. The organisers afterwards admitted that there had been discussions during the event about how much worse would it have to become before the event was abandoned. It was a well organised event with six clubs taking part in the Trophy competition (AIRE, HH, SO, SYO, TVOC, and WAOC) and eight in the Shield (BKO, CLOK, DFOK, DVO, MV, NGOC, SBOC, and SOS). There was a radio control and live commentary announcing all the finishers and providing updates on the club positions. Live results were also being very regularly updated via SI.

Once again all of our five runners had clean and fast runs, coping well with the difficult conditions. Tom Dilley came over from Chepstow with his Dad by public transport and although he is relatively inexperienced, certainly at this level, he ran a great race to finish in eighth place on Yellow which had forty-four runners but was the first male in the Shield, so claimed the 100-point maximum. Zebedee Harlock-Askew was leading on Orange initially but was overtaken by his brother Alexander, who recorded the only time under 30 minutes, so achieving another 100 points. Zebedee was fourth overall on Orange in a field of fifty-three, but was second male in the Shield event, so gained 99 points. Hannah Agombar ran well on Light Green coming tenth overall out of a total field of twenty-eight, but more importantly was the first W in the Shield so recording another 100 points. Her brother James ran in a very competitive Green class of thirty-one, claiming sixteenth position and fourth M (close behind three SBOC runners), so another 97 points. This gave NGOC a total score of 496 points which was a fantastic all-round effort.

The result in the Shield competition was nail-bitingly close, with just four points separating the top five clubs. NGOC came out

top, with 496 points, just two ahead of SBOC (494), who were just one point ahead of DFOK (493). CLOK and SOS were tied with 492 points, just one point behind DFOK and only four behind NGOC. An incredibly close race with NGOC winning the Shield for the first time! (The Trophy was retained once again by SYO who brought down 37 juniors in a coach and SYO has held the Trophy since 2017, from TVOC in second and WAOC in third places). The presentation ceremony took place in glorious, if not especially warm, sunshine and NGOC now hold the Shield for the next year. (The final will be on 06 July 2025 in West Sussex, but we have to qualify again first! – details of that to be decided!).

All in all, a great achievement by the juniors and a lot of fun too. As ever many thanks to all those involved but especially competitors and parents. Let's see if we can have even more juniors involved in the future!

***James Askew***

## **NEAR MISS - JUNIOR SAFETY!!!**

The walk to the far start for the British Sprint Champs Qualifier at the University of Warwick followed the pavement alongside the busy University perimeter road. Just south of a major roundabout I saw a young junior (M10?) looking at his map, then crossing the main road through busy traffic! As he did so a small girl appeared, also looking lost, and followed him into the road. A senior female runner just ahead of me on her way to the start called out to the juniors to stop and then brought them safely back across the road. She looked at their maps, pointed them in the correct direction, and off they went. Luckily, no harm done!

Looking at the junior courses afterwards there were no controls near there and in fact none of the courses had any controls close to this major road. The start location and courses all seemed very well planned to keep everybody far away from the busy perimeter road. But it's hard to plan for those who are totally lost!

How can we avoid similar risky occurrences in the future? It would not be feasible to marshal the perimeter of the whole competition area as dozens of people would be needed. In practice, the senior runners walking to the far start acted as unofficial "marshals" and recovered a potentially dangerous situation. Common sense prevailed! Perhaps in future the final details need to reinforce the message to parents that, unless it's a totally-enclosed traffic-free area like a park, they should not send young children who are not very competent out alone. Even so, 180 degree errors are not uncommon in experienced orienteers! We try our best, but no event can ever be completely safe.

*Paul Taunton*

# **BOK Army trophy**

This coveted shield is awarded to the winner of the BOK Army Championships; this year the event was a score course at Sand Point, near Weston-Super-Mare, see *separate article*. The shield's creator, Bob Teed, enlarged the original when there was no more space for the winners to glue on metal discs with their names and year of glory.



*The original*



*The enlarged trophy, waiting for a metal disc for 2024*



*Provenance: what the experts on the Antiques Roadshow always turn over for*



To explain the crest it must first be said that BOK Army is an unofficial club devoted to attending the British Army Orienteering Club (BAOC) events on Wednesdays, Wednesday being sports day in the Army. Therefore most members are of the retired variety and mainly from BOK and NGOC. But, if you have a free Wednesday, why not pop along and meet the regulars and enjoy a good course on good terrain? Additionally, each year there are several events solely for BOK Army members.

