

The Legend

Number 210



Newsletter of
North Gloucestershire Orienteering Club
May 2024

www.ngoc.org.uk



NGOC Committee

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The above shows the committee structure following the 2022 AGM

Front cover: Pre-JK training for juniors in Wales. See article by Club Captain Vanessa Lawson.

Chairman's Chat

Welcome to a bumper edition of Legend. Alan Brown has done an excellent job extracting contributions from members and we think this is one of the longest editions for a while. That being said, he is always looking for new contributions and new contributors – anything newsworthy, entertaining, thought provoking or just something you need to get off your chest is welcome!

The JK is anticipated as one of the highlights of our orienteering calendar. This year was reasonably close to home which was welcome. Firstly, congratulations to our higher placed finishers (and apologies for those I have missed) – Richard Cronin was 3rd in M35 at the Sprints on Day 1, Ginny Hudson was 4th in W60 and Vanessa Lawson 5th in W50 at Day 2, and Andy Creber came home 4th in M65 on Day 3. The mud on days 2 and 3 provided a memorable challenge to just about everyone and Paul has made some useful comments later in Legend about the planning for this, but I would like to applaud the organisers and planners for putting on such a large event with starts and finishes so close to assembly and the car parking. It is always going to be hard when there are so many competitors/cars, and perhaps the planners had to make minor compromises on some of the legs near the finish, but I think it really helps to create a family-friendly event.

Congratulations to the hardy bands of NGOC club members who made it to the Lake District for the British Night Champs, Whitby for the British Long Champs and the Chevin north of Leeds. Everyone making any of these journeys deserves commendation, but the club saw some notable successes with Andy Creber winning M65 at the British Night champs, Vanessa Lawson 2nd in W50 at the British Middle Champs and James Agombar 4th in M16, just a minute off a medal!

On the subject of Championships, if your orienteering tastes trend towards sprint events and you are looking forward to the UK Sprint Championships and Sprint Relays in the W Midlands, then you might like to look at the urban sprint series being run by BOK this month as a chance to get in some training. There were more than 160 runners at the event around Bristol University, presumably some with this in mind. Also, please get in touch with Vanessa Lawson if you are interested in the Sprint Relays. The area looks fantastic and the event is in the afternoon / evening so is likely to be calm and cool.

It looks like spring has well and truly arrived with some warmer weather ahead and summer just around the corner. I hope you get the chance to enjoy some orienteering at this time of year. The undergrowth may be a little thicker but it will help to consign memories of this year's mud, wind and rain to a place where they are thought of as stirring challenges rather than a reason to stay at home!

Ian Jones

WASPS, BEES, ANAPHYLACTIC SHOCK AND –

YOU!

Please see information sources at the end of the document.



European hornet, [Vespa crabro](#) (photo: Jerzy Strzelecki)

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Any wasp or bee sting can induce anaphylactic shock.

Anaphylactic shock reaction from a sting is exactly the same as the well-highlighted reactions caused by peanuts, shellfish and so on.

Anaphylactic shock can kill.

No matter if a person has been stung once or many times in their life with no reaction this can change for no apparent reason.

Hornets are just a large wasp. Because someone has been stung and had a reaction does not necessarily make it a hornet, therefore people should not differentiate between the two. In fact, there are far more wasps in the environment so the greater the likelihood.

Bees and wasps do not just nest above ground. It is therefore impossible to see or avoid treading on their underground territory should a runner be approaching.

If a runner is stung, apart from the pain other reactions may occur. These are some of them:

1. A burning and itching rash. This might even start in the sole of the feet no matter where the sting. This can spread right across the body, foot to head or be more localised. If this happens it is a bad start!
2. Swelling around the face, lips, eyes, cheeks and, **worst of all, the throat.**
3. Dizziness. Unable to stand properly for any length of time.
4. A prism of colours lighting the eyes.
5. Vomiting.

What can be done?

If the casualty can administer an antihistamine pill early enough i.e. they can swallow easily and there is no danger of the pill sticking in their throat, then do it. This will reduce the effects of

the sting a little bit and buy some time. They should not attempt to take a pill if the throat is swelling.

If they have been prescribed and carry an EpiPen then they should inject themselves immediately as described on the pen casing.

If they are in a condition where they carry an EpiPen but are incapable of injecting themselves then whoever finds the casualty should do it for them - with their permission.

Footnotes:

Wasp stings are apparently twice as likely as bees to cause anaphylactic shock.

Approximately 10 people die every year from wasp/bee stings.

In the U.K. there have been over 500,000 cases of anaphylactic shock caused by insect venom stings.

As an all-terrain, off-track runner your chances of being stung are far greater than 90% of the population.

Information. The symptoms, effects and habits of these insects are from my own experience. Other information is from medical personnel in the hospital and from reputable sources available on the internet. E.g. NHS.

Tom Mills

Pre-JK Training Camp Eryri 2024

The Welsh Junior Orienteering Squad had a short training camp the week before the JK, and the West Midlands Junior Squad also joined them for three days as well as some local Eryri juniors. The camp was based at Capel Curig Community Hall which was an excellent location.

