

The Legend

Number 207



Newsletter of
North Gloucestershire Orienteering Club
October 2023

www.ngoc.org.uk



NGOC Committee

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Welfare Officer Judith Taylor welfare@ngoc.org.uk	Club Captain Vanessa Lawson captain@ngoc.org.uk
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Volunteer Coordinator Ian Prowse volunteer@ngoc.org.uk	Additional Member Paul Taunton paul@ngoc.org.uk
Other Useful Non-Committee Contacts	
Club POC Manager Caroline Craig pocs@ngoc.org.uk	

The above shows the new committee structure following the 2023 AGM

Front cover: orienteering in Finland. See inside for Vanessa Lawson's article on a training camp for Juniors

Outgoing Chairman's Chat

Early in August over thirty NGOC members made the long trip to Scotland for Moray 2023, this year's Scottish 6-day event. All of the events were in pleasant runnable areas, with none of the steep and rough terrain sometimes found in Scotland. On four days the courses ran through extensive areas of complex coastal sand dunes covered in pine forest, another day was in deciduous forested moraine and there was an urban race in Forres on the "rest" day too. All very enjoyable! The weather in Scotland that week was much better than in Gloucestershire, so we were able to go to the beach and the sea was warm enough to swim! The next Scottish Orienteering 6-Day event is due to be held in the Deeside area in 2025. Accommodation is always hard to find, so I would recommend booking something as soon as the locality and dates are confirmed. Hope to see you there!

Well done to Rebecca and Jessica Ward, and Reuben Lawson, who were all selected to run for Wales in the recent Senior Home International weekend (races for Elite runners in the 20 & 21 age groups) organised by SWOC. I'd especially like to thank Joe Parkinson for taking over the controlling of the long distance SHI races on the Saturday. All went very well, on one of the hottest days of the year.

The agenda, reports and minutes of the fourth NGOC committee meeting of 2023, held on 21st August, are available on our website for those who may be interested. As usual, one of the key problems the club is facing is finding enough volunteers, both for committee roles and also to organise, plan, control and help at our events. Please remember that almost everything at our events is done by volunteers. It not enough just to pay your entry fee - **if people don't volunteer to help, events will just not happen!**

Whilst we are on the topic of helping your club, have you noticed that it is now possible to join BOF directly, without joining a club? I did email Peter Hart saying "Surely it would be better if all these people were part of their local club?" He said that he did not disagree with my statement but felt the opportunity to join direct was necessary, as there are always a few people that fall outside the norm. There were four "BOF" runners at the Caddihoe and 57 people are shown on the ranking list as belonging to that club. I'm sticking with NGOC and I hope you all will too!

But the good news is that the recent Caddihoe Chase and Veteran Home International demonstrated to the orienteering community what a strong club we are. It was a complex weekend but the efficient organisation and planning, helped by an army of volunteers, mostly from NGOC (but also a few from other clubs) delivered a top-class event. Thanks again to you all for helping!

Recently I came across a group of young people on their Duke of Edinburgh's Award hike, who were somewhat lost in the Forest of Dean. Looking closely at their OS 1:25,000 scale map the network of paths and tracks was reasonably well shown, but they were confused by additional solid black lines, the purpose of which was not obvious. A few were fences, but others were not evident. Early editions of OS maps of the Forest showed the forest enclosure boundaries. Today these boundaries have degraded to little more than a low earth bank, and are shown as such on orienteering maps. But many have been carried forward to the modern OS map, and appear prominent, even though they are of little or no assistance to the average user! Perhaps NGOC could assist the OS in updating their maps – especially the place where the family cycle trail is mapped as going through the private land of Forest Products yard!

Following my complaints about urban events in the "Soapbox" section of the last Legend I submitted a request to British Orienteering for a change to the rules. I proposed that as urban events use the sprint mapping standard, the map scales for both

urban and sprint events should be the same. No news yet whether this is to be adopted?

I have completed my 3-year tenure as Chairman of NGOC and I'm pleased to say that at yesterday's AGM Ian Jones was elected as my successor. Good luck Ian!

Paul Taunton



Start of MWM class



Start of WMW class VHI relay



Stockholm Training camp 2023 – Reuben Lawson

The tour started on the 22nd of August where Jess Ward, Freddie Lake (SBOC) and I were driven to Heathrow 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 Stockholm we met up with more athletes and our coaches and we negotiated the (excellent) public transport system to reach the OK Ravinen hut in the Nacka part of the city where we would stay for 12 days. In the afternoon we did some local training exercises and the coaches introduced themselves and told us the plan of the week. They told us to get a good night's sleep, which we did as we were all pretty tired from a day of travelling.

Nick Barrable was our head coach and he had put together a busy schedule of training and racing (see appendix for the programme).

During our time away we did many different kinds of exercises that I've never done before. For instance, my favourite one was an intervals training session where we had eight 0.6km to 1km courses on the front and back of one A4 piece of paper, and we'd run all the courses together as fast as we could with 90 seconds recovery time between each course. That was definitely the hardest and most fun I've ever had orienteering training.

We also had the opportunity of a training session with Ralph Street. He gave us a talk on sprint training (this was just after he won the World Cup event in the Czech Republic this summer). Matthew Gooch was our coach for sprint training. He tailed us round and gave coaching tips as we were running.

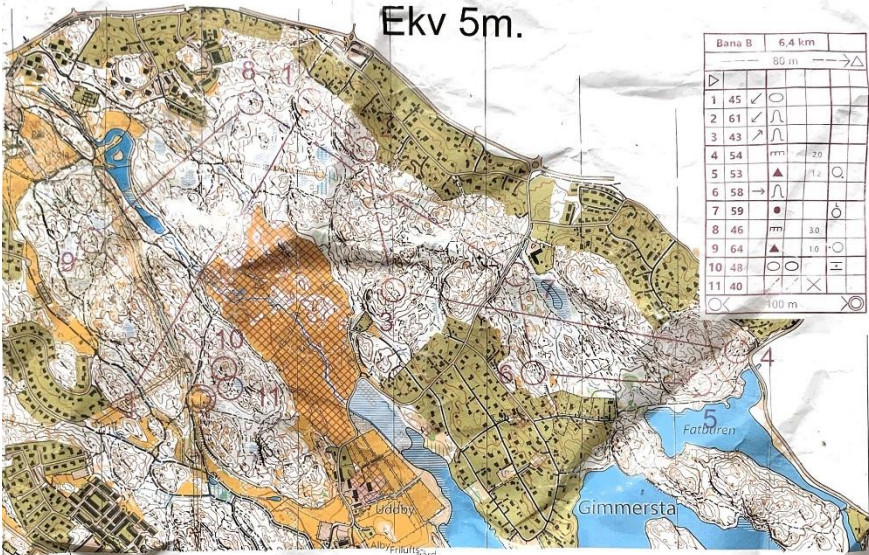
Throughout the duration of the tour, we had to deal with the excellent Swedish transport system, generally we were on time to our buses and trains and our maximum wait for a bus was half an hour. We had to run a couple of times especially when we had our start times to get to for the races at the end of the week.

The terrain in Sweden is quite different but also quite similar to 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. Running through the woods didn't seem much different; there are a lot fewer brashings so you come back with minimal scratches on your legs.

My performance during the week varied quite a lot with some of my best performances being in the club championship. However, my results in the big races at the end of the week were a lot less satisfactory. The terrain we raced on was quite different to the lovely Swedish terrain I was used to; it was very boggy with lots of open sections.

The following pages show three maps from events we did during the week – two Long events (Lang) and one Middle (Medel).

Lång-KM 2023 Skala 1:10000 Ekv 5m.



