

# The Legend

Number 212



Newsletter of  
North Gloucestershire Orienteering Club  
October 2024

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



# NGOC Committee

The Principal Officers	
<b>Chairman</b> Ian Jones <a href="mailto:chairman@ngoc.org.uk">chairman@ngoc.org.uk</a>	<b>Secretary</b> Rhiannon Fadeyibi <a href="mailto:secretary@ngoc.org.uk">secretary@ngoc.org.uk</a>
<b>Treasurer</b> Alan Pucill <a href="mailto:treasurer@ngoc.org.uk">treasurer@ngoc.org.uk</a>	
The Officers	
<b>Membership Secretary</b> Ginny Hudson <a href="mailto:membership@ngoc.org.uk">membership@ngoc.org.uk</a>	<b>Equipment Officer</b> Pat MacLeod <a href="mailto:equipment@ngoc.org.uk">equipment@ngoc.org.uk</a>
<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>
<b>Welfare Officer</b> Judith Taylor <a href="mailto:welfare@ngoc.org.uk">welfare@ngoc.org.uk</a>	<b>Club Captain</b> Vanessa Lawson <a href="mailto:captain@ngoc.org.uk">captain@ngoc.org.uk</a>
<b>Club Coach</b> Post vacant	<b>Newsletter Editor</b> Alan Brown <a href="mailto:legend@ngoc.org.uk">legend@ngoc.org.uk</a>
Additional Voting Members	
<b>SI &amp; Results</b> John Fallows <a href="mailto:john@greveye.co.uk">john@greveye.co.uk</a>	<b>Web Administrator</b> Steve Lee <a href="mailto:webadmin@ngocweb.com">webadmin@ngocweb.com</a>
<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 2023 AGM

**Front cover:** Clive Caffall helping at the Start on Day 1 of Croeso 2024. See inside for Clive's "Merthyr Mawr Memories"

# *Chairman's Chat*

So the other side of the summer and heading into the main part of the orienteering season where the undergrowth dies down and the competition heats up! We finished the summer season with the Chairman's Challenge, on Nottingham Nooks and Knolls. The event trialled a little used format of an Ultra Sprint with three loops of just over 1km run separately, no control descriptions or numbers to check so the navigation had to be super accurate. The event was teamed with a more commonly known format for catering – the Wilf-style vegetarian chili provided by my dear wife and lovely mother, who were ably supported by the generators and gas stoves of Paul and Doug. Thanks to Pat and Greg for all their hard work with mapping and organisation. With 53 runners both club and friendly rivals attending, I am encouraged enough to want to have a rematch next year.

In other news Vanessa Lawson has won the Terry Bradstock Trophy for 2024 beating her son Seth into second place by a mere 21 points. The Caddihoe Chase saw a number of NGOC club members venturing down to Devon to make the most of the last of the summer warmth and achieve some useful results. Peter Ward and Richard Cronin are Caddihoe Champions winning M50 and M35 respectively, with Hannah Agombar (W14), Rose Taylor (W18), Suzanne Harding (W60) all in 2nd place and missing out by whiskers. Other top three finishes were James Agombar (M16), Ros Taunton (W70), and Don Cload (M75).

Next season approaches and we have both the BOF and NGOC AGM. I am sincerely hoping that you will come to our AGM which is on 21 October at 7.15pm at Down Hatherly Village Hall. It will be a great chance to join in discussions on a variety of topics and have your say.

Event-wise we have League 10 (Flaxley 12 October set by Lawson champions) and League 11 Downards but also a couple of Night Leagues – 2<sup>nd</sup> November on Cranham and 30<sup>th</sup> November on the award winning Mallards Pike map, and set by Andy Creber. League 12 finishes up the pre-Christmas season for NGOC events with Lightning Tree Hill on 14<sup>th</sup> December planned and organised by the very able James Agnew. I will be off to the New Forest for the November Classic 3<sup>rd</sup> November which is always a treat – and will be transporting a number of the Oxford University orienteers whose novices Maggie and I coach every year. I look forward to seeing you all out in the forest.

*Ian Jones*



## **Coaching Day 23rd November 2024**

The Orienteering Foundation is pleased to announce support for another coaching day in the Lakes, on Saturday 23rd November 2024, in a similar format to previous ones. We are particularly keen to promote coaching of adult orienteers, who are often under-served, but also welcome groups including juniors.

With the British Long and Relay Champs in the Lakes in May 2025, this is an excellent opportunity to practice in very relevant terrain.

Permissions are now confirmed and we are going ahead. Please register interest as individuals or groups with Derek Allison.

For full details please visit:

**[Coaching Day 23rd November 2024 - Orienteering Foundation](#)**

*Sunday 24th November – Why not make a weekend of quality orienteering training and competing in the South Lakes? The following day there is a LOC event (Cumbrian Galoppen) at Bethacar moor.*

# MERTHYR MAWR MEMORIES



*The start with the author far left under a sunhat*

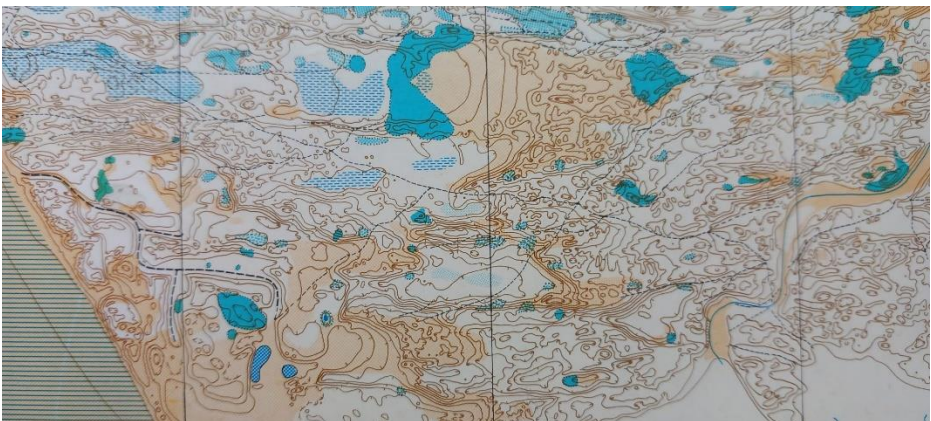
At the Croeso Welsh orienteering festival this July, NGOC staged the day 1 event at Merthyr Mawr on the South Wales coast near Bridgend. This area of sand dunes has been a special place in my orienteering timeline for nearly 50 years. So I was delighted to run there again and then help as part of the efficient NGOC machine. It becoming an NGOC area for the day prompted me to dig out some old maps and memories to share with Legend readers.