The weather was pretty chilly, as could be expected before an early Easter, as will be seen from the photos.

Unfortunately, I don't have any detailed maps of the exercises but lots of photos to give a flavour of the camp.



Day 1 - Monday

The first day we met at Llechweddgain, an area of exposed open moorland near Trawsfynydd just north of Dolgellau with a great view of the Rhinogs to the west, where several exercises were on offer. The area is very runnable but hilly and quite technical and there is a beautiful lake in the middle (Llyn Gelli-Gain). The area was used in 2022 for the VHI relays and there was a score event for non-VHI folk.

Some of the older juniors did a lot of running (8-10 miles of training including a clock relay, plus walking 2k each way to the tent base camp) and even the younger ones were busy training all day.

Day 2 - Tuesday

This was at Niwbwrch (Newborough forest) on Ynys Mon where we had been for the 2016 Welsh Championships. Forested sand dunes are one of my favourite areas and Niwbwrch is fabulous. It is a popular area with non-orienteers as well, with a long wide beach looking over to the Eryri hills.



The day's training was finished off with a 'peg' relay.



Having run around sand dunes all day the juniors wanted a swim but the tide was too far out to swim in the sea (well, I tried but after 400m I was still in knee-deep water) so we went to Bangor Leisure Centre to take advantage of the near-empty pool to do 45 minutes of lane swimming including a few sprint races.

Day 3 - Wednesday

This was the shortest day and the squads trained on the closest area, walking distance from the accommodation just south of Plas y Brenin. The weather was deteriorating and getting windier and colder.

Before heading out we drew our own map for a specific course so we could go out and see if we could follow our hand drawn map. This was an interesting challenge for me because I had got my highs and lows confused so where I thought the control was above me it was actually below. Once I realised the error the exercise was much more doable!

In the end we only did one or two exercises because the wind was biting and there was a bit of fresh snow on the high tops as well as very waterlogged ground.





Day 4 – Thursday

Day 4 was a rest day so the plan was a trip to Llandudno for a walk around the Great Orme, followed by a visit to Conwy Castle. We woke up to a sprinkling of snow on the ground so the route to Llandudno had to be through the Ogwen valley (where we had driven on the way to Ynys Mon) to see the big hills looking wintry. It was stunning:



The day started sunny but another front arrived during the day. The wind remained strong and the towers of Conwy Castle are high, giving a general feeling of exposure. The juniors resorted to a game of 'sardines' (a version of hide and seek I was not familiar with) to explore the castle thoroughly.





Day 5 – Friday

JK Sprint day! We left Capel Curig at 7:45am and travelled across to Loughborough to run in the sprint, hoping to put the training into practice.

Sadly, Beaudesert wasn't quite the same as Eryri!

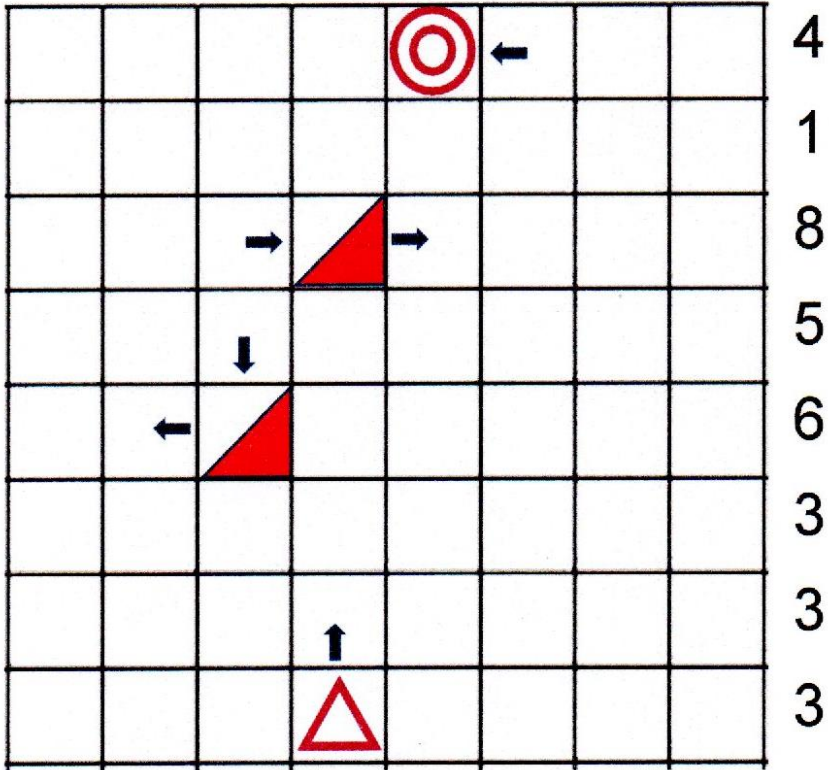
Thank you to Mark Saunders and Alice Bedwell who basically put on these camps on their own with some help from older juniors who could assist put controls out and willing parents who helped with transport, accommodation jobs and control collection. The juniors also collected a lot of the controls after they had trained.