DM LANG, 2023

STÅNGBERG, 2 SEPTEMBER

SKALA: 1:15 000

EKKVIDSTANS: 5 M



4-5 maj | Nynäshamn

H18

DM lång 23			
H18	8,6 km		
	90 m		
1	95	↖	↗
2	92	•	•
3	6		
4	50	•	•
5	64	•	•
6	60	•	•
7	59	•	•
8	93	↑	↑
9	54	↑	↑
10	81	↓	↓
11	58	↓	↓
12	82	↑	↑
13	63	•	•
14	40	•	•
15	48	•	•
16	36	↑	↑
17	100	•	•
18	100	•	•

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+4670-233 41 07

+4670-246 03 02



ABBT

UPPRÄTTAD

UPPHÖRSRÄTT

REVIDERAD

KARTTRITNING

REVIDERING

KARTKONTROLL

BANLÄGGNING

BANKONTROLL

UTSKRIFT

2022

Norrkartor

2023

Mårten Boström, Joel Börjesson Eriksson

Carl Bachman, Axel Wrådhede

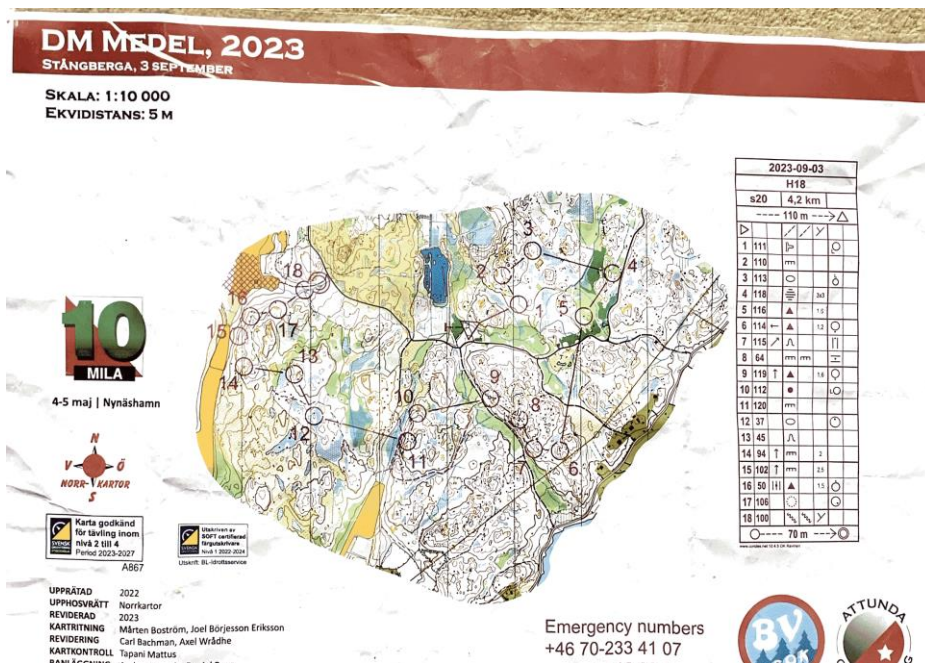
Tapani Mattus

Anders Bøgevig, Daniel Roos

Hans-Christian Høie, Fredrik Wallstedt

BL-idrottsservice





On our rest day we went to a theme park which was really good fun.



Overleaf are a squad photo with Gustaf Bergman, a gold medallist at World relay championships, and a squad photo during a training session.

The 2023 Stockholm tour was an excellent opportunity, the toughest JROS camp I've ever been on. I felt my technical ability improved a lot and I look forward to putting this in practice over the coming season.

Reuben



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"/> <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; it is from the IOF document "International Specification for Control Descriptions". Below are six more of these that have been deconstructed – all you have to do is reconstruct them! Answers are at the back in "Brushings".

Narrow passage

16

Tower, south side

Gully, lower part

17

45

100

Hill

Small gully, north-east end

109

Flower Bed, south corner (outside)

15



Finland training camp with WJOS and WMOS/EMOS



The Welsh Junior Orienteering Squad (WJOS) and the West Midlands Orienteering Squad plus a couple of East Midlands athletes had a week's training camp in southern Finland in mid-August organised by Mark Saunders and Alice Bedwell with the assistance of coaches like Tony O'Donovan and Kirsten Strain as well as experienced parents and two no-longer-junior Welsh orienteers in the M/W20 category. The culmination of the week was the youngsters racing in teams of 7 in Nuorten Jukola – Junior Jukola.

There were roughly 30 athletes and 10 coaches/adult helpers. Seth and Reuben Lawson and Jessica Ward were among the athletes taking part with Rebecca Ward helping the coaching team with control hanging as well as shadowing younger athletes.

The camp was based in the Nurmijärvi area which is about 35 minutes' drive north of Helsinki airport. We stayed in the renovated Rökka sanatorium (extensive buildings of a former mental asylum with some interesting 'period features' – ask the youngsters who explored the second floor having not realised the signs said 'no entry' in Finnish) and then moved to a more conventional scout camp for the second part of the camp. Both locations were on the shores of beautiful lakes. Swimming was the main relaxation activity of the training camp. The weather was generally lovely.

The areas we trained in were Astrakan, Paraantikallio, Soltila, Tornimäki as well as the areas immediately surrounding our accommodation and also we took part in a local race organised by the local club Rajamäen Rykmentti as well as the athletes joining one of Rajamäen Rykmentti's evening junior training sessions.

The structure of the camp was based around each day having a different focus (accurate compass, picture of the area, planning, etc) with the final couple of days bringing it all together with the race practice. There was a rest day in the middle of the week. Mark and Alice planned a lot of exercises and athletes did more or less depending on their ability/experience/energy levels. There was shadowing and coaching available for anyone who wanted/needed it. The ability range of the group was from 'hardly orienteered in a forest' to 'Talent Squad'. Mark and Alice catered for them all.

In terms of volume and intensity this camp was tough in my opinion. The training started the first Saturday evening (with the WJOS having set off from South Wales at 4am to catch a 10am flight from Heathrow) with a short course round the grounds of the sanatorium. I went for a swim in Sääksjärvi, two minutes' walk from our room. This was the most beautiful lake fed by underground springs. Several Finns said it was one of the best in the country.

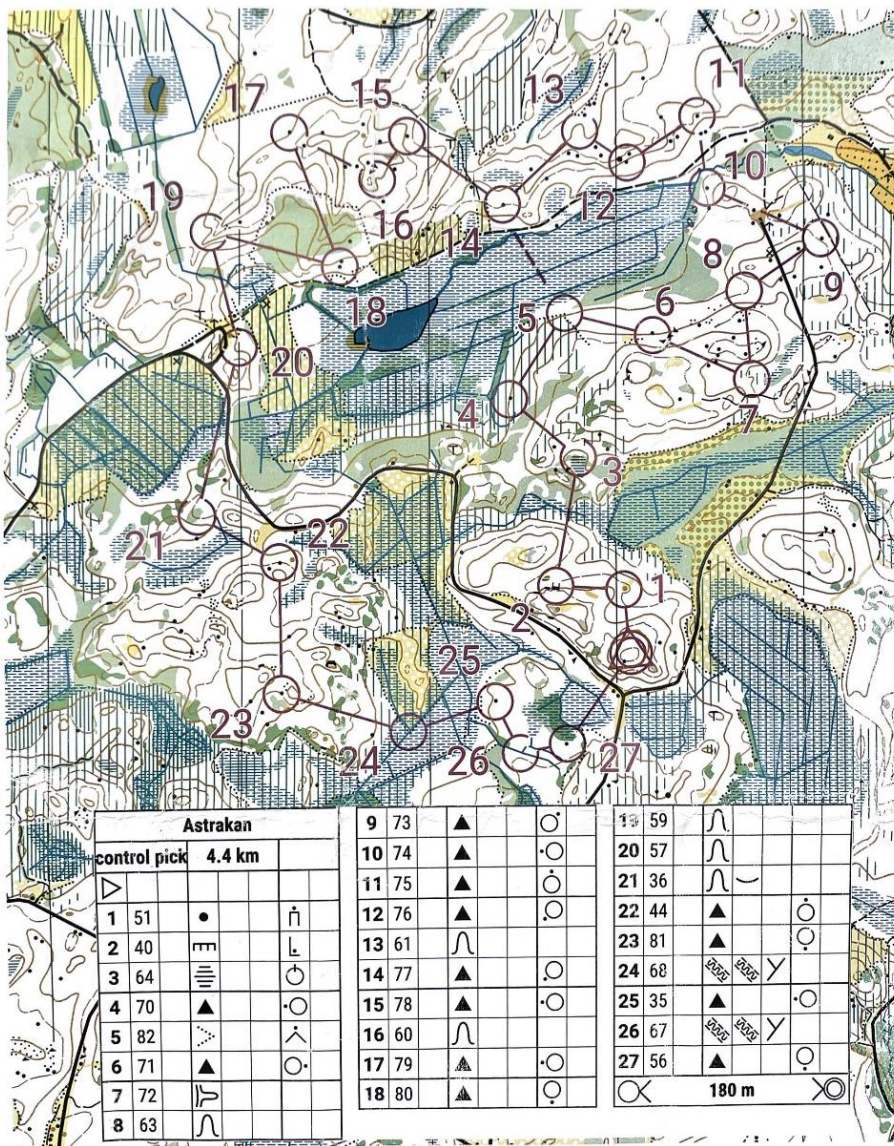
Here is a photo of control 8 that I was lucky to go and collect after my swim.