So it seems appropriate that the crest features two elderly orienteers with walking sticks. The fact that one of these gents (labelled Tony) is tripping up the second gent (labelled Bob) with his stick is not what usually goes on but is a representation of the keen competitive nature of the members.

However there is one unsavoury incident worth recalling. Scene: a very wet and boggy New Forest in winter; Bob has fallen over and is now lying in glutinous mud. Tony chances on the scene:

Bob: "Help! I'm stuck in the mud!"

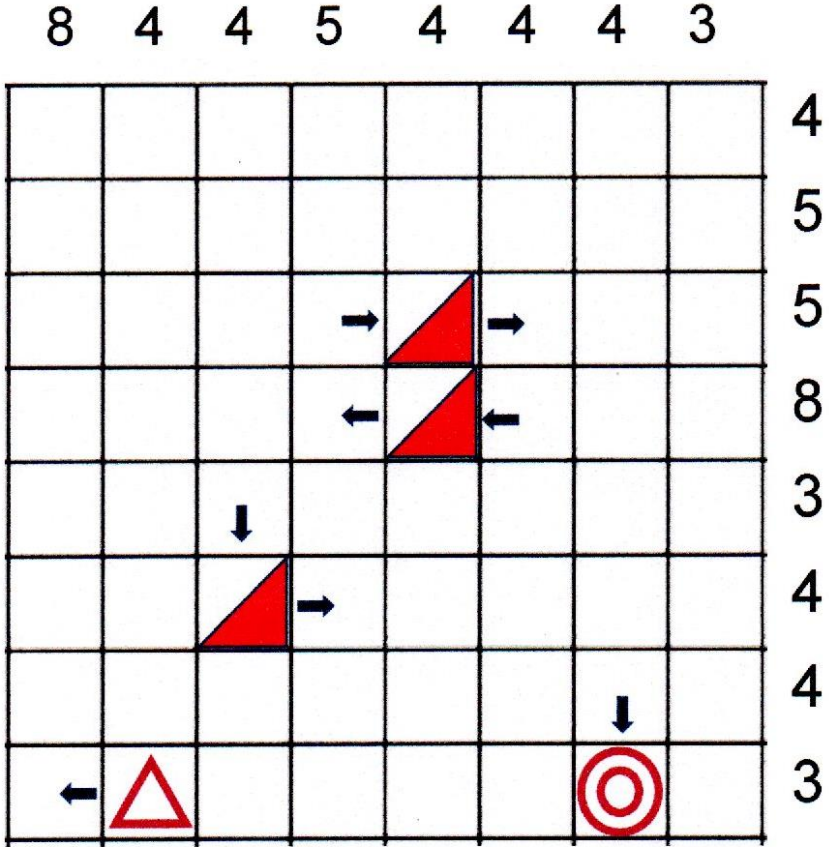
Tony, considering for roughly two milliseconds: "Don't worry, you won't drown there."

And carries on, leaving Bob to reach for a twig and pull it towards himself until he has hold of a branch substantial enough to bear his weight as he hauls himself out.

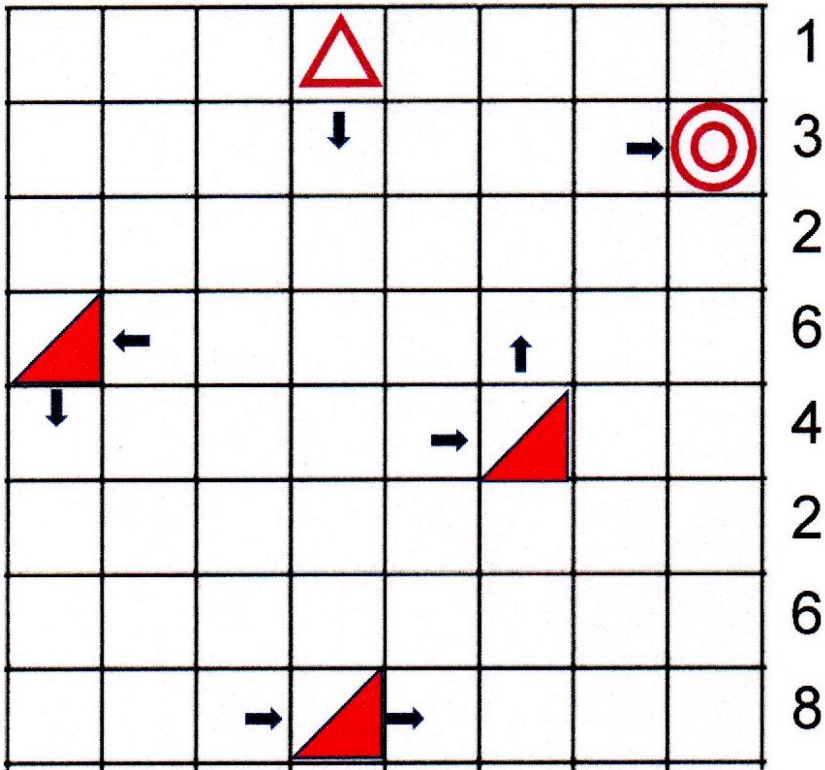
Now I am sure that the crest is most suitable to the ethos of BOK Army but does it look heraldic enough to be registered with the College of Arms? The College, founded in 1484, charges £18,415 for a non-profit making body so maybe an increase in the entry fee for the BOK Army Championships is called for to fund the application.