VANESSA LAWSON

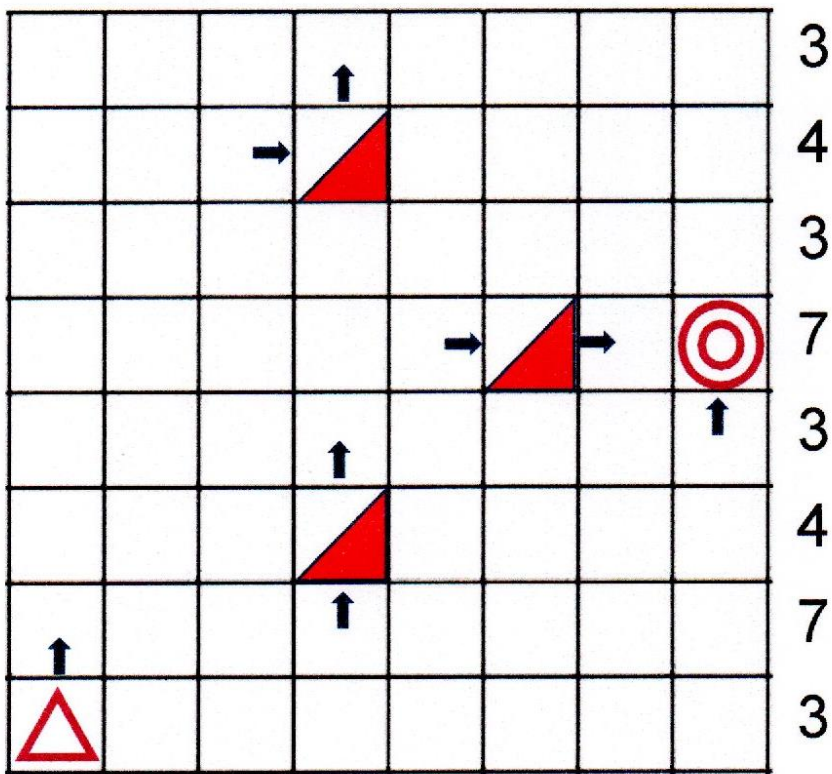
CLUB CAPTAIN

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

6 5 3 6 2 4 4 3



2 4 4 7 3 6 4 4



Uncrossable or not to be crossed?

The term “uncrossable” appeared frequently in previous editions of the Rules of Orienteering and mapping standards, but whether this also meant “not to be crossed” was ill-defined. The new 2024 rules, which are now more closely aligned with those of the International Orienteering Federation (IOF), have tried to make things clearer for the competitor. New Rule 26.4 says:

*“Boundaries described by “uncrossable” or “impassable” symbols on an ISSprOM map **must not** be crossed. Similar boundaries shown on an ISOM map **should not** be crossed”.*

But what does this actually mean to the average orienteer?

Maps for our normal “forest” events are drawn in accordance with the International Standard for Orienteering Maps (ISOM). Clause 17.2 of the IOF rules says that, for ISOM maps *“Competitors **must not** enter, follow or cross areas, routes or features drawn with the following symbols:*

- *ISOM 520 Area that shall not be entered*
- *ISOM 708 Out-of-bounds boundary*
- *ISOM 709 Out-of-bounds area*
- *ISOM 711 Out-of-bounds route (Competitors are allowed to cross directly over an Out-of-bounds route)”*

Clearly, it might be foolish to try to cross some other mapped “uncrossable” features, such as *ISOM 201 Impassable cliff*, or *ISOM 301 Uncrossable body of water*, **but you could not be disqualified for doing so**. For your own safety you **should** avoid these uncrossable features, but it is only the olive-green “Area that shall not be entered” and purple “Out-of-bounds” symbols listed above that **must** be respected.

Maps for sprint and urban events are drawn in accordance with a different standard, the International Specification for Sprint Orienteering Maps (ISSprOM). Clause 17.2 of the IOF rules applies very differently to these maps. As well as the out-of-bounds areas noted above, it lists nine other symbols that **must** be avoided including all the features described as “uncrossable”. **So for urban races “uncrossable” also means “not to be crossed”, and you could be disqualified for doing so.** A table, showing the relevant symbols and their meanings, with those that **must** not be crossed **highlighted in red**, is given at the end of this article.

I think this is a useful clarification. At the recent League event at Cooper’s Hill (a forest event, so an ISOM map) I was uncertain whether I was allowed to cross a linear brashing stack along a path edge, which was difficult to cross and hence mapped as a dark green line of impassable vegetation. I thought that on our urban maps (to ISSprOM) this would be a “not-to-be-crossed” feature. But the new rule clarifies that, as it was a forest map, it was permissible for me to struggle across.

A point for our forest event planners to remember is that if they need competitors to avoid any particular areas they must add out-of-bounds symbols to the map, rather than just relying on mapped “uncrossable” features such as high walls and fences.