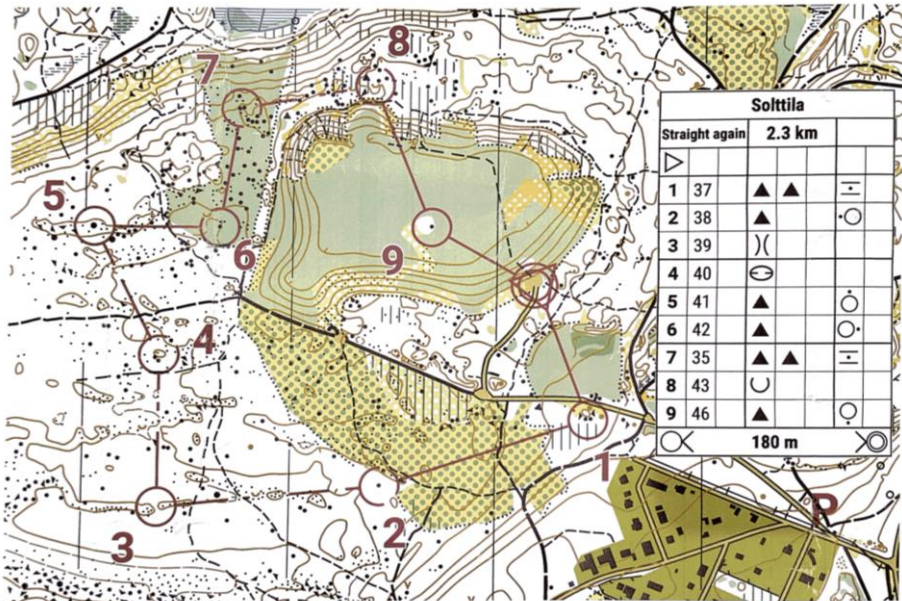




Sunday was hot and there were several courses planned in the Astrakan area which was a forest with quite a lot of brashings. I felt right at home. I did some shadowing of the youngest athlete who hadn't that much experience of forests. A refreshing swim back in Sääksijärvi and then we went to Soltila for more courses finished with an odds and evens relay.

Below are a couple of maps showing some exercises on offer.





Control 9 gave many a lot of grief as the boulder was surrounded by unmapped green (!) while those at the start/finish could see all our meanderings and were shouting helpful 'tips'.

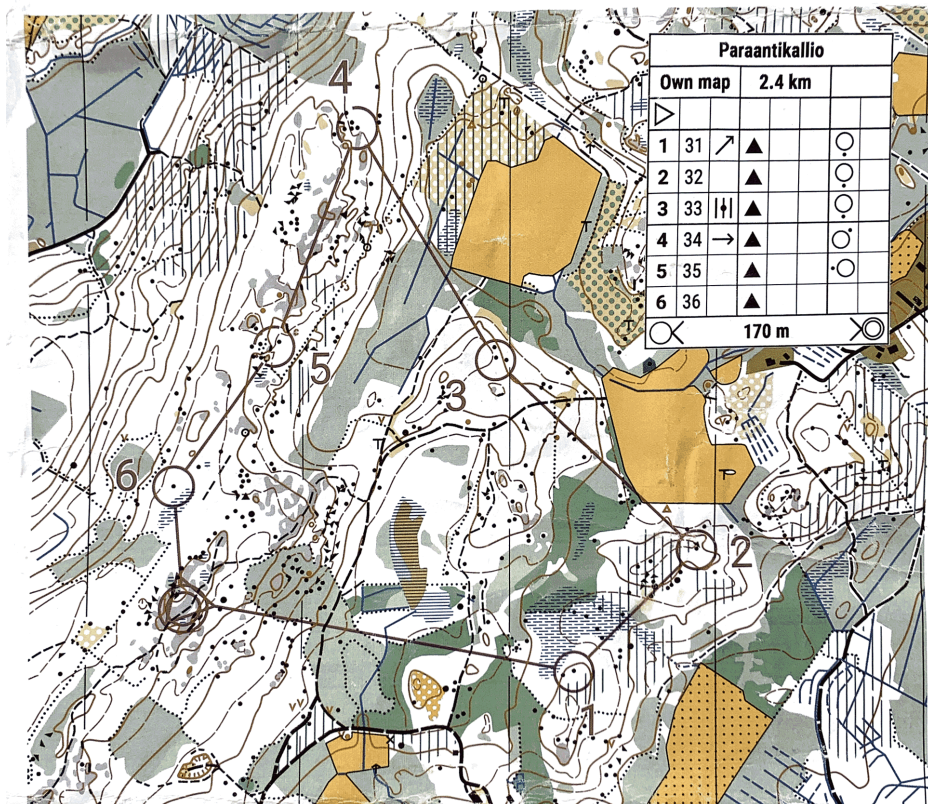
Monday we went to Tornimäki which was a very nice rocky and open area (lots of grey on the map) where features were the focus so that the courses included slopes, control pick and also a decoy (two controls within the circle so you had to pick the right one) and a no compass exercise.

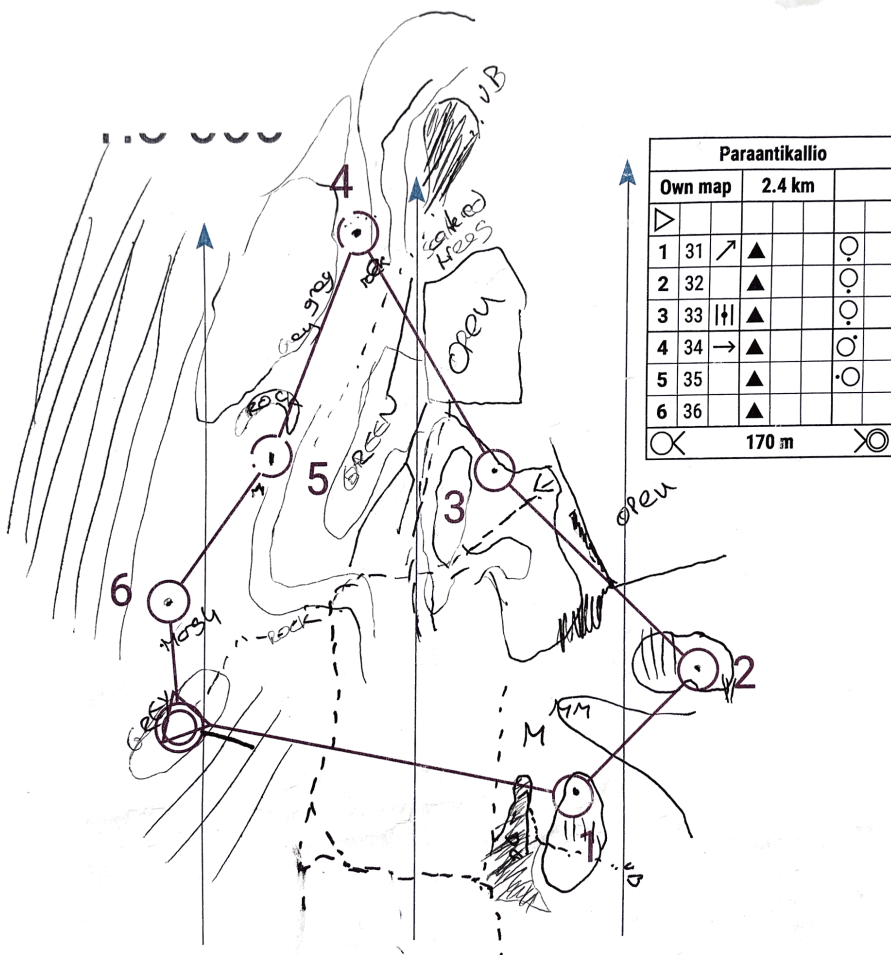
The lake of the day was Valkjärvi where many had a refreshing swim while some intrepid older orienteers did some jumping from a height into deep water (!).



Tuesday we had another hot day and headed to Paraantikallio, another forest surrounding open rocky outcrops. I liked this area a lot. Before going we spent 6 minutes drawing our own map for a 6-control course which was an interesting exercise. However much you write on your map you always wish you'd done more when you go out and try use it. This time we went out in pairs and swapped maps with our partner. The exercise was challenging, but useful to focus on simplification. Amazingly we got round with no major mishaps(!).

Back to the sanatorium where the manager lit the sauna for us (in 25-degree heat...) and we popped in briefly after which Seth and I headed out to swim across our section of Sääksijärvi which was incredibly beautiful.





In the evening we went to take part in a local race organised by Rajamäen Rykmentti in a tricky area with many paths and plenty of scope for errors. Here is my map.