Here are two of the puzzles for you to solve. Answers are at the end in **Brashings**.



5 2 2 8 3 4 5 3



# Bertie Wins Big



“What Ho, Jeeves, are you there?”

And the fine fellow immediately appeared from his lair to greet the young master.

“Good afternoon, sir, I trust that you had a pleasant orienteering experience today?”

“I certainly did and look what I have brought home!”

“I recognise it, sir, as the trophy for the BOK Army Championships, first awarded in 2007 to Mr Griffiths who won it again in 2008 but in 2009 was obliged to hand it over to . . .”

“Thank you for the history lesson, Jeeves, the point is . . .”

“May I enquire how you came to have possession of it, sir? Have you been entrusted to superintend its repair?”

“I have been entrusted, as you put it, to arrange for a small metal disk engraved with the 2024 winner’s name to be attached. I take it that you know a suitable establishment that does such work?”

“With whose name is it to be engraved? It is usual for the winner to take the responsibility for arranging this themselves.”

“Don’t try me too hard, Jeeves, *my* name is to go on it; I won the bally thing today for the Long Score at Sand Point, near Weston-Super-Mare.”

“Really, sir? Could there be some species of error? it seems improbable that . . .”

I explained to the fellow, with some hauteur, that, although I was only about halfway in the actual points scored, when the handicap was applied, I won by a country mile.”

“Ah, the handicap, I understand, sir. No doubt the handicap was based on the current BOF rankings as our performances in recent qualifying events have not been of the best. I would hesitate to express myself more strongly although I have heard other members of the club use words such as abysmal, deplorable and even excruciating.”

“Thank you, Jeeves, that’s enough about a couple of performances that were not up to my usual standard, one can’t be in mid-season form all the time. Here is the map and perhaps we can cut to our usual debriefing.”

“Are you desirous of a brandy and soda whilst we discuss the map, sir?”

“Good idea, but go easy with the soda.”

“Very good, sir.”

I sat back in the jolly old armchair with my feet up and sipping my b and s while Jeeves perused the map.

“A long, narrow area open area best suited for a score event as devising a line course would be difficult. How did you plan your run, sir?”

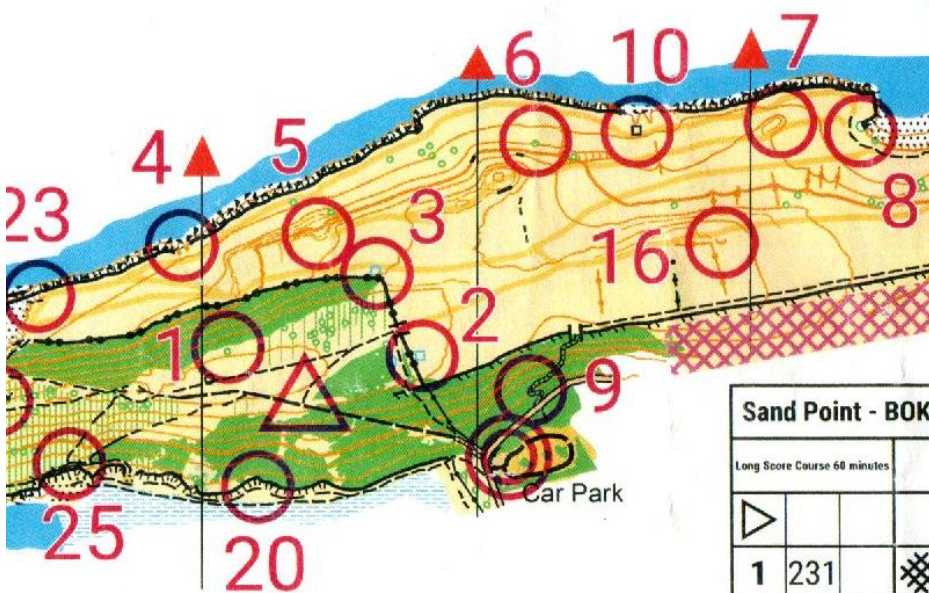
“I’m not sure that plan is the correct term. We were running a few minutes late and, with the timing of the post-event festivities in mind, the punters were quickly shepherded up the steep slope to