Paul Taunton

Competitors **must not** enter, follow or cross areas, routes or features drawn with the symbols highlighted in red:





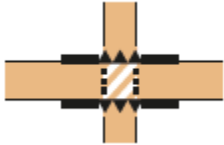













Symbol on ISOM maps (forest)		Symbol on ISSprOM maps (sprint / urban)	
ISOM 201 Uncrossable cliff	Crossing not prohibited, but inadvisable	ISSprOM 201 Uncrossable cliff	
ISOM 301 Uncrossable body of water	Crossing not prohibited, but inadvisable	ISSprOM 301 Uncrossable body of water	
ISOM 307 Uncrossable marsh	Crossing not prohibited, but inadvisable	ISSprOM 307 Uncrossable marsh	
No equivalent symbol	Not applicable	ISSprOM 411 Uncrossable vegetation	
No equivalent symbol	Not applicable	ISSprOM 512.1 Bridge or tunnel entrance (Competitors may only pass under this feature)	
ISOM 515 Uncrossable wall	 Crossing not prohibited, but inadvisable	ISSprOM 515 Uncrossable wall	
ISOM 518 Uncrossable fence	Crossing not prohibited, but inadvisable	ISSprOM 518 Uncrossable fence or railing	
ISOM 520 Area that shall not be entered		ISSprOM 520 Area that shall not be entered	
ISOM 521 Building	Crossing not prohibited, but inadvisable	ISSprOM 521 Building	

Table continued on next page

Competitors **must not** enter, follow or cross areas, routes or features drawn with the symbols highlighted in red:

Symbol on ISOM maps (forest)		Symbol on ISSprOM maps (sprint / urban)	
ISOM 529 Prominent uncrossable line feature	Crossing not prohibited, but inadvisable	ISSprOM 529 Prominent uncrossable line feature	
ISOM 708 Out-of-bounds boundary		ISSprOM 708 Out-of-bounds boundary	
ISOM 709 Out-of-bounds area		ISSprOM 709 Out-of-bounds area	
ISOM 711 Out-of-bounds route (Competitors are allowed to cross directly over an Out-of-bounds route)		No equivalent symbol	Not applicable
No equivalent symbol	Not applicable	ISSprOM 714 Temporary construction or closed area.	

Next page:

On making the front cover of CompassSport, Volunteer Coordinator Ian Prowse said "If I had known I would have combed my hair!" (Thanks to Nick Barrable of CompassSport for the photograph)



Britain's National Orienteering Magazine

CompassSport

Vol 45 Issue 1 February 2024 £7.00

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Ian Prowse

Introduce yourself

I'm only writing this article, not because I've achieved anything special in orienteering or have any meaningful or insightful comments to make about our sport, but because I had the misfortune to have my photograph taken in my NGOC top, whilst out orienteering in February. I was the only NGOC male participant, so easily identifiable. Whoever took the photograph decided, and I don't know why, to send to Compass Sport Magazine.

It then transpires that they had such a paucity of photographs for the February issue, that mine was the best of a poor lot. Damned by faint praise!

I'm better known however, to you, for sending regular 'begging' emails, asking you to volunteer to help at one of our club events. I've been the club's volunteer coordinator for just over a year.

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

I have kept all my orienteering maps and results (sadly) so I can be very precise on my first event. It was on my birthday in December 1976 in a small wood just outside Coventry (map below - a bit dog-eared now).

Two colleagues of mine at work had heard about this 'new' sport over from Scandinavia. As I had just started running again to keep fit (having done some running at school), and as a geography graduate, I thought this sounded right up my street (how wrong I was).

Those of us of a certain age will remember having to mark up your own map from a master copy, after your run had started. There was a balance to be made between taking time getting the controls accurately marked and getting running. I don't miss the red pen around my neck, the stapling a control card (proof you had visited a control) or the plastic bags for the map.

My first attempt was reasonably successful so I decided to join the new local club (Octavian Droobers - named after the school (Henry VIII) and apparently the nickname of the Games Master at the school).

I orienteered fairly regularly for some 4-5 years with mixed results (average to poor). Looking back now I see I even ran in some NGOC events at Soudley Ponds, Cleeve Hill and Speech House North. Looking at those results now, our Ian Phillips and the late Terry Bradstock are listed as participants.

However, family commitments meant I couldn't spend my weekends getting lost in the woods so, other than a few odd events, I stopped serious orienteering in the early 1980s.

I kept up running however (as I could do that from work during my lunch break) and eventually ran in several half and full marathons, including the London Marathon twice. I've also done several Karrimor Mountain Marathons. I came back to orienteering in late 2011 and in 2014 met my partner, Suzanne Harding, at an orienteering event. We moved to the Cotswolds in 2015 and joined NGOC the following year.



Favourite area?

I've not really run in many major events that usually visit the most iconic orienteering areas. I've not orienteered in the Lakes or at the Scottish Six Days.

I suppose my favourite areas are those where I have been reasonably successful. As a runner rather than orienteer, urban events (a more recent introduction to our sport) generally suit me better (see below though), where navigational skill is not so important. Although they can be rather uninspiring, involving intricate but not necessarily attractive housing estates.

However, I do enjoy parkland courses, for the same reason of ease of running and where navigation is not necessarily

at a premium. I've particularly enjoyed running at Stowe and Calke Abbey, both National Trust properties.