Nurmijärven Iltarastit 15.8.-21.8.2023 Pinninummi

SUUNNISTUSKARTTA
PINNINNUMMI
NURMIJÄRVI

B-rata



Nurmijärvi



Rajamäen Rykmentti
kartta nro 120

Nurmijärven kunta on tukenut
tämän kartan valmistusta

9395

1:10 000 / 5m

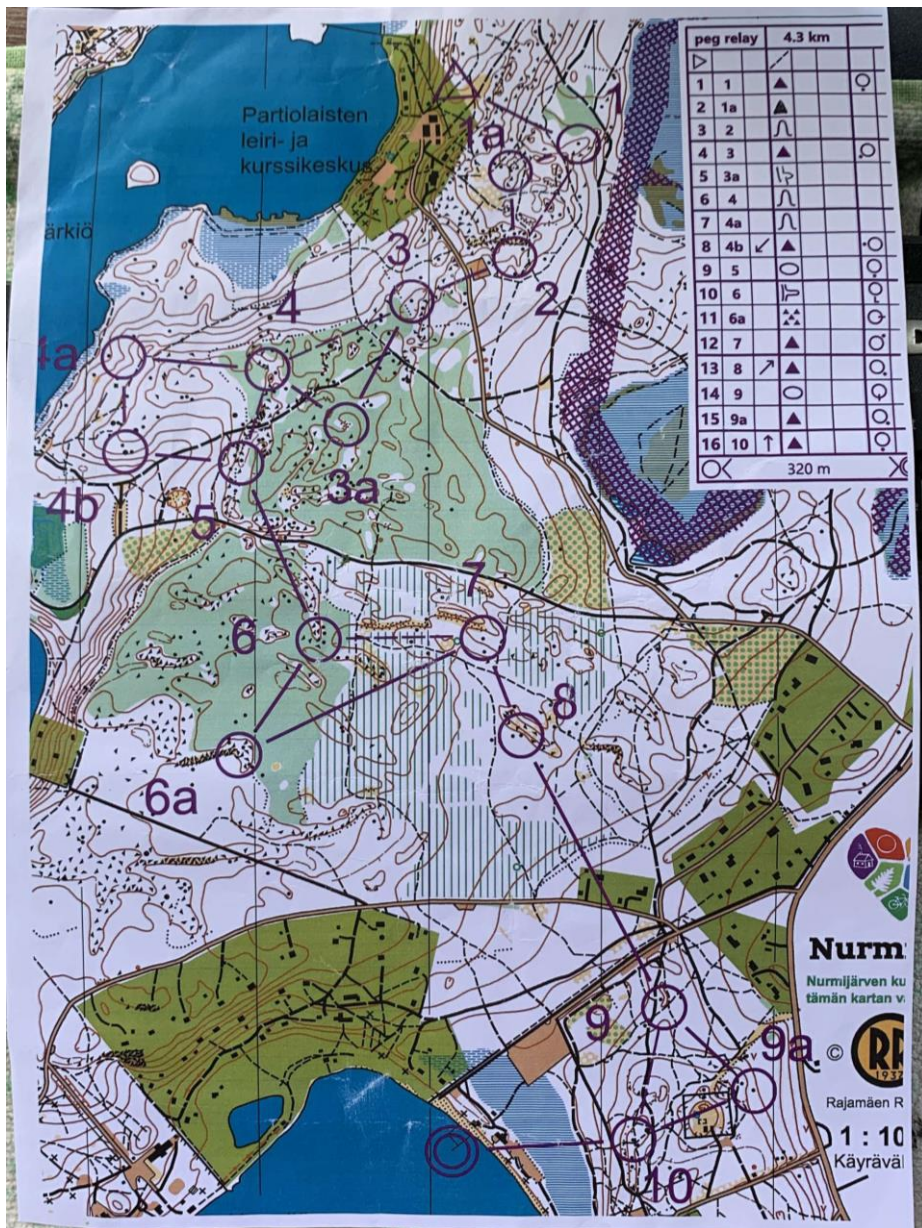
Tulostus: NurmiPrint

Wednesday was the rest day (and we needed it!). After an early solo swim across Sääksijärvi we packed and left the sanatorium to go to the scout camp. Then most of the WJOS headed to Helsinki by train and many of the West Midlands athletes, who were generally younger, went to an inflatable contraption on the lake where there was much fun jumping into water.

Helsinki was good, very quiet for a capital city, and incredibly clean. Many of us took the ferry to the Suomenlinna sea fortress to spend a couple of hours looking around learning about the interesting military history of the city.

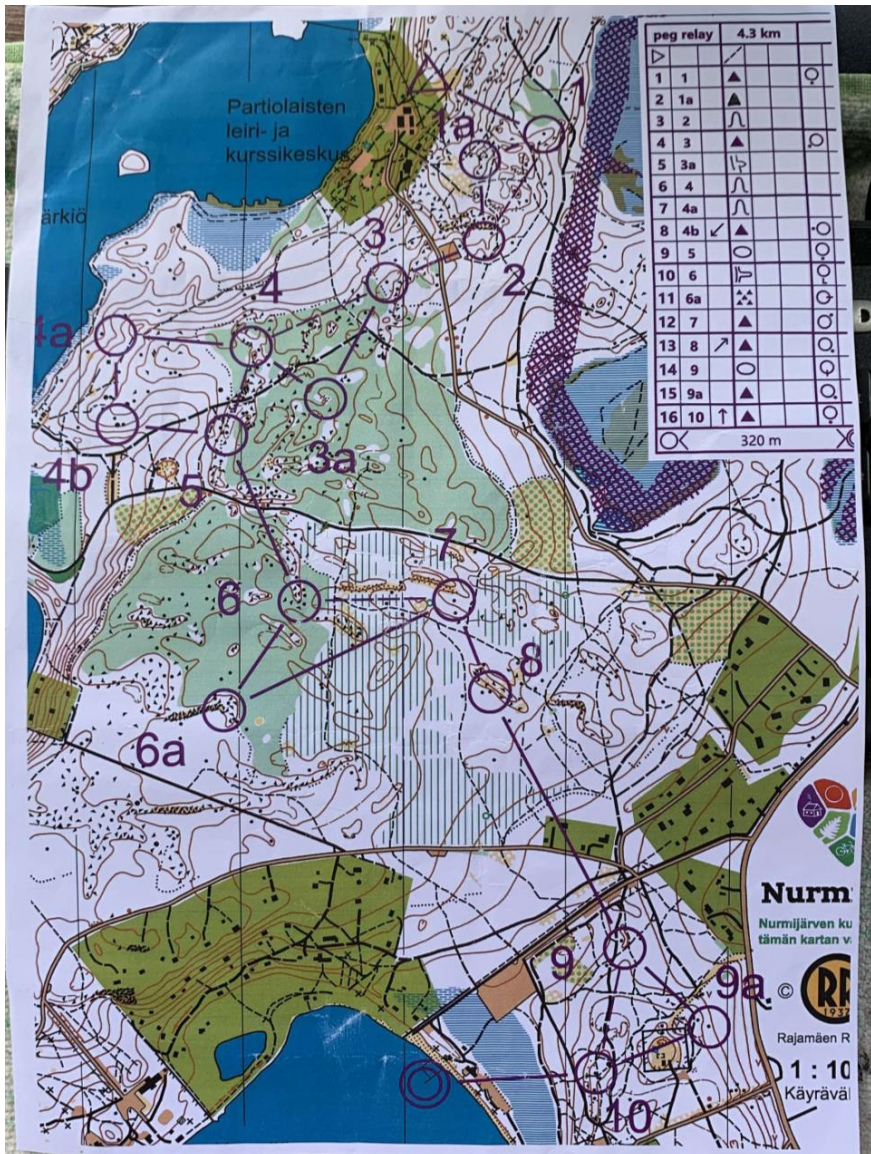
Thursday was a hard day when the exercises were planned to replicate sprint interval training so the longest option was 5 x 1 mile of exercises linked by easy running totalling around 10k. I did this with Bethan from SBOC and it took us quite a while – we also went to collect a missed control so the distance tally was closer to 14k. We somehow missed the capercaillie doing its dance right by the track, which everyone else managed to see.





A quick snack and the athletes did a peg relay where the last control was on a pontoon on a beach on Sääksijärvi (any excuse to swim in that lake!). After this there was a sprint training

session with Rajamäen Rykmentti (I opted for a trip to Lidl!) and after that a joint meal with the Finnish club and toasting marshmallows on the fire (we learned that the Finns really love their fires).



Friday was an easier day when we did more training (I did some more shadowing) and then everyone took part in a middle race planned by Reuben and Ellie (from EMJS). After this we went back to the beach at Sääksijärvi for our final visit 😊. Packing ensued although everyone was distracted by the most stunning sunset which went on for a good hour.