“I do apologise, sir.”

“I then went east, keeping to the north of the map, when I made my first blunder – I visited control 3 and thought that I would collect 2 on the way to the Finish in the car park. But what I had not noticed was an alternative route to the car park, down a long series of steps, with 9 about halfway down. This latter route was what I took towards the end of the course.”



*Downhill all the way to 25 while 20 appears to be on the beach itself. 9 next to a stairway on an alternative route to the Finish in the car park*

“A very understandable error. How far did eastwards did you venture?”

“Well, keeping a constant check on the old watch, I judged it time to wend my way back after dibbing 11 and 12, leaving the furthest five controls to their own devices. I dibbed the Finish with just over a minute to spare.”

“Well played, sir.”

“Now, Jeeves, when you have had my name engraved on the trophy where should we display the dashed thing?”

“You wish to display that item, sir? I would not advocate . . .”

“Yes, that item, as you call it, goes on the wall to impress my friends and relations and any young ladies that happen to visit. I know that visitors’ eyes are invariably drawn towards the cocktail cabinet so bang a nail in the wall just above it. They will then be dazzled by the trophy and will forget all about dropping hints about cocktails while I regale them with tales of my orienteering prowess.”

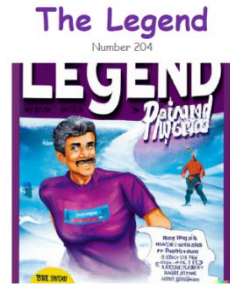


*Just above the cocktail cabinet*

# 2023 CompassSport Newsletter Awards

Legend did not receive one of the overall newsletter awards for the year but the January 2023 edition did win us “Cover of the Year”. This is thanks to Tom Cochrane’s venture into AI:

Legend was also mentioned for the dangerous wildlife in the NGOC areas, viz wild boar, pine martens and – most fearsome – headbutting sheep.



Newsletter of  
North Gloucestershire Orienteering Club  
January 2023

[www.ngoc.org.uk](http://www.ngoc.org.uk)



**BEWARE!**

**LARGE SHEEP WHO LIKE TO HEADBUTT!**

**PLEASE TAKE BOTTLE AND SPRAY IF APPROACHED (THEY DON'T LIKE WATER)**

**THEN LEAVE THE BOTTLE ON THE OTHER GATE FOR THE NEXT VICTIM**

**MANY THANKS FOR YOUR PATIENCE WITH OUR PROBLEM FLOCK!!**

# Advertisement for the MLS



Wednesday is sports day in the Army. Are you free on a Wednesday? Join the NGOC MLS (Military League South) group for great orienteering, car share, and a very good social day out. You won't be expected to turn up every week – if you have just the one free Wednesday in the year you will still be very welcome.

It may seem a long way but with three or four in the car the cost is kept low and there is plenty of orienteering conversation to be had. On the return journey there is always a quiz to keep the driver awake!

The British Army Orienteering Club (BAOC) puts on a high-quality event nearly every week; the terrain is often sandy heathland with patches of trees (and hardly any brambles), sometimes urban in character in barracks. In the barracks you will often get controls hanging from tanks or armoured cars (and sometimes inside them). A civilian (or civvy being the correct

military terminology) catering van with excellent nosh at reasonable prices is usually present - with chairs and tables to sit round and discuss triumphs and disasters and compare times between controls.