EMIT or SI and why?

No contest, SI. Ease of use and comfort. Unusual now to need my EMIT card. Although when I came back to orienteering I thought the technology provided by EMIT was revolutionary.

Baseplate or thumb compass and why?

That's a difficult question to answer for me.

I certainly carry one (on Forest events only), as that is what orienteers do. However, I hardly ever look at it. For most events it is an uncomfortable inconvenience swinging on my wrist.

Suzanne (my partner) has tried to explain to me how to take a bearing etc but it's never really stuck. I suppose you can take a horse to water Anyways I'm always too busy running in the wrong direction to look at my compass. However, to answer the question. Thumb compass for comfort but I destroyed mine falling over and can't justify buying a new one, just for the odd glance at it during a year. For any juniors reading this article (if you are not bored by now), this is not good advice - learning how to use your compass will ensure you become a better orienteer and certainly a less frustrated one!

Proudest or most enjoyable moment?

This is a difficult question to answer as my orienteering career has been rather uneventful.

At every event my most enjoyable moment is usually finding my first control. I'm sure if I was to analyse my mistakes (perhaps when I've got more time on my hands!) there would be a greater number associated with not finding (as quick as I should do) the first control.

Proudest moments would include being South West Sprint

Champion twice (M65 and M70) and more recently winning my course at Brereton Spurs in the Compass Sport Heat in February this year and scoring maximum points for the club.

It's those minor triumphs that keeps me coming back as I'm hopeful the perfect run is there (but I'm running out of time).

Worst moment?

I've made every error in the book and most many times. I seem to not learn from my errors. Picking up the wrong map, 90-180 degree errors, mispunching, not punching and the list goes on.

One of my 'favourite' errors is to run off the map. I've spent many happy hours trying to fit the terrain to the map. Just such an occurrence led to my most embarrassing moment and of all things came at an urban event in Milton Keynes. If you know Milton Keynes you know it's planned on a grid system with distinct urban areas surrounded by arterial roads which you cross using subways. I think the scale of the map confused me initially but I took a wrong turning and for a reason I can't explain I used a subway (not shown on my map!) which took me off the map. I continued running trying to fit the urban fabric to the map, taking multiple turnings.

Eventually I realised my mistake, but could I find my way back? I tried retracing my steps and found a subway but nothing was making any sense. I ran around for a bit before I swallowed my pride and asked some pedestrians where I was. Showing them my map just led to confused faces all around. More meandering and several pedestrians and cyclists later I was none the wiser. The most frequent comment was 'there are no street names!'

After about an hour I was getting worried and unsure what

to do next. I had one further try and stopped a young man and explained again what I was doing and that I was lost. He recognised a feature on my map and knew where it was. However he could not easily explain how to get there. So he offered to run with me back to a subway that would get me back on my map. Ten minutes later under the subway it all started making sense again and strangely brought me out close to what would have been my next control. Looking at my watch I had roughly twenty minutes to complete the course, so decided to do so.

On reaching the penultimate control I meet Suzanne and the organiser, who had started looking for me. I did finish before the course closed! I'm embarrassed to look at my ranking points for that event.

Ambitions (for yourself or the sport)?

To still be taking part in orienteering at 80.

Any other interesting facts you would like to share?

I'm afraid I cannot come up with anything of interest. To paraphrase Oscar Wilde 'I have nothing to declare other than my ordinariness'. Also, uninterestingly, I'm not related to Darth Vader (aka Dave Prowse).

NGOC Away Weekends with the new tent

British Long Championships - 13 April 2024

A small band of NGOC members took part in the BOC 2024. The fact that the event was at Mulgrave Woods near Whitby was probably a significant factor in the reduced turnout.

Those of us who went were rewarded with less mud than at the JK but significant climb instead! The weather was good though, so that made up for a lot.

The following members competed:

James, Alex and Tom Agombar

Seth and Vanessa Lawson

Jess and Michelle Ward (also Rebecca running for SHUOC)

Ginny Hudson

Chris Harrison and Victoria Harvey



Four of us standing in front of the new shiny pop-up tent 😊



New tent detail, it was great and very portable! Thanks Pat!



These prehistoric-looking things were everywhere in the grass!