Other highlights of the week:

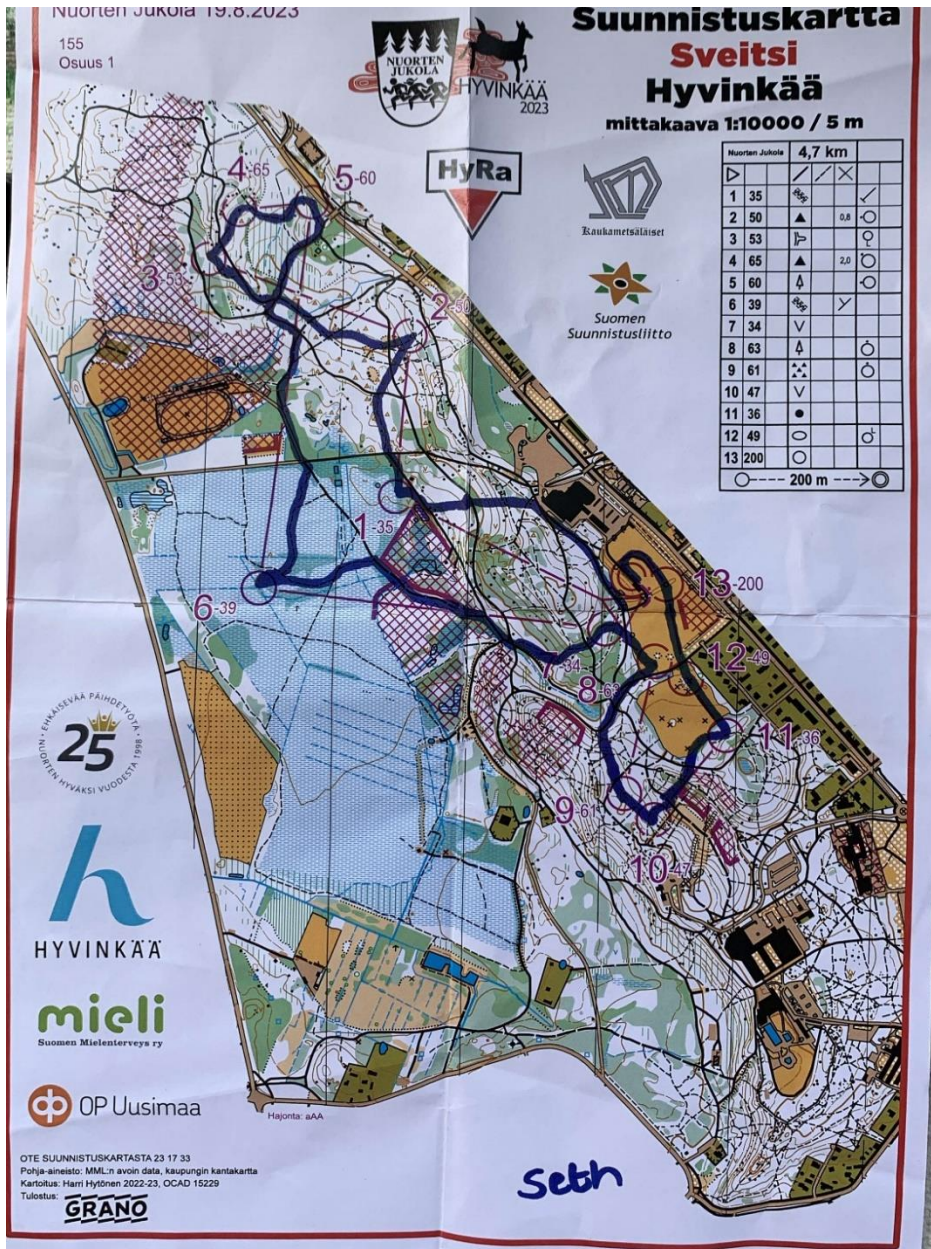
The capercaillie at the side of the track:



Nice control sites everywhere:



And a lot of beautiful lakes to swim in.



Saturday was race day! It was an early start to go to Hyvinkää and take part in Nuorten Jukola. 155 teams each with 7 junior athletes is a lot of juniors. The mass start was amazing to watch. Here is Seth's leg 1 map.

The joint Welsh/WM/EM teams did really well. Nobody mispunched which was an excellent result (easy to do when there are 155 runners on each leg and some very inexperienced athletes) and everyone seemed very happy to have had the opportunity to take part. I am sure they will treasure the memories of the event and the brilliant training camp. Overall I was very impressed with Finland. It was clean, spacious, uncrowded, beautiful forests and stunning lakes. If you get the opportunity to go do take it. I believe Judith is looking to put together a team for Jukola 2024 which I would very much recommend.

Vanessa Lawson



In memoriam

We are sorry to report that the following orienteering stalwarts, who will have been known to many NGOC members, have recently passed away:

Erik Peckett (DEVON)

Arthur Boyt (KERNO and DEVON)

Jenny Tennant (QO)

Pat Grenfell (BOK)

Know your fellow members

James Askew



James with sons Zebedee (right of photo) and Alexander (left) at TVOC's urban event at Abingdon on 24 September

Introduce yourself

Hello, I'm James Askew (M65), currently living in Oxford, and dad to twins Zebedee and Alexander whom you might have seen running at NGOC events this last year. I'm married to Marianne who is our ever-faithful support crew/back-up team. We joined NGOC at the start of 2023 (from TVOC) and have found a happy home with you.

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

I began running when I was at school, as well as playing rugby. I was introduced to orienteering at Durham University and competed for about fifteen years. I'm pretty sure that I ran in some NGOC events in the early/mid 80s as I was living and working in Malvern at the time and was a member of HOC. I began again about six years ago, initially introducing our boys to the sport, and now we are all competing individually.

Favourite area?

Anywhere in the Forest of Dean!

EMIT or SI and why?

SI – easier to handle and more intuitive.

(I well remember the days of the pins in a clothes peg, hole punching at controls, and then leaving a Stamped Addressed Envelope at Registration for the results to appear a couple of weeks later!).

Baseplate or thumb compass and why?

I'm a recent convert to a thumb compass as again it appears to be more intuitive and simpler to use. The less complicated the better, especially when running. I use a Frenson X-Forest Colours, sometimes with and sometimes without a Kanpas magnifier.

Proudest or most enjoyable moment?

Proudest (and scariest!) moment was seeing the boys run off individually on their first Yellow course after going round a few Yellow and Orange courses with me. They are still only M10s now and ran their first events solo when only 8 years old.

Most enjoyable is finishing any event with as few mistakes as possible!

Worst moment?

A bad time at a JK weekend in the 80s on Moel Siabod with very complex contour detail on a steep slope!

Ambitions (for yourself or the sport)?

For the sport: both to increase the participation, especially among under 18s, and also to widen the demographic.

For me: to be able to continue participating for as many years as possible; to be able to give something back to the sport; to see my children continue to have fun with the sport and develop as far as they wish.

Any other interesting facts you would like to share?

I lived and worked in both India and Kenya in the early 2010s.

I was Chair of Governors at the boys' primary school.

I took part with my best friend in a considerable number of Mountain Marathons back in the day, including surviving and completing the infamous 1986 Galloway KIMM.

I've completed around twenty-five marathons over the years.

Royal approval for orienteering

Sandringham Royal Park

I get many invitations to country houses and usually enjoy my stays, even if the conversation soon turns towards the excellence of the train service back to London. However, I have never had a royal invitation so, when I was contemplating a few days away, I thought that I would invite myself to a royal residence. It was Jeeves who pointed out that the main rooms of Sandringham House are open to what he terms the general public and I would call the great unwashed. The fellow also pointed out that there was a permanent orienteering course in the woods and so my mind was made up.

Thus it was that I found myself standing in the car park of the Sandringham Estate one warm and sunny morning with a young lady of whom I was rather fond. Being the gentleman, I agreed with her request to tour the house before trying the orienteering. The stroll round the house was excellent, even if we didn't get a glimpse of Chas. But just as I was getting mentally geared up for orienteering Ann insisted on going round the gardens to look at the flowers and shrubs and all that sort of rot. I'm told that we didn't go round all 49 acres but it felt like we did.

Then, of course, it was time for lunch. "Oh, look, Bertie, what a lovely restaurant, it looks nice and cool inside and I bet the food is good as well." I must admit that the girl was right and we eventually emerged, with much lighter pockets in my case, into an area near the start of the orienteering course.