I first ran there as a junior in the 1976 Midland Championships. I don't remember the event but do recall travelling down in the Walton school minibus and getting lost trying to find our village hall accommodation in deepest Glamorgan. A portent for the event, given my poor result and huffy comments in my notes about the 'hypercomplex' map. Photogrammetric plots were just coming into mapping, enabling the use of such areas for orienteering. Up to then O maps had been largely derived from OS maps which didn't have sufficiently reliable detail. The

Merthyr Mawr mapper was Takashi Sugiyama, a Japanese student at nearby Atlantic College. 'Tak' became a popular figure in British orienteering, going on to Oxford University and then as one of the first professional O mapmakers.

My next visit was in 1979 during my first term as a student in Cardiff. The Midland Night Champs took place on a very foggy autumn evening. I remember getting quite lost on the upper part of the area in the swirling mist and being out for nearly two hours. Yet I 'won' my course as all but one other runner had the sense (and navigational skill) to retire! This did wonders for my reputation with my new clubmates and started my fondness for Merthyr Mawr.

A couple of years later I found myself revising the iconic map on the white kitchen table in our student house. In those pre-digital times maps were scribed at double scale on transparent film, one sheet for each print colour. Proper mappers had light boxes to illuminate the film from below; I just got a headache each evening, extending all the thickets with fiddly bits of Letratone. Our little club at UWIST had somehow acquired the area for orienteering from Atlantic College, and I felt both honoured and a bit unworthy to be altering Tak's pioneering survey.



1982

It was needed though because the dunes were evolving; the sea buckthorn bushes that had been planted to stabilise them were spreading. And the large flatter areas nearer to the beach were getting flooded with high tides, changing the shape of the surrounding dunes. Here's an extract from 'my' 1982 map for comparison with later versions in this article – note that white represents open runnable areas, yellow just less runnable soft sand.

Cardiff (UWIST and CC: Checkpoint Charlies) hosted the 1983 British Student Champs. Strangely we only used Merthyr Mawr for the Relays, but we had great fun placing the changeover at the bottom of the “Big Dipper” for everyone to finish down. The Big Dipper is reportedly the second highest sand dune in Europe; a 60m slope of soft sand on the Eastern edge of the area just North of the public car park. It became known as a good place for training athletes to run intervals up.

Even more memorable was an end-of-term fun event one summer evening. There were bingo controls (lots of tiny control flags hung around thickets, only one with the right code); a very visible control on the belvedere half way up the main slope across the area that wasn't on a course so had a derogatory message for any chancer who slogged-up there in the hope that it was; a mobile control running around a larger circle with the flag around his head (the CC logo) who made competitors sing a song or do a handstand before they could punch their card [no dibbers back then!]; and my favourite – the contour & meridian junction. I'd spent much of the afternoon unrolling blue toilet paper to mark the north line over a dune and then pegging rings of pink tissue around it to represent the contours. Student humour.....

Although I moved away to start work in Bristol, I was invited back to Merthyr Mawr to co-plan a ranking event (a sort of age class regional event) in 1986. I'd been asked during the 11<sup>th</sup> mile of a half-marathon, when it was easier to nod rather than shake my



head in reply. There were times when I did wonder about agreeing so readily, trying to co-ordinate from England with my co-planner (another ex-UWIST) now in Scotland about an event in Wales, or when the controller lost his car keys while out on the area (remember this was before mobile phones or email), and definitely when heading back to Bristol for the nth time, late at night after an overprinting\* session and almost colliding head-on with a car that was driving on the wrong side of the M4!

*\*Only the JK and British had the courses printed with the map back then; most other events just had a stock of blank maps, so competitors would mark their own course on at the start from master maps – not fun when it was raining! It was starting to be expected at all larger events to have pre-marked maps, either hand-drawn by the planner for the smaller and less busy courses, or overprinted by hand with a contraption not unlike a child's toy printer; a sticky board on which you created each course in reverse with rubber blocks, pressed it onto a large ink pad and then stamped onto a map – usually with a lot of trial and error and wasted maps.*

Couldn't keep away for long though, as I then controlled a Welsh league event there later the same year. This was on the weekend of the club's annual dinner when most of the old boys and girls would come back to Cardiff, ensuring plenty of extra competitors and helpers. Sadly I had a short notice business trip to America, flying out on the day of the event. After some initial consternation we found a stand-in controller for the day, and in my comments in the results I joked that it all looked to be running smoothly from where I was sitting passing high overhead.

The area was then made available to other clubs for training to use up the stock of ageing maps. In 1992 the next generation of students at the now merged UWCC secured grants to fund a professional re-survey. The map was also extended West to the edge of Porthcawl town, allowing more scope for longer courses and the possibility of accessing the area from a different side. Despite by now moving further away to TVOC, I was asked back to control the returning British Student Champs in 1994 – this time wisely with both the Individual races and Relays on Merthyr

Mawr. You can see from the map extract below just how much the dark green had spread. So we were glad of the extension to have enough usable area, and we feared at this rate the impenetrable scrub would soon cover much of the lower dunes.

I wasn't to return for 20 years; I don't recall any major events being held there and assumed the sea buckthorn had seen off orienteering. However checking-up for this article I discovered that Merthyr Mawr Warren was designated a National Nature Reserve in the early 2000s and its management was taken over by Natural Resources Wales (NRW). It was recognised that the sea buckthorn "needs control, to increase the area of open sand dune habitat" and that controlled grazing be introduced "to maintain dune and saltmarsh vegetation". This tallies with my memories of a SBOC event there in 2014 (I didn't keep the map) where the lower part of the area seemed quite navigable, but the upper part was becoming divided by blocks of thick vegetation.

A two-year conservation plan in 2018 was proposed "to help the dunes remain as shifting sandy habitats with a mixture of open sand, pools of water and varied vegetation". When NRW's 20-year lease ended, responsibility for management passed back to the estate – with a new Natural Resources Agreement put in place from 2023. Perhaps due to these changes, the area was remapped ready for the JK in 2022. Although, as some NGOC members may know, access issues (particularly parking I gather) prevented this and the club eventually staged the middle day of that JK on Clydach Terrace.

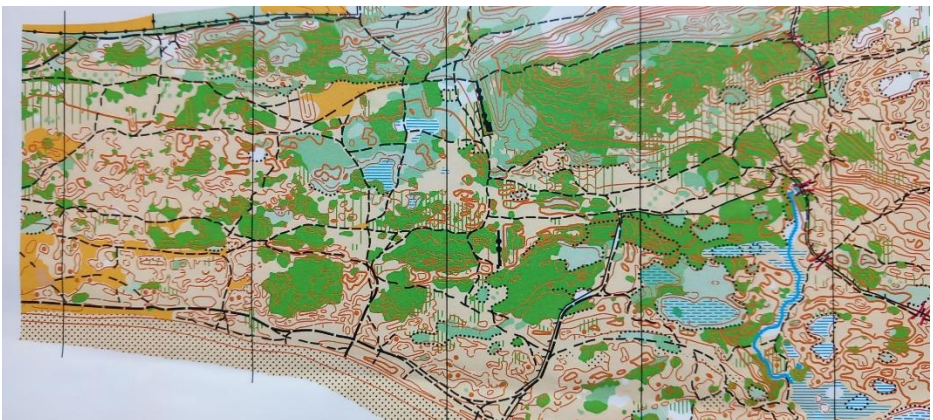
There is of course a happy ending. This summer's excellent solution of parking on the other side of the Ogmor River and crossing by the waterworks bridge, enabled Wales' flagship orienteering event to finally take place on one of its finest areas. I ran early as I was helping on second shift, so got the dunes largely to myself to start with. Until an old university friend (currently injured so just walking to the beach) called out to me and I was transported back to the 1980s. The latest map extract below shows that the lower dunes appear to be back to their

condition then. However, the knee-deep vegetation felt very different, not just spiky marram grass but more a mix of different flowers and herbs. Charles the uber-controller confirmed this impression. I found it initially OK to run through, but gradually energy-sapping.