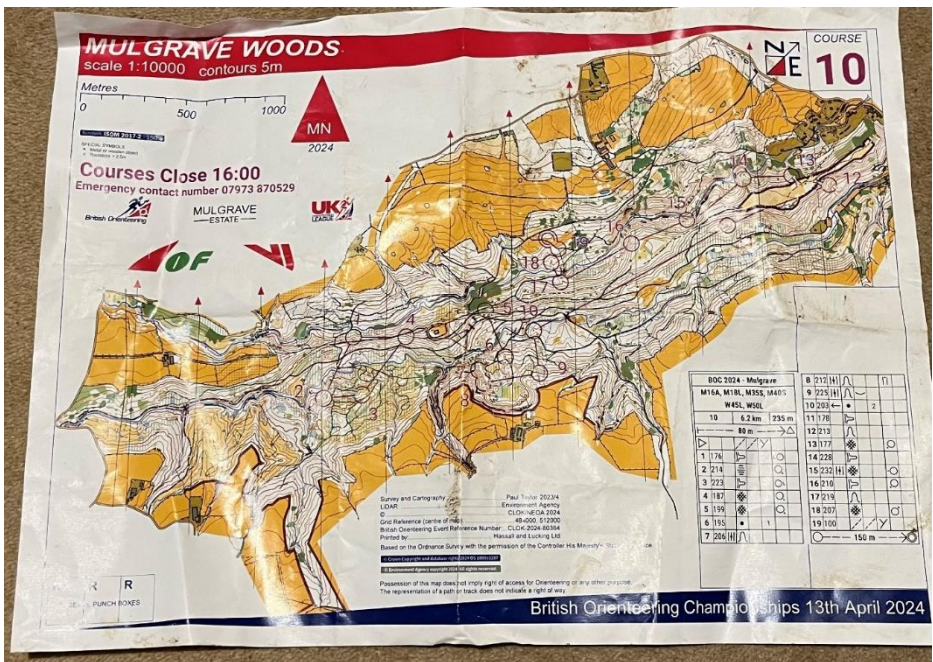
The competition area was (for most people) within Mulgrave Woods, a long area arranged east-west including two rivers with steep sides going down to the water, and a castle on the elongated hill between the rivers. Most of the Elites had added complexity as their courses went into Skelder Woods as well so they had extra bus transport to a separate start and a map exchange.

The main start was fairly central on the map, close to the castle and an interesting tunnel.

Wendy Carlyle captured this great action shot of Jess starting:



My own course was 6.2km with 235m climb (same as Seth's and James's) but I did over 500m climb so I am not sure how the climb was calculated. It was pretty brutal, with some areas very runnable and many others full of undergrowth and impossible to run as one's legs kept getting tangled in brambles. Slithering – ahem – descending skills were put to the test and if you didn't have your grippiest shoes you were in trouble. I felt more than a bit sorry for those older competitors who needed walking poles as the terrain was extremely tough.



Seth and I both had significant trouble on control 15 due to unexpected hazard tape stretched across the slope which made us both think we were by the end of the crag 50m to the north east, and it took a while to 'relocate', losing precious time.



The uphill run-in



The rainbow after the run! There were several rainbows that day...



Steve Cram was handing out prizes! ©Wendy Carlyle

A wander around Whitby was the evening activity, with the obligatory fish and chips. Whitby was teeming with orienteers, I even found some when I went for a dip in the sea!

Sunday morning started stunning, clear skies and sunshine albeit a low temperature.

As we weren't taking part in the relays Seth and I finished off the weekend with a short run to Whitby Abbey before the long drive home.



It was great to finally go to Whitby after the cancellation of the 2020 JK. I thought Whitby town would make a fabulous location for a sprint or an urban with its myriad of alleyways and snickets. It is a lovely area to visit, it would have been good to have had more time to explore. Last weekend it hosted a 'Goth' weekend and I can see how that would be quite a sight among the old town.

Vanessa Lawson

CLUB CAPTAIN

British Middle and Northern Championships 27-28 April 2024

Another well-travelled band of NGOC members took part in this weekend, this time centred near Leeds with the middle event at the Chevin by Otley and the long at Kilnsey South.

The weather was chilly but dry enough despite the awful Saturday overnight forecast which thankfully cleared for most Sunday starts with actual sunshine at the end.

The following members competed:

James, Hannah, Katie, Alex and Tom Agombar

Seth and Vanessa Lawson

Pete, Jess and Michelle Ward (also Rebecca running for SHUOC)

Ginny Hudson

Doug Wilson

Richard Cronin

Andy Creber

Philip Bostock

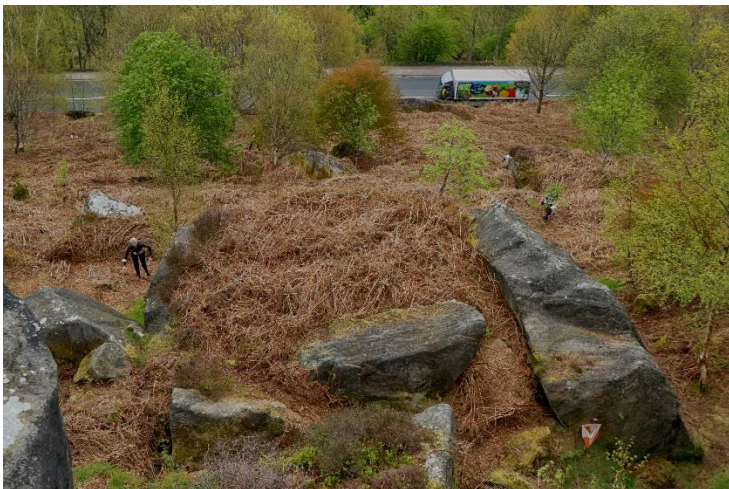
Paul, Ros and Sam Taunton

Alex and Seb Lyne were also entered but illness prevented them unfortunately.