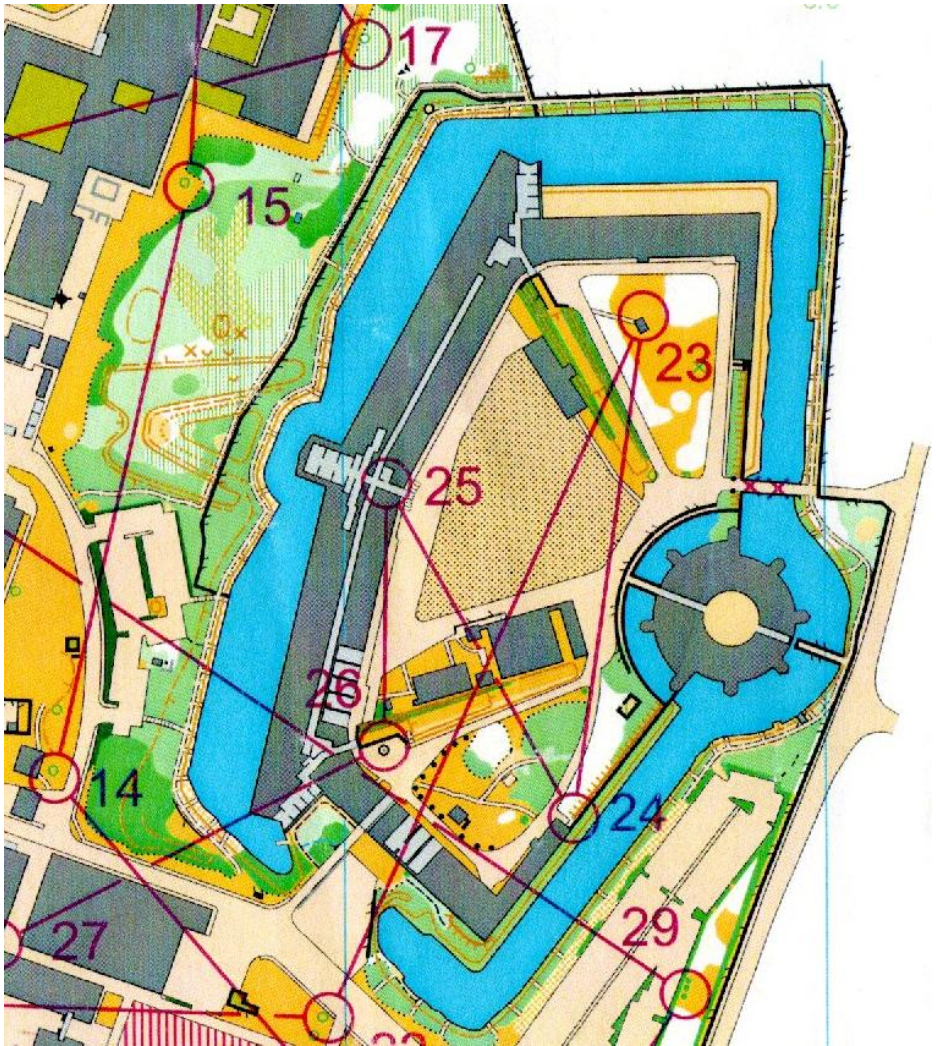


*You will find all the essential facilities you would like at an Army event; here we see fine-tuning the position of the most important facility*

If you like history as well as orienteering here are just some of the interesting places that we have visited:

**HMS Sultan** – the Royal Navy gives names to its shore establishments in the same way as its ships. HMS Sultan is a training establishment in Gosport and is noteworthy for a couple of “Palmerston’s follies”: these forts were built in Victorian times when a French invasion was feared. They were called follies because they faced inland and, by the time they had been completed the French were on our side.