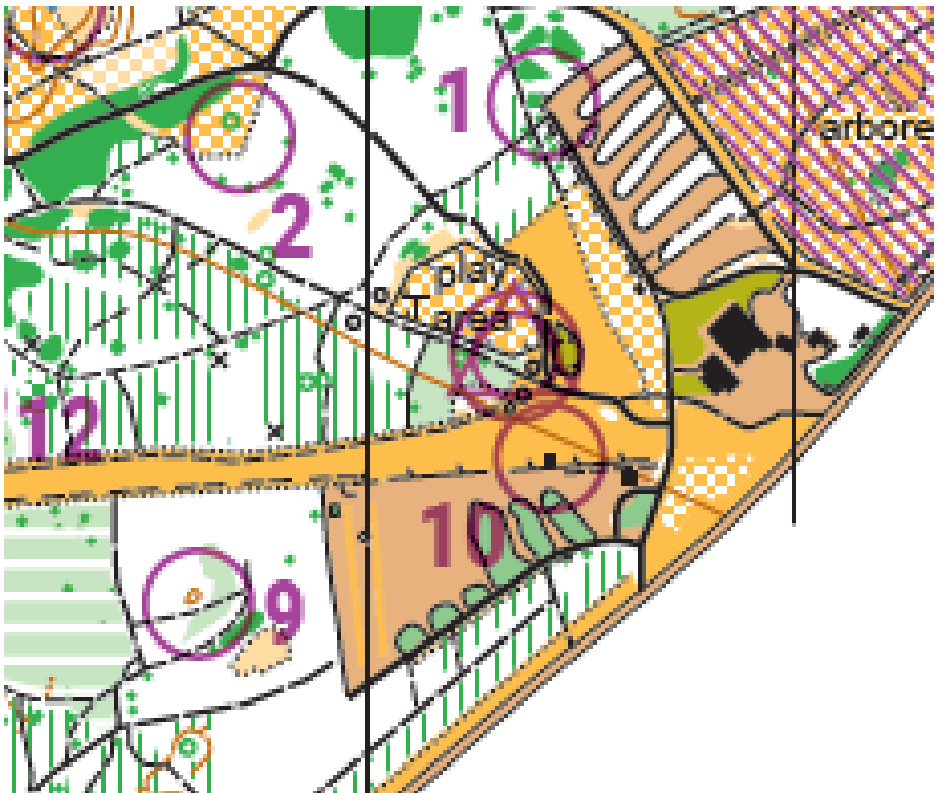
Clutching the map that Jeeves had printed off the web for me we made our way to the Start post:



I was hoping to get a new recruit to NGOC by demonstrating the delights of orienteering around an easy course but the young filly was saying that the heat and the meal had made her feel sleepy. Have you ever tried to explain something a little bit technical to someone who is yawning continuously? But we Woosters never give up so I said that we didn't need to do all 20 controls. The young pimple's relief was palpable, if that is the word I want, and we got going.

One could see Control 10, a post next to the hut where one pays for the car parking, so I merely pointed it out and strode off for number 9. It really is difficult to keep up a running commentary to someone who is trundling along about ten yards behind and keeps saying “What was that, Bertie?”

My idea was to get to where, on the map, the brown of the car park gave way to the white of a wooded area. Then I shouted over my shoulder that I would make a compass bearing to the control and she shouted back that she would wait for me as she didn't want to ruin her dress.



When I got to the area under consideration perhaps I should not have been surprised, in early July, to see masses of bracken

because, although it's not prickly like brambles, it does tend to trip one up and harbours lots of creepy-crawlies. Said bugs then transfer themselves to my legs and run up and down and perform dances. I don't know why they do this, maybe they are counting the hairs on my legs.

Well, anyway, I decided that it might be better to approach from the path to the west but this, too, was overgrown so we carried on along a nice wide path to number 8. This appeared exactly when and where I said it would and I paused my running commentary to allow Ann to show appreciation for my skill and efforts. But I didn't get any – the girl was just staring at the “water hole” and wrinkling her nose.

This made me realise that she was looking at it in gardening terms and not in orienteering terms. This w. h. was in a dark, gloomy area and consisted of a bit of pond liner, about a yard across, surrounded by what had once been a circle of bricks, the whole covered in black mud. After strolling round the immaculately manicured grounds near to the house I began to see her point of view.

“Let's find number 7,” I said, thinking that I was literally on safer ground with a path junction. Luckily, the whole expedition then turned into a pleasant walk along good paths – and path junctions – until we got back to the Start/Finish post.

“That was a lovely walk, thank you, Bertie, but it would have been even better without that silly map; and as for the point of waving a compass around . . .

“Look, Bertie, the restaurant is still open; hurry up, don't dawdle so, we can get afternoon tea. I'm afraid you'll have to pay, I haven't brought any money with me.”

Many thanks to Norfolk Orienteering Club for setting up the course:
[Norfolk Orienteering Club \(norfolkoc.co.uk\)](http://norfolkoc.co.uk)

Scottish 6 Days

After an overnight stay in Moffat on our way to the 6 days my two companions, Sheila and Ian, indulged me by agreeing to a detour to visit the Korean War memorial near Bathgate. For personal reasons I wanted to visit as I knew that the Gloucestershire Regiment was included on the list of the fallen. Assuming that our visit would be measured in less than half an hour we were all surprised to drive in just as a rededication service was about to begin. I guess we all felt a little like gate-crashers in our travelling casuals compared to the well-dressed congregation. Nonetheless we stayed for the very moving ceremony and excellent sermon reflecting on the 'forgotten war'. It is a credit to the small band of fundraisers that this beautifully kept reminder exists and that it includes our county regiment.



Korean War Memorial, Bathgate

The Gloucestershire Regiment

Pte SAW Allum
 Pte PA Angier
 Pte AL Bailey
 Pte CE Bailey
 L/Cpl KW Baldwin
 Pte RT Ballard
 L/Cpl DM Barber
 Pte FT Barclay
 Cpl UJ Bishop
 Pte VT Bowl
 Pte FS Brailsford
 Cpl CB Burchill
 Pte MRE Burton
 Pte RJ Burton
 C/Sgt HE Bussey
 L/Cpl HC Calver
 Pte J Cain
 Pte A Campbell
 Pte D Cason
 Pte RH Cham
 Pte G Chapman
 Pte NF Chitty
 Pte G Clarke
 Pte FM Clutterbuck
 Pte RB Cook
 Pte DA Cornish
 Pte JJ Cragg
 Pte RE Crews
 Pte E Crowson
 Pte G Davies
 Pte WE Dix
 Pte VJ Donaldson
 Pte R Dwyer
 Sgt KD Eames MM
 Pte PJ Etherington
 Pte DG Fluck
 2/Lt BS Gael
 Pte BG Gallop
 Pte RA Gilding
 Pte CGW Gray
 Pte RJ Gray
 Pte H Green
 Pte GH Groom
 Pte KD Gudge
 Pte DRK Hamson
 Pte GR Harris
 Pte EE Harrison
 Pte VJ Hawkes
 Cpl A Herrall
 Pte JD Heward
 Pte VH Hill
 Pte FB Hilton

Pte DL Hobden
 Pte PD Hone
 Pte RW Hughes
 Pte GN Hunter
 Cpl RLV Hurst
 Pte BL Jackson
 Pte DGE Jones
 Pte H Jones
 Pte RE Jones
 Pte TJ Kelly
 Pte JH Law
 Pte GH Lawrence
 L/Cpl GLS Lee
 Pte J Macgibbon
 2/Lt JM Maycock
 Cpl PJ Maycock
 Pte T Meads
 L/Cpl DD Mew
 Pte J Morley
 Pte DG Morris
 Pte EC Morris
 Pte J Moyes
 Sgt D Northey
 Pte RT Othen
 Pte KJ Partis
 Pte EW Partridge
 Pte LC Payne
 Pte AK Pearce
 Pte MCWJ Penrose
 Cpl WD Possee
 Cpl AJ Powell
 Capt RA St. M. Reeve-Tucker
 Pte JP Richards
 Pte W Roberts
 Pte BN Robins
 Pte FW Shelton
 Pte AJ Sheppard
 Cpl JE Short
 Pte JB Skoines
 L/Cpl C Spuffard
 Pte VFE Synnott
 Pte HFE Tucker
 L/Cpl DM Taylor
 Pte IJ Taylor
 Pte WG Tyley
 Pte H Utley
 Pte R Vosper
 Cpl RW Wellington
 Pte KF Williams
 Pte DW Winter
 Pte JR Wylie

Sgt JT Anderson
 Pte R Armour
 Pte VWA Baker
 L/Cpl ME Barden
 Pte VV Black
 L/Cpl DD Blair
 Pte J Braid
 Pte RL Campbell
 Cpl TS Campbell
 Pte H Coley
 Cpl H Cox
 Pte P Cunningham
 Pte JH Burke
 Pte R Deans
 Pte PJ Dellow
 Pte R Devennie
 Pte R Dewar
 Pte KE Doneathy
 Pte RK Easton
 Pte DR Evans
 Pte RI Evans
 Pte JK Farquhar
 L/Cpl MH Findlay
 Pte K Ford
 Pte DA Gillespie
 Pte RJ Gilliland
 Pte TB Gormley
 Pte RA Greenshi
 Pte G Hadden
 L/Cpl TG Hayes
 Cpl EE Hine

Att

2/Lt JRK Doig

2/Lt JGM McGuiga

The K

Attached to the Gloucestershire Regiment

West Yorkshire Regiment

2/Lt TE Waters GC

Bedfordshire & Hertfordshire

Cpl SHC Axe
 Pte FW Bartlett
 Pte L Bricklow
 L/Cpl AE Byrne
 Pte G Clarke
 Pte HE Clifton
 Pte RW Cridland
 Pte TWVA Davey
 Pte PJ Davis
 Pte JH Eadsford
 Cpl DN Eadsford



From L to R: Ian Phillips, Sheila Miklausic, Tom Mills, Pat MacLeod, Greg Best, Andy Creber, Ginny Hudson, Tom Birthright and Tom Cochrane

Tom Mills

Have I gone far enough?