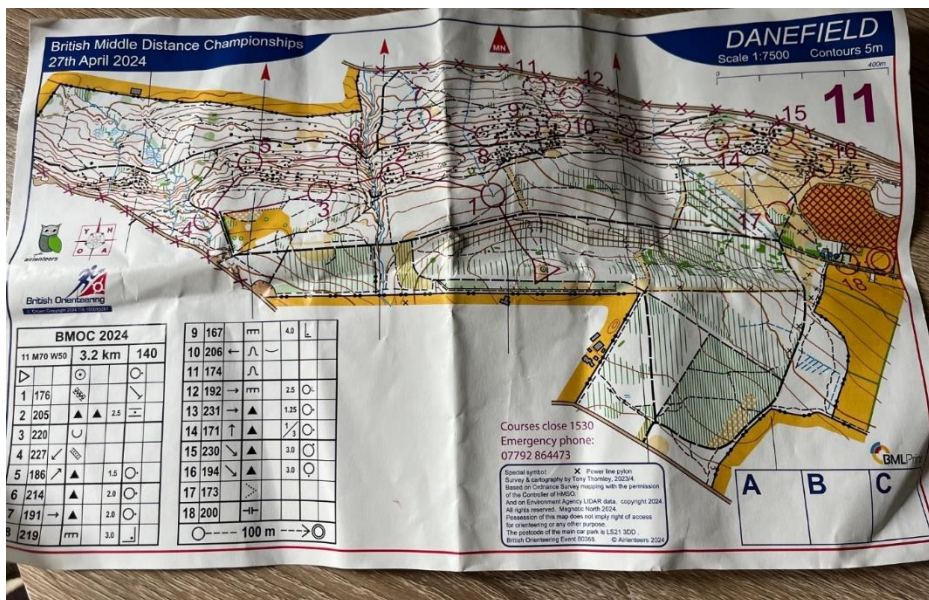
The wee tent with a perfect view of the run-in

Some shots of the extremely bouldery (and accurately mapped) competition area courtesy of Wendy Carlyle:





Here is my own A4-ish map, I was grateful to not have an A5 1:10,000 map like Seth who stood at the start looking in disbelief at the tiny piece of paper he was about to pick up!



My run went really well, I made one annoying error going to 11 which cost me more time than I wanted to lose, but the big boulders were so well mapped that they could be used as 'beacons' to navigate round and I was totally over the moon with the 2nd place result.

(Next Page:) On the podium with orienteering elite felt well weird, there was much hugging and hand shaking.



The next day we went to Kilnsey and I thought this would be much more my cup of tea as an area. Overnight rain was clearing by the time we parked but it was still windy and cold so the trot to the start involved wearing cagoules and carrying little packs with some spare kit and snacks. On a 7km course snacks are essential!

Parking was in a quarry near Grassington and the walk to the start was a 1.8k uphill so we were well warmed up by the time we arrived at the start. With hindsight I should have packed the cagoule away before starting because I was totally overdressed in three layers. The area was lovely moorland with limestone pavement and rocky features, very very nice.

Wendy Carlyle's pics:





Here is our map. I ended up having a 'major moment' on the way to 8 when half of my brain said go towards the control area and the other half decided that following two M20s was the right thing to do. It costs me a lot of time! Also I felt surprisingly tired and slow in the tough terrain. Lovely, lovely area though.



A good weekend away orienteering in new areas is always good fun.

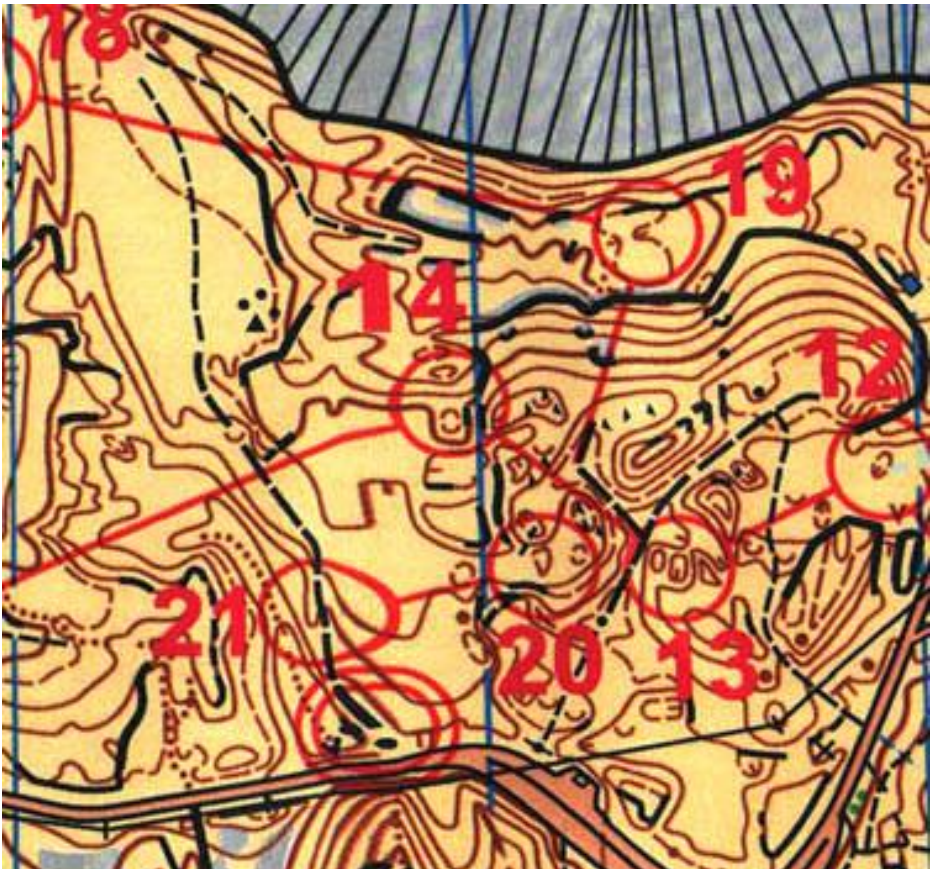
Looking forward to Croeso in July for more of this open moor terrain!