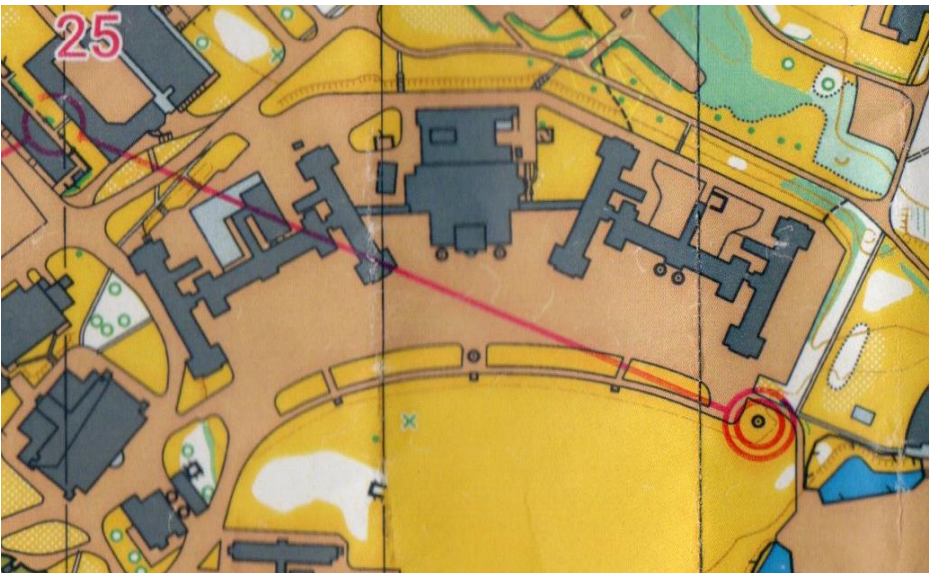


*One of Palmerston's follies at HMS Sultan*

**Sandhurst** – run round the world-famous Royal Military Academy and grounds.

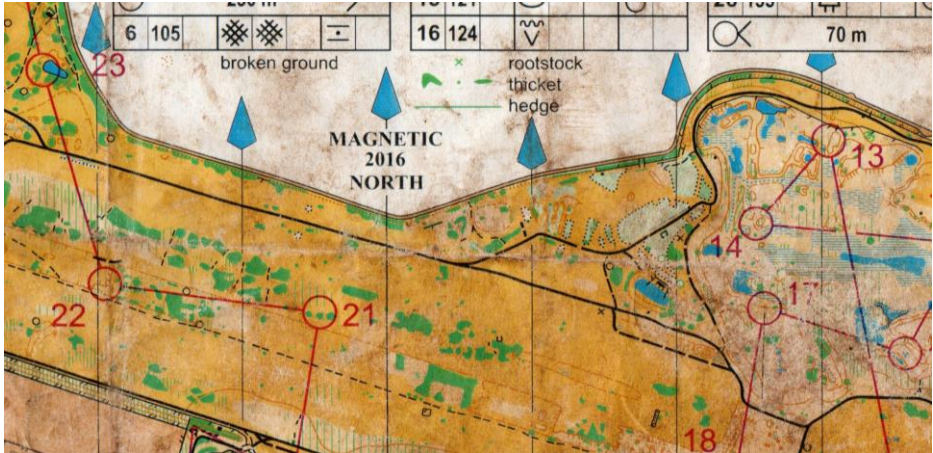


*Photo and map: RMA Sandhurst: New College buildings  
Photo by Antony McCallum - <https://www.wyrdlight.com>, CC BY-SA 4.0, <https://commons.wikimedia.org/w/index.php?curid=12423885>*

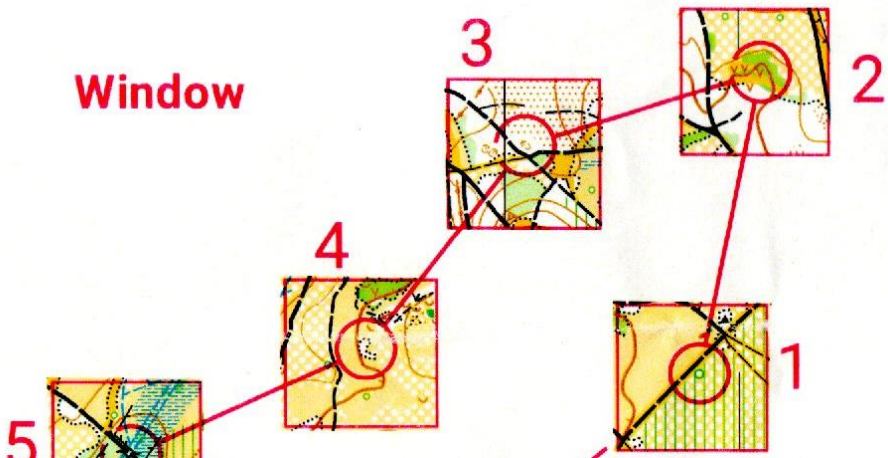




**Greenham Common** – where there was a “peace camp” to protest against U.S. nuclear weapons being held there; the camp continued even several years after the weapons were removed. It is now a country park (with little climb, unsurprisingly, as much of the map is of the old runway).



*You can see from the state of the map that it was a very muddy day!  
Controls 18, 21 and 22 are on the site of the old runway.*



*Barossa (Sandhurst training area) windows course*

Interested? Contact: Alan Brown at [legend@ngoc.org.uk](mailto:legend@ngoc.org.uk)

# TICKS!



After the timely article about Wasps, Bees, and Anaphylactic Shock by Tom Mills in the last edition of Legend, I thought it would be useful to remind us all of the risks posed by ticks (*Ixodes ricinus*).