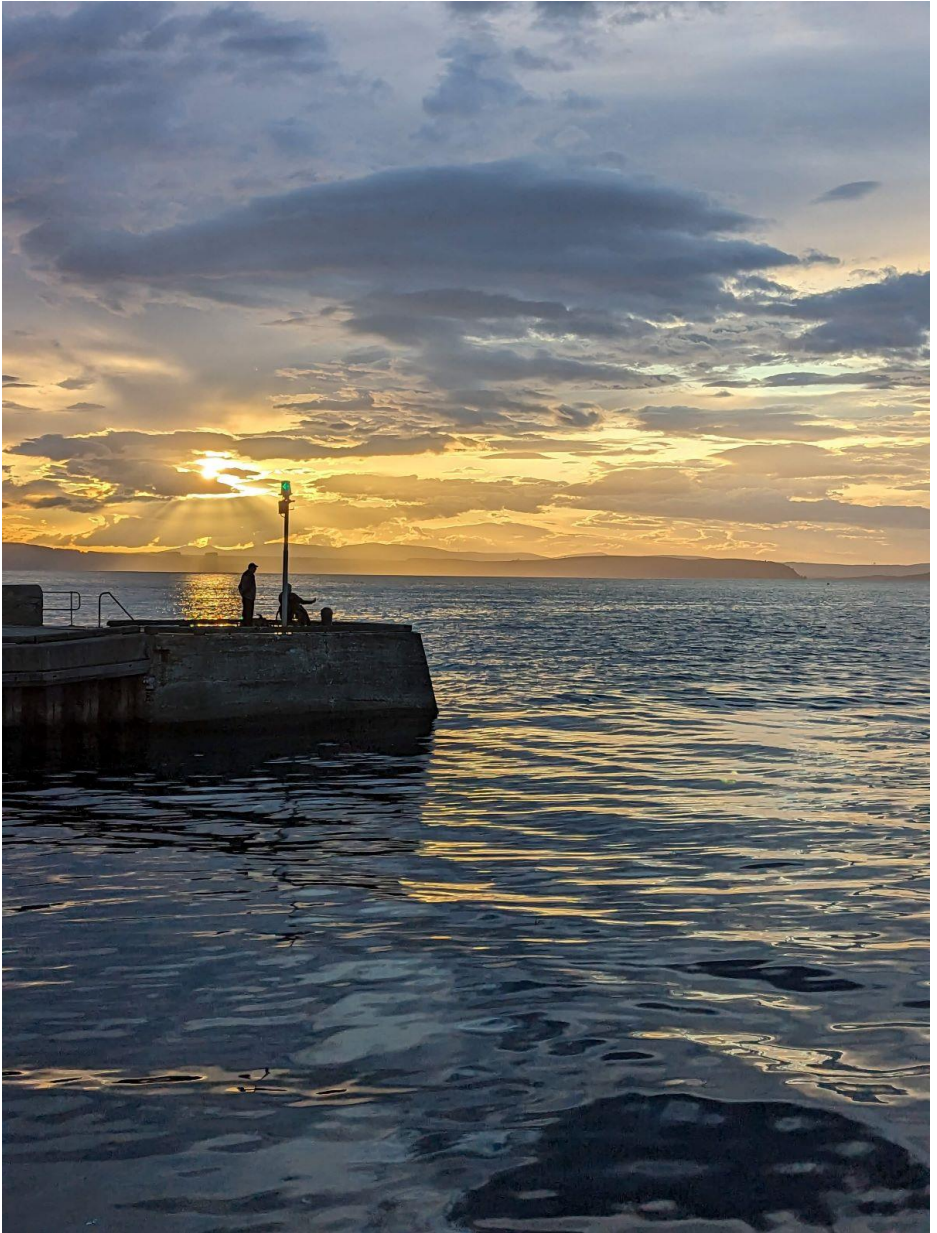
I'd never been to the Scottish 6 Days before: being a series of events taking place during the week, a long distance away, it's more of a commitment than most. But the areas in Moray looked interesting – less thick vegetation and steep hills than I'd seen on some years' maps – so I thought 2023 was a good year to give it a go. Tom Birthwright was also up for the trip, and happy to do the driving to get there!

Weather forecasts had been pessimistic leading up to the event, but the first day in Lossie came along and it was almost too warm! The course took us straight into the tricky sand dunes near the coast: I'm not sure I ever got quite into the map (the squiggles were small at 1:10,000) but the first half of the course was fun. Then came a bit of a slog through a flatter area that had more vegetation than it appeared – compounded by mistakes and perhaps the effects of the sun, I was out there for a while, but made it to the finish.

Day 2 – Darnaway – was a more familiar kind of terrain with beech woods on rolling bumps. Once again the first half was the best, in a section of woods that was extremely open and runnable. More runnable forest followed on Day 3 at Lossie: pinewoods on sand dunes. It was my favourite day of the lot, with the cleanest terrain under a cloudless sky, and unlike anywhere I'd previously run. A few times I found myself losing track of how far I'd travelled through the dunes and looking for the control too early, which would come back to bite a couple of days later.

The fourth day was confusingly called a 'Rest Day' but featured a sprint event around Forres. I'm a big fan of sprints and it was great fun: nothing overly tricky but route choices on every leg and full concentration needed.

Then the fifth and sixth days (officially 'Days 4 & 5') both used the expansive Culbin forest. The first of these was a long and tough



Nairn

course, entirely through the detailed dunes. Tiring towards the end, I reached a green patch of forest where nobody seemed to know where they were. In search of my control I visited the same other control three times, but couldn't make anything fit – bumping into Vanessa Lawson and Steve Williams in the meantime. Finally after 15 minutes looking, and with a string of similar controls left to come, frustration took over and I decided to call it a day. Looking afterwards, I'd not gone far enough...

Finally a more successful trip to Culbin for a Middle distance event. I had the very last start time – 1359 – and watched as the crowd dwindled down to our final group. As expected there were tracks in the terrain by this point, but they weren't particularly useful as they would often stop or lead in a subtly wrong direction. It was good to get around successfully after the previous day's problems and end on a high note. It also meant that I kept up a consistent record of 11th in M35L on all the forest days I finished, for a 12th-place finish overall (not that I was aiming for competitiveness!)

Overall, it was well worth the trip up for an enjoyable and well-organised event. The only thing that needs a bit of adjustment is their day numbering system (apparently a holdover from when they used to have six forest days). We stayed in Nairn's Fishertown, adjacent to one of the 2015 WOC Sprint Relay controls, and it seemed some people were giving this a run – you know you're on an orienteering holiday when you spot people running with a map outside the cottage window. There was a good atmosphere around the club tent on race days with lots of other people from NGOC having made the trip; we also met on some of the evenings to dissect courses and eat, including Sheila's delicious lasagne at the NGOC Inverness mansion. Hopefully I'll be back to Scotland next summer for the WOC Tour events in Edinburgh!

Tom Cochrane



Sprint World Orienteering Championships 12-16 July 2024 –

Edinburgh



A view of Calton Hill from Salisbury Crag. The hill includes: the National Monument (Parthenon replica), the Nelson Monument (tall tower), the Old Observatory House (house on left) and the City Observatory (green dome). The Firth of Forth is in the background. Picture credit: Saffron Blaze

Clubs, families and individuals will be welcome at WOC Tour 2024, both to support their national teams and to enjoy their own races in some outstanding locations in Scotland's capital.

The Tour will offer a diverse range of orienteering races and activities which are fully integrated with the official WOC Programme: several races will use the WOC 2024 competition areas.

The race schedule for the actual World Championships is likely to be as follows (all details to be confirmed):

Friday	12 July	a.m. Sprint Qualification p.m. Sprint Final
Saturday	13 July	Rest Day
Sunday	14 July	Sprint Relay
Monday	15 July	Rest Day
Tuesday	16 July	a.m. Knock-Out Sprint Qualification p.m. Knock-Out Sprint Finals

Provisional schedule for club, family and individual orienteers:

Thursday	11 July	Holyrood Park warm-up event
Friday	12 July	Sprint
Saturday	13 July	Urban (long distance)
Sunday	14 July	Indoor race
Monday	15 July	Urban (middle distance)
Tuesday	16 July	Sprint

Event timings on Friday, Sunday and Tuesday will be arranged to facilitate spectating the WOC races.

Entries will open in January 2024.

WOC website (periodically updated):

**[For Teams : World Orienteering Championships 2024
Edinburgh \(woc2024.org\)](http://woc2024.org)**



Maps, maps, maps . . .



This is the website to visit if you are interested in more than just orienteering maps. The range (and not just Scotland) is so wide that we can just give a few ideas of what is available. The home page for maps is: <https://maps.nls.uk/>

Just a couple of examples:

Ordnance Survey Air Photo Mosaics, 1944-1950

There are different ways of viewing these, including a modern map overlaying the photos or a modern map side by side with the photos.