Vanessa Lawson

CLUB CAPTAIN

How to avoid obscuring map details when drawing in the controls

With a holiday booked on Madeira I looked on the web to see if there was any orienteering. I had just missed the orienteering festival in January but I did find a map from 2009 which had a couple of interesting features: the last control and the Finish appear to avoid obscuring map details by changing their shapes to what looks like an egg and a running track respectively. Is this something we can do in Purple Pen? Is it allowed?



Brashings

Advice to planners (a learning point from JK courses at Beaudesert):

Don't write "all marshes should be avoided or crossed with great care" in the terrain description of the Final Details, then choose control sites on marsh edges!

It's not ideal to use such sites even for a very small local event but with over 2,000 runners using the same area on two consecutive days the JK planner was inviting a problem. On each day I had a control "Marsh, western edge" which was approached from the east. I had an early start on both days and the sites were already quagmires when I visited them. On the second day I saw a Junior standing some 20m from the marsh "edge" control, which was already surrounded in all directions by a sea of mud, and as I approached ("with great care" but actually up to my knees in mud) she cried out "I'm NOT going in there!" With the recent weather it was inevitable that muddy elephant tracks would form in the forest but the planning should have avoided placing control sites in such sensitive areas.

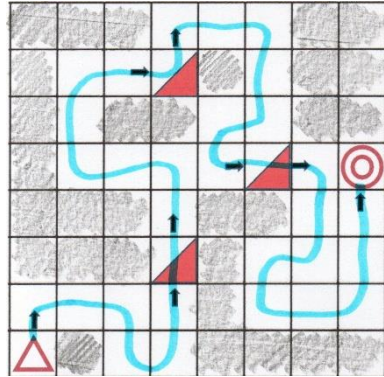
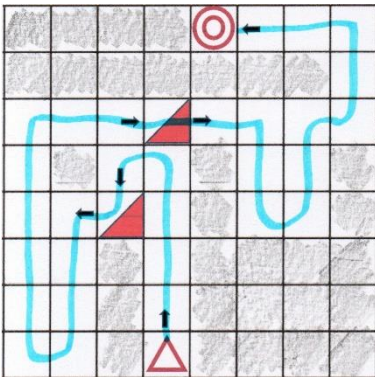
Paul Taunton

Sad or Sadder?

I didn't start my own spreadsheet until 1st Jan 2015, so I can't match Alan's 30-year record. I've no idea how many events I went to in my earliest days of orienteering, from 1995 onwards. The "My Achievements" page on the BOF website lists personal results at Ranking events (and a few Local events) but only from 2009 onwards. But my spreadsheet for the last 9 years, up to 31/12/2023, shows that I ran 501 events and covered about 2,860km. I will be trying to keep my average above one event a week again this year!

Paul Taunton

"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.

Kathryn Lyne	Navigation Challenge ***
Michelle Ward	Navigation Challenge ****
Hannah Agombar	Navigation Challenge ***** Racing Challenge: Bronze*****
Alex Agombar	Racing Challenge: Silver*****
Tom Agombar	Racing Challenge: Silver*****
James Askew	Racing Challenge: Gold*****

A warm welcome to new members: -

- * Bob Larcombe
- * Henri du Toit
- * Ted Cripps
- * Martin May
- * Matt Sanderson
- * Russel Hoy

Reminder - new map flip symbol

. . . on control descriptions:



For updated British Orienteering rules for 2024 see:

[British Orienteering](#)
(Thanks to Tom Cochrane)

Thanks for the Caddihoe

Dear Chairman,

Last weekend I finally received my winner's certificate etc from the Caddihoe (SW Long Champs) from way back in the autumn. I apologise I didn't stay for the prizegiving that day - didn't think I could possibly have won!

Anyway, I just wanted to thank NGOC and the Caddihoe organisers for such an imaginative prize. The honey has found a very appreciative home (John used to keep bees in our CHIG OC days), and I congratulate you on the idea of planting a tree. I hope it grows and flourishes!

All best wishes,

Carol

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.

Useful sign



(Thanks to Paul Taunton)