At the Sarum Saunter event in

early May down at Shearwater I bumped into Jolyon Medlock whom many of you might know as a very good orienteer from WSX. In addition, he is a leading medical entomologist currently based at Porton Down researching into vector-borne diseases. We had a conversation about the risks from tick bites. Anecdotally, I have two close friends both of whom know of people who have suffered life-changing illnesses as a result of tick bites, one in Cumbria and another in Northumberland. The dangers include Lyme Disease and Tick-Borne Encephalitis.

I used to be rather blasé about the chances of being bitten and the risks attached, but it seems clear that the number of ticks across the UK has markedly increased in the last few years and therefore the incidence of subsequent illnesses is also on the rise. As a family, we now always check all of us for ticks after an event.

Ticks can be avoided to some extent when orienteering by ensuring full body cover and the use of insect repellents;

however, this is far from perfect. After an event it is advisable to check for ticks attached to the skin. They can frequently be found in skin folds, armpits, groin, wrist, waistband area, behind the knees, back of the neck and hairline. They can occur at any time of the year though are especially prevalent from Spring to Autumn. It is however certain that this season is extending as we have wetter and warmer winters due to climate breakdown.

The safest way to remove a tick is to use a tick removal tool or failing that a pair of fine-tipped tweezers. Having carefully removed it, clean the area with water and an antibacterial soap, and monitor over the following weeks; should a red rash and /or 'flu-like symptoms develop, contact your GP.

There are a large number of tick removal devices on the market – we use a fairly cheap and very efficient one called O'Tom Tick Twister, £5 for three different sizes.

Further information can be found at the UK Health Security Agency (UKHSA) where there is a 'Be Tick Aware' Toolkit.

If you want to see and hear Jolyon, and others, talking about ticks, he appeared on BBC's Countryfile programme earlier this year. It was broadcast on 28<sup>th</sup> April 2024 and is called 'Rutland', and the segment is from 18 to 31 minutes.

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

***James Askew***

**BE TICK AWARE!**

# Leckhampton Hill

## featuring the Devil's Chimney

*or*

### Downhill = Uphill

Some people seem to think that orienteers have a peculiar sense of humour and I am now inclined to agree, especially when they name an event The Leckhampton Downhill Chase and then, in the small print, let slip that the Brown course includes 235 metres of climb. And, dash it all, that is not including the forced march of several parasangs and 110 metres of climb just to reach the Start. The Woosters, of course, are made of stern stuff and I dealt with these difficulties simply by muttering imprecations, if that is the word I want, against the planner.

Now, Bertram is not at his best when encountering steep ups and downs, going very slowly and carefully down to avoid a purler and blowing hard when going up. But he struggled round controls 1 to 25 and was amazed and delighted to discover that 25 to 30 actually lived up to the event's billing and were downhill. Even the distance from the Finish to Download was short(ish) and level.

Relieved at completing the course, I downloaded with an air of satisfaction and achievement until it was announced, in a voice loud enough for everyone to hear, "You've missed control 15." It may be the correct thing to point such things out to the punter but not in such a loud voice and with such glee. Dash the fellow! I gave him a look that contained a thousand unspoken expletives but it was wasted as he had already turned to the next customer. As I may have said before, years of orienteering have turned me

from a sensitive boulevardier and clubman into a man of chilled steel so I merely sat down to await Jeeves.

Now I know that I had visited 15 because I remember that I found it by observing another cove dibbing it about 20 feet below me. I can only presume that I was so relieved at finding it that I forgot to dib. Sitting on a packing case and thinking over the slings and arrows of orienteering misfortune I suddenly realised that Jeeves was standing by my side. He has that habit of suddenly materialising, like a control that one has been searching for and miraculously appears where one least expects it.

Feeling rather exhausted by my exertions I exclaimed “Ah, Jeeves! Is the two-seater at hand? Then home for me and a warm bath and a G and T.”

But he did not move, merely giving a slight apologetic cough, like a sheep on a Welsh mountainside, trying to attract his shepherd’s attention.

“Pardon my saying, sir, but there are controls to be collected.”

“What!? You are gibbering, man, kindly explain yourself.”