Climbing up the limestone slope felt a lot harder than it did than 40+ years ago, and nothing to do with changes on the ground! On the upper part of the area the scrub is still taking over, particularly in the NW as these two extracts from 1992 and 2024 show. This does constrain course planning and led to inevitable



*1992 northwest*

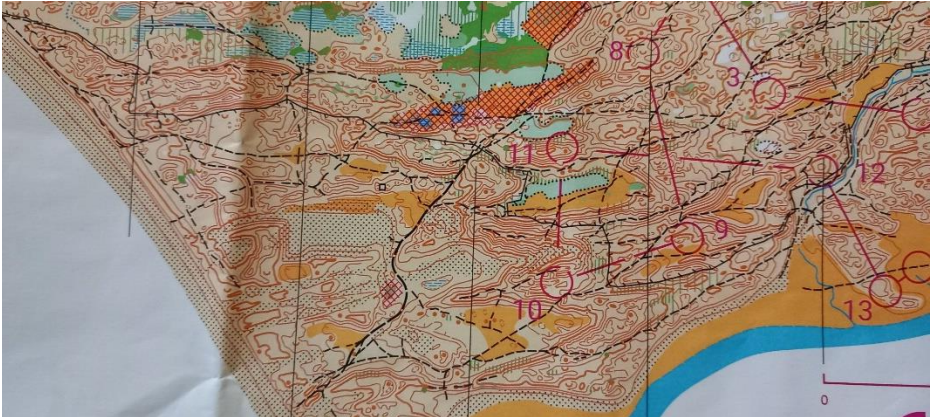


*2024 northwest*

path runs to get through. It will be interesting to see the effect of more controlled grazing up there as evidenced by the new fences. For old times' sake I chose a route choice back down the Big Dipper and was pleased to see a group of non-orienteers running intervals up it barefoot.



*1992 southwest*



*2024 southwest*

Memories aren't the same as familiarity though and I got complacent towards the end of my course, twice aiming for the wrong dune and almost getting back late (thanks Rhiannon for telling me not to worry about when I could take over from her on the start). I was struck by the holiday atmosphere amongst the

waiting runners, but also along the walk back and particularly in the car park. The good weather and it being day 1 helped, but so did the location by the river. And putting the string course in the castle ruins added to this.

I was serving on the Welsh OA committee when Croeso was conceived by the charismatic Chair Wish Gdula as a holiday festival in contrast to the more serious Scottish 6-day. I have planned, controlled or helped at five editions of Croeso since the first in 1988. Competitors' expectations have risen over the years and in response it has become a full age class event rather than just a week of colour-coded courses. It is a big stretch for the Welsh clubs to stage something of similar quality, and now a day longer than the Scottish. So well done to all the NGOC team for delivering such a fine start to the week.

*Clive Caffall*

# Club kit

---

# Club kit

---

If you need a new O-top, club jacket or club T-shirt please send an e-mail to Paul Taunton saying what you would like. There is a good stock of all these items of club kit, in most sizes. There is too much stock to bring everything to each event, so if you let me know beforehand what you are looking for I can bring along a range of sizes/styles for you to try on. Everything is at low prices (subsidised by the club) and there are even better deals for juniors!

[paulrtaunton@gmail.com](mailto:paulrtaunton@gmail.com)

# Club kit

---

# Club kit

---



## Gothenburg training camp 2024 –



Reuben Lawson



The tour started on the 16th of August with Jess Ward and me being driven to Stansted airport to catch our flight. There we met up with roughly half of the athletes on the tour and we all got on the aeroplane together. When we arrived in Gothenburg, Mark Saunders (our lead coach) squeezed us into his car and drove us to the club hut which we were staying at, just outside the city where we would stay for 10 days. In the afternoon I went for a run around the lake to adjust to the Scandinavian terrain, and in the evening, once everyone had arrived, Mark told us the plan of the week

The difference between the Gothenburg training camp and all other JROS tours is that we are our own coaches, meaning we choose how much or how little we do and when we do it.

During our time away we did many new exercises that I've never done before. For instance, my favourite one was a 2x2 sprint relay race (which was the Gothenburg district championship). It was very tough as you'd run extremely hard on your first leg then must catch your breath whilst your team mate then ran their leg, to then hand over to you to run again. Although it was hard I really enjoyed it.