Mapmakers, surveyors and engravers

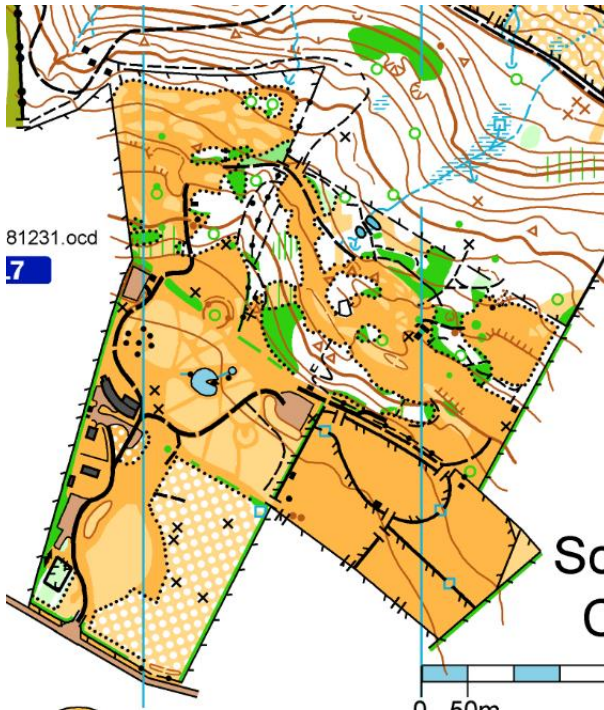
You can look for the work of particular individuals: there are dozens and dozens of names listed. One is William Roy (1726-1790) who was responsible for the Military Survey of Scotland (1747-1755) in the wake of the 1745 Jacobite rising.

There are many other categories such as bridges, canals, rivers, railways, estate maps, Admiralty charts etc. The home page for each category gives full instructions on how to navigate the information and how to print.

You can spend hours browsing here. Highly recommended.

Woodchester Park

This National Trust area has been used for orienteering in the past by NGOC and the NT has now opened a café and new car park, acquiring more land for the project:



Entrance to the National Trust's new Tinkley Gate car park and café on the old campsite. Paths lead down to Woodchester Park proper. Map extract from January 2019 league event. Big enough for a permanent course?

This new Tinkley Gate car park and café is in a different location to the old car park (which is still open from dawn to dusk); it is at grid ref 816005 and open 1000-1700 every day and the cafe

1030-1630. The NT website recommends that visitors approach from Nailsworth going past the Forest Green Rovers ground but once past here the road is narrow and needs completely resurfacing. We recommend approaching from the other end, past the "old" Woodchester car park and then turning left just as the road enters Nympsfield. The actual entrance is nearly opposite a very large wind turbine and marked by a feather banner.

[Woodchester Park / Gloucestershire / National Trust](#)

NGOC Juniors finish 4th in the **Yvette Baker Final 9/7/2023**



Four enthusiastic and adventurous NGOC Juniors travelled to Sandall Beat Woods near Doncaster this weekend to compete in the final of the Yvette Baker Shield competition. Helped by other club Juniors at our Newent Woods event in April they'd won through their regional heat to make it to the final where there were about 170 other Juniors today taking part in the two competitions.

Unfortunately Seth Lawson who was due to go too wasn't well enough to run so we didn't have a full team in the end and couldn't challenge for the top spot. But Alexander and Zebedee Harlock-Askew, and Kathryn and Sebastian Lyne did us proud. All running well so that their team finished 4th overall.

Well done to them all. And a big thank you to them for representing the club. It was great to have made the final and wonderful to have a team competing in it.

The photograph shows them ready for the teams' parade which was part of the opening ceremony.

Suzanne Harding

Brushings

How good are you at control descriptions? Answers:

		15 <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	Gully, lower part
		16 <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	Small gully, north-east end
		17 <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	Hill
		45 <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	Narrow passage
		100 <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	Tower, south side
		109 <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	Flower Bed, south corner (outside)

For the full list of control descriptions see:

OneDrive (live.com)

British Orienteering incentive scheme Awards

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

Kathryn Lyne	Navigation Challenge **
Sebastian Lyne	Racing Challenge: Bronze Award ***
James Agombar	Racing Challenge: Silver Award ***** Racing Challenge: Gold Award *****
Sarah Bryce	Racing Challenge: Bronze Award *****
Don Cload	Racing Challenge: Bronze Award ***** Navigation Challenge *****
Luke Miklausic	Navigation Challenge **
Ella Miklausic	Navigation Challenge **
Rose Cameron	Navigation Challenge ***

A warm welcome to new member: -

* Christine Wilson

Soapbox! Who are our maps designed for?



Following on from Paul Taunton's Soapbox article about urban orienteering events in the July Legend click here for an article from the *Orienteering NZ* website:

[Who are our maps designed for? |](#)

[Orienteering New Zealand](#)

(Thanks to NGOC's James Askew)

Pine Martens

(In April's Legend we reported that volunteers were being sought by the Gloucestershire Wildlife Trust (GWT) to track the movements of pine martens that had been reintroduced into the Wye Valley and Forest of Dean.)

A BBC news item in late July reported that there had been a third successful breeding year for pine martens after 35 of the cat-sized creatures had been reintroduced between 2019 and 2021; their population is now thought to number nearly 60.

One item on the menu of the pine marten is the grey squirrel and experts hope that a reduction in the number of grey squirrels may give the red squirrel a chance of re-establishing in the area.

The GWT, along with the wildlife trusts of Herefordshire and Worcestershire, are now setting their sights on improving habitat connectivity to help pine martens and other animals (and orienteers?) spread into new areas. The aim is to join the Forest of Dean to the Wyre Forest with a corridor of hedgerows and woodland.

[Forest of Dean: Another successful breeding year for pine martens - BBC News](#)

[Forest of Dean and Wyre Forest to be joined up by green corridor - BBC News](#)

Club magazine appears on Countdown!



The word "Legend" appeared (in order) as Rachel selected the letters on 6 October! (And the next letter was an "S".)

(Thanks to Paul Taunton)

The Change (Channel 4) . . .

. . . is a comedy drama set in Chepstow and the Forest of Dean and broadcast in June and July 2023. In one scene there is a bridge located on the southwest corner of Speech House Lake (Mallards Pike map) but, sad to say, they removed it after filming! Several other locations are identifiable (including the "5 Alls" in Chepstow). Available on catchup at time of writing.

(Thanks to Paul Taunton - again)

Map "health warning"

Seen printed on a map at a recent (not NGOC!) event:

"There are many unmapped horse jumps and many additional patches of gorse, bracken and young trees

"Some mapped paths are overgrown"

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.

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.

Orienteering on a postage stamp

I'm sure you chaps know that Woosters are not complaining types and will be surprised to see yours truly writing on the Back Page Soapbox as resurrected by our esteemed Chairman.

Well, it's not so much a complaint as a suggestion. Like me, I'm sure you have seen some nice little bits of woodland when biffing round the countryside and thought "That looks ideal for orienteering". But as soon as a chap says to other chaps "How about it?" the other chaps say "Far too small, only a guffin would think that suitable", "Couldn't get a course on that bally postage stamp" or even a loud "Tchah!" that nearly takes the top off one's head.

But how small is too small? I fetched up at a BAOC event at Hawley in July, an area that is normally on an A4 sheet of paper at 1:10,000. But at this binge the maps were on postage stamp sized paper. Jeeves tells me that the size is A6 and that four of

these joined up make an A4 sheet. I hear you say: “Well, what’s the point? Is this what the human race dragged itself out of the primeval swamp for – to use postage stamps for orienteering?”

Well, don’t you now, it’s like this. Orienteering in the summer for BAOC is a more informal affair as there are fewer punters (lots of the chaps are on their hols, the slackers) and, to make organisation easier, they use a very small area that is quicker for putting out and collecting controls. And in the case of this Hawley, other bits were being used by troops “on exercise”, that is to say, lying about in trenches enjoying the warm weather.



A6 map in comparison to a mug given to me by my Aunt Dahlia. Note that a third of the area is given over to control descriptions

They still put on a Brown course, though, but you ran it in four laps called A, B, C and, yes, you’ve got there before me, just like you do out in the forest. All four maps covered pretty much the same ground, but by astute (if that is the word I want) planning there were four laps all with different controls so it seemed like four different patches of ground. Only occasionally did I think to myself “Haven’t I been here before?” and that was probably from an event some years ago.

Another advantage of a small map is that it is easy to “thumb” and if it is a windy day, less easy to get blown away.



A, B, C and D

Dash it all, what I’m trying to say is that why can’t NGOC have a look at some small bits of wood when a new area is required. If anyone has any suggestions for a small new area please get in touch – not with me, I’m off to the Drones Club – but clever, hardworking coves like Paul, Pat, Greg or Tom.