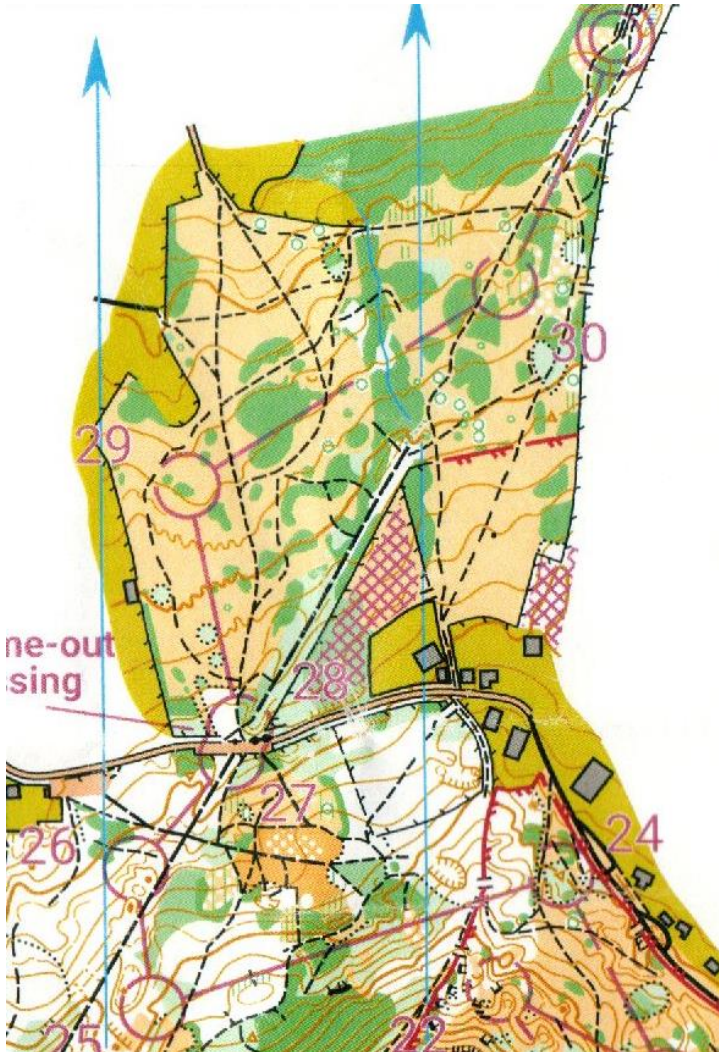
“Well, sir, you were expressing the opinion, only a few days ago, that volunteers were the lifeblood of the club and that NGOC could not function without them. I took this to mean that you were keen to help today so I put forward your name to collect controls. You always like to ‘do’ as many controls as possible. I hope I did the right thing.”

“I say, of all the . . .”

“Mr Best is waiting patiently outside the marquee with the other collectors, sir. You will be driven to a suitable location to enable you to start collecting without any extraneous perambulation.”



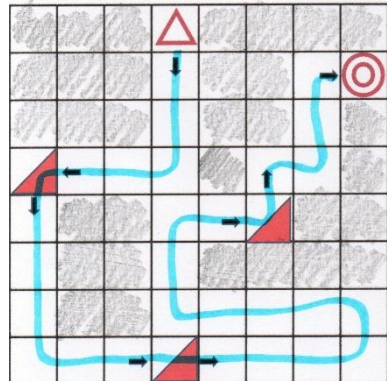
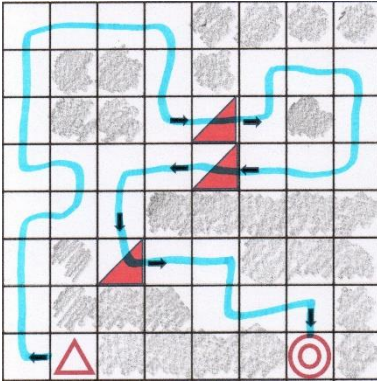
Well, I have to admit that collecting 11 controls was not too onerous with the going underfoot and the finding of the controls seeming much easier than when running the course. When we eventually reached the old homestead, and I was soaking in the bath and drinking my second G and T, Jeeves had been forgiven.



*The steep path running from bottom left to top right is the track of the old standard gauge railway that took limestone from the quarry at the Devil's Chimney to a junction with the Cheltenham-Banbury line at Charlton Kings*

# Brashings

## "O" puzzle - answers



## British Orienteering incentive scheme Awards

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

Zebedee Harlock-Askew	Racing Challenge: Gold Award ***
Luke Miklausic	Racing Challenge: Silver Award **

## 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](mailto: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.