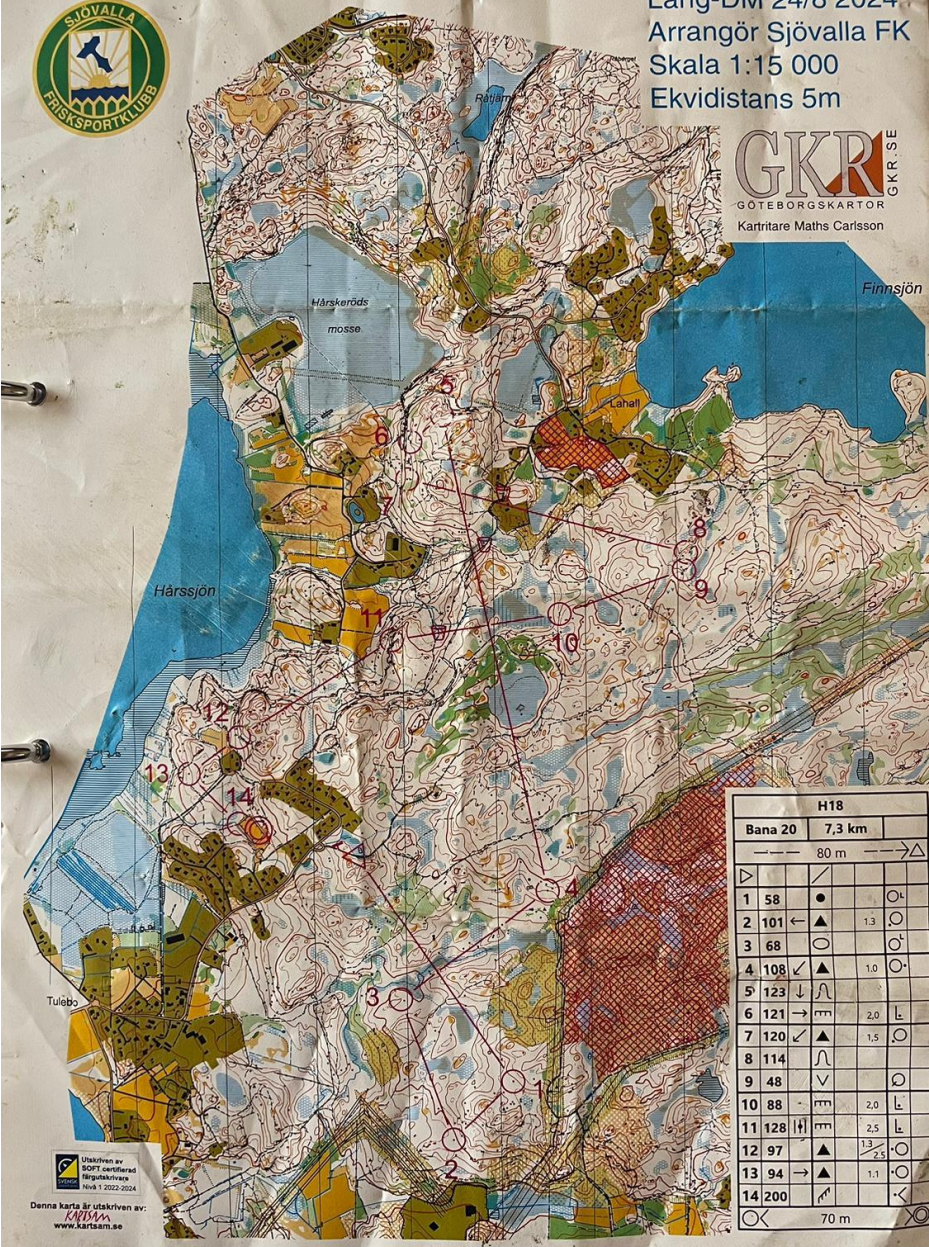
Another feature of this tour was that it was entirely self-catered, so we got to cook our own food and choose what we ate. This led to many interesting choices for dinners and puddings, but they were all delicious.

Throughout the duration of the tour we used the excellent Swedish transport system, generally we were on time to our buses and trains and our maximum wait for a bus was half an hour.



Lång-DM 24/8 2024  
 Arrangör Sjövalla FK  
 Skala 1:15 000  
 Ekvidistans 5m

**GKR** SE  
 GÖTEBORGSKARTOR  
 Karritare Maths Carlsson



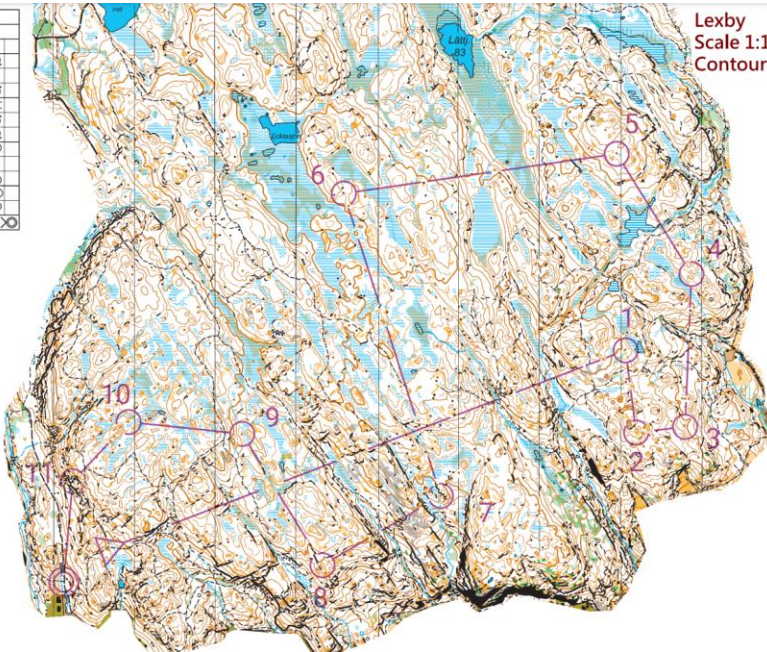
H18				
Bana 20	7,3 km			
--- 80 m --->				
1	58	●		○
2	101	←▲	1,3	○
3	68	○		○
4	108	✓▲	1,0	○
5	123	↓		
6	121	→	2,0	⊥
7	120	✓▲	1,5	○
8	114	∩		
9	48	✓		
10	88	→	2,0	⊥
11	128	∩	2,5	⊥
12	97	▲	<sup>1,3</sup> <sub>2,5</sub>	○
13	94	→	1,1	○
14	200	▲		<

Utskrivn av  
 SOPT certifierad  
 Högskoletryckeriet  
 Nov 1 2022-2024  
 Denna karta är utskrivn av:  
 Karta.se  
 www.karta.se

The above is a map of the day middle event we did.



Lexby	
D18	6.7 km
1 47	▲
2 32	●
3 33	●
4 34	●
5 46	●
6 40	▲
7 41	●
8 42	●
9 43	●
10 44	▲
11 45	●



Lexby  
Scale 1:10000  
Contours: 5m

Long leg exercise

## Long Legs

1:10000



Long Legs	
2 - 1:10	3.1 km
1 105	▲ ▲
2 106	● ●
3 107	▲ ●
4 108	●



Long legs exercise. (The cliff by the number 1 was the 12m leap into the lake)

The terrain in Sweden is quite different but also quite like British terrain. The main difference in my opinion are the rock features, since the boulders in Sweden have to be quite large to validate their appearance on the map so on the ground, they are really obvious. One of us planned a middle event for the group to do and the first 2 legs were up a ridiculously large cliff where you had to battle your way up on hands and knees (that was not very pleasant). Running through the woods didn't seem much different but there are a lot fewer brushings so you came back with minimal scratches on your legs. I think I only got stung by one stinging nettle over the entire tour (and it was the only one I saw)

My performance during the week varied quite a lot, with some of my best runs being in the local club series race. However, my result in the big race at the end of the week were a lot less satisfactory. The terrain was lovely and the running was quick as there were lots of paths, I made errors on a couple of legs as the scale caught me out on the earlier controls.

For entertainment and rest throughout the week we did a lot of swimming as there was a lake right by where we were staying. The highlight was the 7.5m diving board on the lake, which we had plenty of fun on. However, 7.5m seemed small compared to the 12m high cliff/diving board that we'd heard about from previous years' camp attendees. It was absolutely terrifying to jump off, I was one of only four who made the jump!

The 2024 Gothenburg tour was an excellent opportunity, every JROS camp I have been to is set to an exceedingly high standard and this was no exception. I felt my technical ability improved a lot and I look forward to putting this in practice over the coming season.

*Reuben*

## Caption competition



Send your entry to [legend@ngoc.org.uk](mailto:legend@ngoc.org.uk) – all entries will be printed in the January 2025 Legend!

Paul Taunton writes: “The event finished years ago, but the control collector is still looking for this one”. (It must have been there a long time as the kite has almost completely weathered away and it's hard to see the pin punch as it has faded from orange to dirty grey! I guess it belongs either to NWO, or the army, as it's located near Trenchard Lines, Upavon.)

# Navigation in the dark

or

## The orienteering detective

In “*The Mystery of 31 New Inn*” a doctor is called out late at night to see a patient who is said to be dangerously ill. Doctor Jervis is locked into the carriage (with all the windows blacked out) that has been sent to collect him and driven for about half an hour. After treating the patient he is then driven home again in the same mysterious fashion.

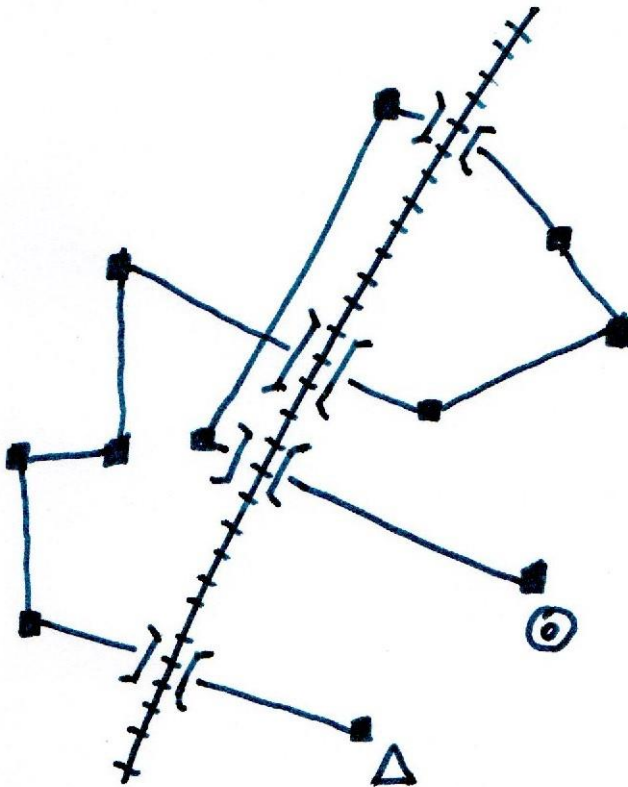
The method of conveyance to see the patient - as well as his condition - make Doctor Jervis rather suspect that that something nefarious is going on! So, the next day, he goes to see his friend, Doctor Thorndyke\*, who agrees that they need more information before reporting the matter to the police. Obviously, the first thing is to locate the house where the patient is housed. Jervis considers this an almost impossible task but Thorndyke has a plan.

Hoping that he will again be called out to see the patient, Thorndyke provides Jervis with a pocket reading-lamp, compass, a pencil and a notebook attached to a small board. Thorndyke draws three columns in the notebook: the first for the time, the second for the direction shown on the compass and the third for any other observations, such as the type of road surface, the number of steps made by the horse in a minute, the change in outside sound made by the carriage going under a railway bridge etc.

Thorndyke's sample log entries:

- 9.45 NNW start from home
- 9.47 under railway bridge
- 9.48 N granite setts. Hoofs 102
- 9.50 E wood pavement

Jervis does get called out again and, under the pretence of reading a newspaper, lights his lamp before getting into the carriage. During the journey he writes the log as directed by Thorndyke. When Thorndyke reconstructs the journey as a diagram he comes up with something like this:



Comparing the pattern of the diagram to the Ordnance Survey map he is able to work out the probable street that the house is in. And it turns out that the 30-minute carriage ride was about a ten-minute walk from Jervis's house, an elaborate charade to hide the location!

The two men then explore the street to see if they can identify the house. They are soon able to do so as it is the only one in the street with a long, covered way to the front door which Jervis had particularly noted.

Don't try this at home as it is unlikely that a compass will work as well inside a modern steel car as in the wooden surroundings of a carriage in 1912 London!

\*Dr Thorndyke has appeared in Legend previously:

*Dr Thorndyke would have made an excellent orienteer* – Legend January 2019

*Have you ever had a similar experience?* – Legend July 2010

*R Austin Freeman, 1862-1943, was a writer of detective stories whose main character was Dr Thorndyke, a Sherlock Holmes type. Obviously, he has to have his Dr Watson, in this case Dr Jervis. The stories are noted for their genuine and often obscure, points of scientific knowledge but also for their realism when describing places.*

# 50 years on



*(above) 9<sup>th</sup> Signal Regiment (Radio) cross-country championship 1971 at Ayios Nikolaos in Cyprus. Left is Lance Corporal Brown, the winner, and right is Lance Corporal Parfitt who was second.*

*(below) Ian Parfitt (DVO) and Alan Brown (NGOC) warming up for the East Midlands Urban League at Chesterfield on 14 July 2024.*





*Results this time were not so good – Alan missed Control 11 on Course 2 so was DSQ. Alan blamed the planner– the red line on the map between 10 and 12 was completely straight so 11 was easily overlooked, especially as it was very close to 10. At least Alan was not the only one who fell for this dastardly trick!*

*Ian was 38 out of 40 on Course 4; also, Ian put his foot through a rotten plank on a footbridge and had to be helped out of his hole by a passing competitor.*





*Where am I? Tom Mills took this at Merthyr Mawr on 24 July*

# Bertie has a spray at Pyestock

Pyestock is one of the “usual suspects” for the MLS (Military League South). I had run here several times over the years, usually approaching the event in a car along a dismal road and having to turn off across a line of speeding traffic. Not something to put the orienteer in a calm frame of mind and ready for the fray.

However, this time I took the train to Fleet station and a 20-minute stroll to Registration. A very pleasant warm-up along a well-found gravel track with plenty of greenery and even a lake with plenty of swans, ducks and other watery denizens, if that is the word I want.

There were also several notices warning some cove called Algie that it would be bad for his health if he, or his dog, ventured into the water. Some people put up some strange notices these days, maybe the Ministry of Silly Walks has sponsored an offshoot called the Ministry of Silly Notices. The way the notice was worded they even seem to think that dogs can read: I have yet to meet one that can.

I had looked rather askance at Jeeves as he handed me a large water bottle filled to the brim as I set out from the old homestead that morning. But I was glad that he did as it was a very hot day and I silently thanked the fellow as I poured half the contents down the abyss before starting my run.

Apart from being hot on the day the weather had been dry for a good while and I'm glad that it was. The course took us round lots of the normally wetter parts of Pyestock but I didn't get an even slightly wet “O” shoe. I expect that the planner was seriously disappointed but this orienteer wasn't.



*Some usually rather watery control sites*

There were 26 controls on two sides of an A4 sheet over 8.3kms and 75m climb. I took Jeeves's advice and went round steadily. Although I made a couple of stupid mistakes I also hit some difficult controls bang on, though whether this was skill or just good luck I could not say. What was definitely luck was a couple of instances where people volunteered directions to a control when I was standing still in a posture suggesting helplessness and lostness.

After about 2 hours 20 minutes I fetched up gratefully at the Finish. Staggering towards Download I was accosted by a young chap with a cheesy grin.

"Would you like a spray?"

Before realising what I was agreeing to I had said yes, please. For the chap with the c.g. it was the work of a moment to squeeze the device in his hand and drench Bertram's front with cold water. He then moved up to my face and my specs made a fair imitation of the Niagara Falls after a particularly rainy spell.

"Mustn't forget the back of the neck!"

Splosh.

I must admit that it was quite refreshing to be drenched in this manner on the hottest orienteering day of the year but I suspect the sprayman, and bystanders, enjoyed the moment much more than Bertram did. The blighter.

19	60	1.59:40	12:55
20	36	2.02:29	02:49
21	52	2.05:02	02:33
22	61	2.06:58	01:56
23	57	2.08:55	01:57
24	49	2.12:52	03:57
25	63	2.15:04	02:12
26	55	2.17:50	02:46
27	200	2.21:17	03:27

You are 19 of 19

elapsed time is 1:16:04, You are 1:05:13 behind

A dripping Bertram limped on to Download to discover that he was currently last. I was still last when the results were published but there were several punters who, probably wisely, had retired into private life before the end of the course.

Later, in the evening, after my bath, meal, a B & S or two and debrief by Jeeves I was lounging in the armchair, thinking of this and that, when a bright idea struck me.

“Jeeves, what if NGOC had a sprayer for hot days?”

“The Treasurer might object to spending the club’s hard earned funds on such a piece of frivolous apparatus, sir”

“Frivolous! Surely it is a matter of Elf & Safety, if that is the correct term? Jolly serious, heatstroke, what! Anyway, I could offer to purchase the device myself.”

“Another objection is that the services of yet another volunteer would be required, sir. I doubt that any member of the club would be willing to volunteer for a duty that could make them very unpopular.”

“Unpopular! Volunteers! If I paid for the device I would insist on operating it myself. There are one or two club members I would dearly love to spray.”

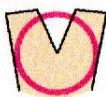
“Well, sir, I suppose that might just be acceptable as your present standing within club circles could hardly be any lower.”



## How good are you at control descriptions?

Map	Terrain	Control Descriptions	Text Description
		1 <input type="text"/> <input type="text"/> <input type="text"/> ⤴ <input type="text"/> <input type="text"/> <input type="text"/>	Terrace

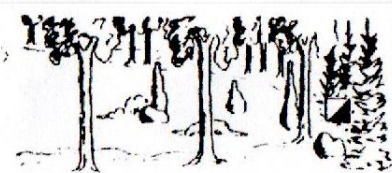
Above is an example of a control description, showing a section of map, a line drawing of the feature, the symbol description and a text description. Below are four these that have been deconstructed (and five more on the next page) – all you have to do is reconstruct them! Answers are in “Brashings”.



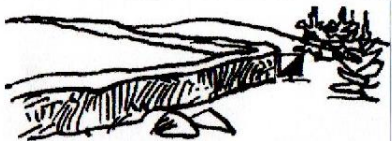
Forest corner,  
south tip



Clearing



69    ⦿   Ⓒ



73    ⋯   ⤴



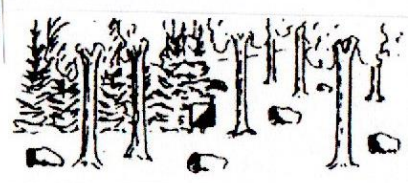
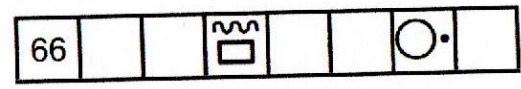
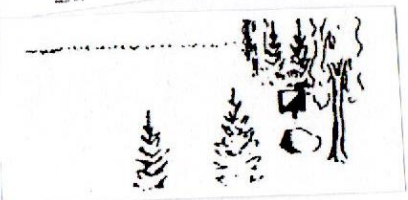
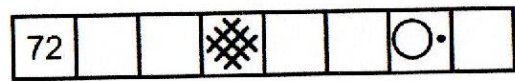
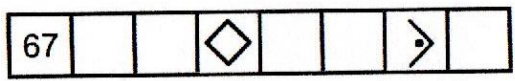
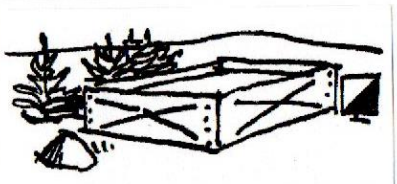
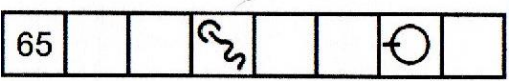
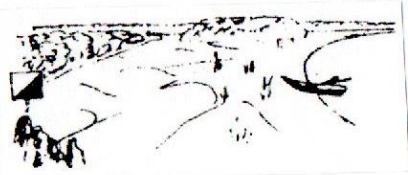
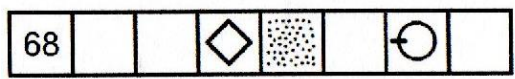
71    ⦿



70   ⤴   ⚡

Linear thicket,  
east corner  
(outside)

Semi-open land,  
east edge



Thicket, east side

Spring, west edge

Open land, sandy west edge

Open land, east corner (inside)

Water tank, east side

# Guarding Controls in Edinburgh

From 11-16 July Edinburgh played host to the World Orienteering Championships (WOC) 2024. It's the fourth time WOC has been held in the UK but the first time as a sprint-only championships, featuring three medal events: individual sprint, mixed sprint relay and knockout sprint.

I'd seen their call for volunteers about a year in advance. As a fan of sprint orienteering I planned to visit WOC and run the public races, so I put my name down to help. Much closer to the event than expected, I heard back (maybe a sign that many aspects of the organisation would be just-in-time!)

My assigned role was Control Guarding. Each control is assigned a guard who ensures it remains in the right place for the duration of the event. As soon as athletes enter quarantine, guards are given their control trestles and fan out into the competition area to place them in the right spot. Meanwhile, other marshals will be readying the area: putting up and patrolling temporary barriers, taping OOB areas, positioning themselves on blind corners to stop runners colliding with each other and the general public. With dozens of people preparing the area, everything can be set up in no time at all.

The controller and pre-runners will come around, checking that everything is working and all routes are clear. They may make some comments - that a gate needs opening wider, say. Then there's a bit of a lull until the competition proper. Once underway, the experience varies a lot depending on location.



## **Sprint qualification**



A radio control, which meant that all three qualifying heats came this way and there was plenty of action. In the picture you can also see a safety marshal warning people about speedy runners around the corner, and some residents of Leith watching the action from their balcony.

There was an unexpected twist setting up the event. We were taken around by our team leader (the only one of us with a map) who dropped us off at our locations. It all worked fine, until he got a bit lost and couldn't work out where he'd ended up. A quick check of Google Maps was needed.

## **Sprint final: control 121 (TV control)**



Chosen to have a good view of competitors as they run past. An expert Swedish TV crew (static cameraman, running cameraman and producer) sets up in this location to provide the official coverage. There weren't really enough marshals to cover traffic management - the producer took it upon himself to provide safety warnings as runners emerged at full speed onto the road at the bottom of the hill.

There was confusion about what to do after the event finished - they hadn't really told us! This was solved by setting up a WhatsApp group for later days.

Some of my frantic waving to passers-by was captured on TV...

## **Sprint relay: control 102**



For the mixed sprint relay I was out on the edge of Heriot-Watt campus, at a control visited by only the men's courses (mixed sprint relay consists of four legs, in the order WMMW). There were a couple of bursts of action as leg 2 and leg 3 runners passed, but otherwise it was a very quiet couple of hours.

The pace of teams varied a lot, and there was a half hour wait at the end for the Korean team to come through, before we could pack away.

**KO sprint qualification: control 156**



Prior to the event, I told a Scottish colleague that I'd be guarding controls. His advice: "as long as it's not in Wester Hailes, you'll be fine." I replied that the KO qualification was in Wester Hailes. "What are you going to guard them with, a sword?"

One of the pre-runners noted as she punched the control: "it's a bit grim, isn't it?" Luckily an early Tuesday morning was quiet, and there were no problems.

This was the start of a leg with significant route choice. The top runners came to a complete stop, closely looked at the map for a couple of seconds then decided where to go. Other runners were less decisive, often second-guessing and doubling back on themselves.

It was eye-opening to see the amount of work that goes into staging a major international event, and surprising how much of it happens last-minute - I don't think the organisers got much sleep! But everything seemed to come together in the end. It was also impressive that public "WOC tour" events were staged on all the WOC event days, often in the same area: as we were bringing back the controls in Leith on Day 1, the WOC Tour volunteers were putting out an entirely separate set of controls for the public race.

*Tom Cochrane*



*Perhaps the owner of the cottage at Defynnog where the Taunton family stayed during the Croeso week is an orienteer, as there was this unusual wall clock?*

# Bertie does linear score

Linear score? What is that? Wooster must have gone right off his chump, I can hear my readers saying. Well, no, actually. It's like this . . .

This particular week the Wednesday Army event had been cancelled at short notice and I was all of a twitter. What to do to get my weekly ration of "O"?

"Jeeves! Jeeves! Quick, man, this is an emergency."

"Sir? Did I hear you say emergency? Have I neglected to refill the whisky decanter?"

"This is a real emergency: the MLS event on Wednesday has been cancelled."

"Most disturbing, sir."

"Most disturbing! Is that all you can say? You could at least roll your eyes and wave my compass and dibbers about. Better still, eat some fish to energise your brain and apply yourself to the problem. Leave me now, Jeeves, I wish to be alone to brood over the matter."

"I think I have the solution, sir."

"Already?"

"Yes, sir. If Thursday evening, instead of Wednesday morning, would be acceptable, there is a Harlequins Orienteering Club event in the Clent Hills. A low-key affair, but in a pleasant spot just south of Birmingham, colloquially known as Brummagem or shortened even further to Brum. The format of the said event is of

the linear score variety, which I anticipate you would find a novel and pleasing experience.”

“You’re marvel, Jeeves, kindly book me a place forthwith.”

“Thank you, sir, I endeavour to give satisfaction.”

And with that he biffed off to the computer.

It was a dull, grey day, threatening to drizzle when I eventually arrived at Hagley railway station, having had to wait an extra half hour at Worcester due to a cancelled train. A pleasant, warming-up sort of walk out into the country to Registration was next, with pavements most of the way and little in the way of what Jeeves would call vehicular traffic.

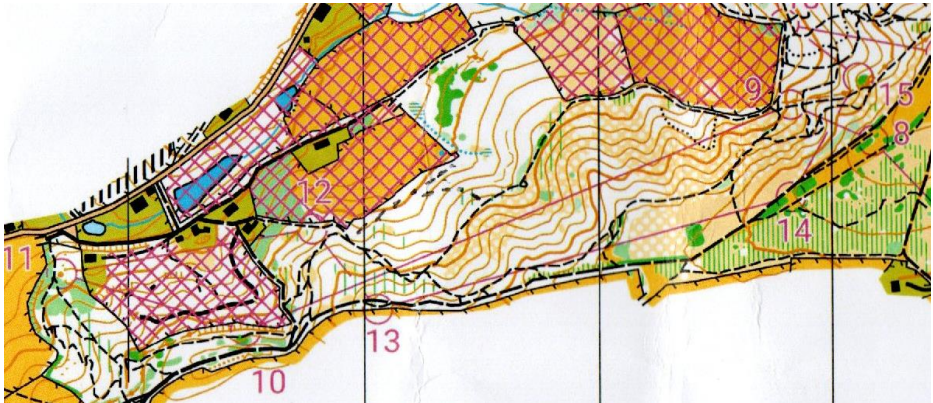
The fellow was correct about it being a low-key event. There was a decent car park, courtesy of the National Trust, and tucked away in one corner was the car of the organiser/planner/control putter out/downloader/control collector/general one-man band. Ben, for that was his name, welcomed me with a map, last-minute instructions and kindly allowed me to leave my rucksack in his boot. Er, the boot of his car, that is.

With nothing else to detain me I set off. But, Bertie, you still haven’t explained what linear score means, have you? I expect some of my cleverer readers have by now realised that I have been stringing them along, making sure that they have read this far. I can do no better than quote the flyer: “Controls must be visited in order, but can be skipped e.g. 1, 2, 4, 6 scores 40 points, but 1, 2, 4, 3 would only score 30 points. If confused, just ask on the day!”

Clearing, checking and dibbing were all self-service and I then biffed off. None of the controls were too difficult, I am glad to say as, usually, by this time of day I am settling down to a quick sniffer at home or at the Drones Club. But with 320 metres climb



over 5.6 kilometres I soon realised that I was not going to visit all 20 controls in the 60 minutes allowed. This is where the appreciation of the linear score details comes in. Off to the left, or more correctly west, of the map were several controls stuck out on their own so the Wooster brain quickly decided to leave these out and I rushed straight from 9 to 15. Finishing with just two minutes to spare I congratulated myself on my excellent judgement.







































A rushed thank you to Ben for an enjoyable event (I was amazed to learn that it was his first go at planning) and a rushed walk back to the station. Congratulating myself on my second good timing of the day I arrived at the r.s. a comfortable 10 minutes before my train was due. I approached the indicator board on the platform to see a broad red band with the lettering in bright white C A N C . . . . . No prizes for completing the word.

14	178	18:26:03	3:16	47:11
15	179	18:31:32	5:29	52:40
16	170	18:34:43	3:11	55:51
Finish				
		18:36:50	2:07	57:58

# Brushings

How good are you at control descriptions? Answers:

Map	Terrain	Control Descriptions	Text Description
		65 <input type="text"/> <input type="text"/>  <input type="text"/> <input type="text"/> 	Spring, west edge
		66 <input type="text"/> <input type="text"/>  <input type="text"/> <input type="text"/> 	Water tank, east side
		67 <input type="text"/> <input type="text"/>  <input type="text"/> <input type="text"/> 	Open land, east corner (inside)
		68 <input type="text"/> <input type="text"/>   <input type="text"/> 	Open land, sandy west edge
		69 <input type="text"/> <input type="text"/>  <input type="text"/> <input type="text"/> 	Semi-open land, east edge
		70 <input type="text"/> <input type="text"/>  <input type="text"/> <input type="text"/> 	Forest corner, south tip
		71 <input type="text"/> <input type="text"/>  <input type="text"/> <input type="text"/> <input type="text"/>	Clearing
		72 <input type="text"/> <input type="text"/>  <input type="text"/> <input type="text"/> 	Thicket, east side
		73 <input type="text"/> <input type="text"/>  <input type="text"/> <input type="text"/> 	Linear thicket, east corner (outside)

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

## New SWOA Regional Fixtures Secretary needed

*Richard Sansbury writes:*

After doing the job of Regional Fixtures Secretary since 2011, it is time to hand over to someone new. I have really enjoyed the role, but in the last year I have taken on other responsibilities and have not managed to give this job the attention it deserves. So I will be standing down at the SWOA AGM on 22nd October. Please put the word around and see if we can find a volunteer to take over. The job involves:

- taking a proactive role in conjunction with club fixtures secretaries to produce an orderly programme of orienteering across the region, in particular assign major competitions that come to our region (about 5 to 10 hours each month on average)
- reporting to and being a member of SWOA committee (online meeting every 2 months)
- representing SWOA at Event Scheduling Group meetings (online meeting every 6 months)

*This is an important role and Richard still has not had any offers to replace him. Address any offers to Richard at [richard.sansbury@btinternet.com](mailto:richard.sansbury@btinternet.com)*

## Are orienteering Major event entry fees becoming too expensive?

It's increasingly common for people to complain that entry fees for Major orienteering events are becoming too expensive. But it seems to me that in view of the effort that goes into events like the JK and British Championships a fee of around £25 to £30 is not unreasonable. And it's usually only a minor part of the overall cost of attending a Championship level event, as this often includes significant travel and accommodation costs.

Did anyone read the article in The Times on 13th August headed "Donald Trump to charge £1,000 a round at Turnberry golf course"? Admittedly he has to buy the land rather than just rent it from Forestry England for the day, but that does seem a lot to charge for a day's sport! I'm not going to slow down and buy a set of golf clubs just yet!

*Paul Taunton*

*M70 (for another 3 months)*

## British Orienteering incentive scheme Awards

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

Hannah Agombar	Racing Challenge: Silver Award ****
----------------	-------------------------------------

## **James Askew - Historian to British Orienteering**

As you may be aware, I am taking up the position of Historian to British Orienteering in succession to Clive Allen.

I shall be looking to collect any relevant material that clubs and associations might hold to add to the archive collection held at the University of Sheffield. In addition, I would be grateful to receive any suggestions of what BO members might like to know of the history of the sport. I'll be asking for this more officially from clubs later this year, but you can have the first opportunity!

If you have any thoughts, suggestions, or indeed material, please contact me at: [jamesaskew@hotmail.co.uk](mailto:jamesaskew@hotmail.co.uk)

Best Wishes,

James

## **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.



# The Back Page Soapbox:



*Way back in 2000, when Chris Morris was the editor of Legend, “The Back Page Soapbox” was a regular feature. It gave NGOC members wishing to complain about aspects of orienteering that annoyed them a wide audience - better than the usual method of complaint, just grumbling at download.*

## Beavers in the Forest

The first pair of Eurasian beavers was returned to the Forest of Dean in 2018. They were released in a 6.5 hectare fenced enclosure at Greathough Brook, which lies within an area mapped by Bristol Orienteering Club (BOK), known as Brierley. The long, narrow area surrounds a watercourse located within a steep valley. The fenced area hasn't been much used for control sites, but the fence will affect the planning of long route-choice legs for future courses.

Two more adult beavers were released at Perry Hay in May 2024. Perry Hay is an area on the Mallard's Pike map that we have often run through. It's located 1.5km down Spruce Ride from the Spruce Ride car park and just over a kilometre upstream from the top of Mallards Pike Lake. The new robustly-fenced enclosure covers 12 hectares, much larger than the first one, and has been often used for control sites on past NGOC events.



*Perry Hay enclosure, May 2024, NW corner, looking south*



*Perry Hay enclosure, August 2024, NE corner, looking NW*



When I first visited the area in May erection of the fence had left the immediate surroundings of the enclosure as a complete quagmire, as the first photograph below, of the north-west corner shows. It seems to me that the environmental impacts of an orienteering event are vanishingly small when compared to the use of heavy plant constructing such an enclosure!

I revisited the area in August and the second photograph of the north-east corner still shows a wide swathe of devastation. I wonder how long it will be before autumn winds get into the open corridor and blow down a tree, flattening the fence and allowing the beavers free range.

The whole area is mapped as “Access Land” under the Countryside and Rights of Way Act 2000. It is hard to understand how the area can be fenced off by Forestry England, and public access denied, without any chance for the public to object? It seems that the areas of open access are being reduced bit-by-bit. We need a new Warren James to throw down the enclosures!!

*Paul Taunton*



ngocorienteering



## NGOC juniors selected for JIRCs

- M14** Alex Harlock-Askew
- M14** Zebedee Harlock-Askew
- M14** Seb Lyne
- W14** Katie Lyne
- W14** Hannah Agombar
- M16** James Agombar
- M16** Seth Lawson
- M18** Reuben Lawson
- W18** Jess Ward
- W18** Rose Taylor



Liked by [orienteeringswanseabay](#) and 21 others

ngocorienteering NGOC has 10 dazzling juniors running in the Inter-regionals this weekend! Alex, Zebedee, Hannah, James, Jess and Rose are all running for the... more

vanessarunsandswims Fantastic!!!



*(Mallards Pike on 28 September)*