

## NOC News - Early October 2025

Below you'll read about:

NOC's strong performance at South Gare

Retford results

Important EMOA developments

Latest issue of EMEWS

How to enter the 2025 NOC Club Champs

Club AGM

MapActive Winter 2025

### CompassSport Trophy Final

The thirty strong team fielded by NOC at this year's CST Final put in the best club performance for a decade. Whilst we finished 5th overall, NOC were the first English team home on what was very challenging terrain. The 260 metre run-in on soft sand was noted by many!

Congratulations go to all those taking part and a special mention to those that scored the points on NOC's behalf:

|                                |                             |               |
|--------------------------------|-----------------------------|---------------|
| Roy Mitton                     | M55                         | 69            |
| Tony Donaldson                 | M55                         | 70            |
| Richard Llewellyn              | M70                         | 75            |
| Mick Lucking                   | M65                         | 80            |
| Hilary Palmer                  | W75                         | 82            |
| Andrew Ridgway                 | M60                         | 84            |
| Simon Elliott                  | M70                         | 89            |
| Grace Robinson                 | W12                         | 90            |
| Jane Booker                    | W70                         | 94            |
| Catherine Hughes               | W55                         | 95            |
| Anthony Squire                 | M45                         | 95            |
| Dave Schorah                   | M35                         | 97            |
| Richard Robinson               | M40                         | 100           |
|                                | <b>Total Points Scored:</b> | <b>1120</b>   |
| <b>NOC's CST Final Scorers</b> | <b>Class</b>                | <b>Points</b> |

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A good team turn-out has been a key factor in NOC's CompassSport performance this year. We're aiming to get a stronger turn-out for the 2026 competition. Remember, all participants can have a role in influencing the outcome; even if you are not a 'scorer' as such, your finishing position could be ahead of participants from competing clubs, effectively lowering their score. So, the club looks forward to an even bigger member turnout for 2026. Be part of the fun next year!

#### **Other results: Retford**

NOC hosted a round of the EM Urban League on the 28th of September in Retford. This was a good opportunity to score regional urban points as a number of regular orienteers were engaged with local running events or the Robin Hood Half Marathon. NOC members took good advantage with wins for George Carley (Men's Open), Paul Morris (M65+) and Catherine Hughes (W55+).

There were podium spots for Tony Donaldson (M55+), Patrick Squire (M75+), Katy Butterfield (W40+), Helen Parkinson (W55+) and Jane Booker (W65+). A good number of members also secured top ten places: Tim Booker, Ian Stevenson, Jan Golen, Roy Mitton, Robert and Louise Orgill, David Watt, Robert Parkinson, Richard Llewellyn, David Booker, Victoria Hanman and Elaine Smith. Many of these members were also helpers on the day so a special "Thank You" to them for not only scoring well but for playing a vital role in putting the event on too.

Thanks also goes to Dave Cooke for securing permissions, Robert Parkinson as Event Organiser, Anthony Squire for planning courses with lots of route choice and Andrew Ridgway for map updates and Controlling the event.

#### **EMOA - EGAM and EMEWS - Important!**

The latest issue of the EMOA newsletter reveals a matter that should concern all orienteers in the East Midlands. The EMOA AGM was arranged for the 22nd September but there were insufficient numbers to make up the quorum required for voting. Consequently, an EXTRA GENERAL ANNUAL MEETING has been organised for **20th October at 8.30 pm and will be held via Zoom.**

It is important that sufficient numbers attend so that motions and proposals are voted on as required by the Constitution.

The EMOA are now required to have an Association Welfare Officer formally appointed to the EMOA Committee in order for the Association to be able to affiliate to British Orienteering. If you would like to be considered for this position, please email Pauline in the first instance

([Membership@noc-uk.org](mailto:Membership@noc-uk.org)) who will forward your application. Time is of the essence for this position, so please get in touch as soon as possible.

The outcome and Minutes of the EMOA AGM (and indeed all local club AGMs like NOC's) need to be sent to our governing body, British Orienteering, so that our regional infrastructure and ability to put-on events can continue. If you are available on the 20th October, please spare some time to log-in and vote. All the proposals and other business for the EMOA AGM are documented in the latest issue of EMEWS #298 (see below).

**Zoom access details for the EMOA EGAM are:**

<https://us05web.zoom.us/j/86777808880?pwd=ut9Jud9X8p9bbidmr5DI4rdzXTQftX.1>

Meeting ID: 867 7780 8880

Passcode: 9vfigL

**Use the button below to download the latest EMEWS #298.** Apart from the AGM items, it also talks about EYOC 2025 (with some interesting legs for you to plan, taken from their trip to Czechia), an update of the EM Urban and Forest League tables, some background to Newark which will be the venue for the next EM Urban event hosted by LOG, puzzles, and fixtures through to the end of January 2026.

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**Upcoming local event at Rushcliffe: Club Champs & AGM**

The next NOC hosted event will be on Saturday 25th October at Rushcliffe Country Park and will host the NOC Club Championships for this year. The format has been changed to make it more inclusive for NOC members.

Please refer to the following table to identify which course you should enter to participate in the Championships:

| Age Category                      | Course to enter |
|-----------------------------------|-----------------|
| M/W16 to M/W55                    | Blue            |
| M/W60 to M/W70                    | Green           |
| M/W75+                            | Short Green     |
| Newcomers* (see definition below) | Light Green     |
| M/W14-                            | Orange          |

*\* Newcomers are defined as any member who has been orienteering for less than two years at NOC or any other club.*

The results of the Club Champs will be announced on the same day, soon after the short NOC AGM that will be held in the Rushcliffe Conference Room after the event. Refreshments will be provided, so enjoy the NOC Champs in the morning and stay to see who will be pronounced as category club champions in the afternoon.

Entry for this event is via [The Start Kite](#) and is now open. Keep an eye on the NOC Fixtures web page for the latest event information.

A few quick words about the NOC AGM itself. All paid-up NOC members were sent a formal notification of the AGM a few weeks ago (if not received, please check your Spam folder or send an email to [Secretary@noc-uk.org](mailto:Secretary@noc-uk.org) and a copy of the email will be resent).

If you are planning to attend, please email [Secretary@noc-uk.org](mailto:Secretary@noc-uk.org) so we can ensure we have sufficient refreshments available. Also, If you would like to see a topic added to the Agenda (sent out a few weeks ago), please ensure this is communicated to the Secretary before the 11th October.

All the club committee positions are open for voting and, indeed, the Club Captain/Manager role must be filled at the AGM. If you would like to apply for a committee role or would like to get involved in supporting the work undertaken by the committee, please contact the Secretary by the 11th October. A final Agenda will be sent out soon afterwards.

### **Next MapActive course starts in November**

The next iteration of MapActive will commence in November and conclude at the NOC Christmas event in December. We continue to evolve the format to better suit the requirements of participants. This year, we aim to trial a more modular format so that participants don't feel they have to be available on every course date in order to get some benefit.

Each MapActive session will be a stand-alone affair and coaches will construct training and courses to suit the needs of each individual attending on that day (we will be looking for advance booking via The Start Kite for each session in an attempt to plan training activities).

This makes our MapActive offering very flexible, enabling participants to incrementally build their skills and experience at their own pace. If they become members, they will also be able to take part in planned training sessions (which are free to NOC members). We will be looking for helpers on these dates too. The nearer we can get to a 1:1 coach/helper ratio, the faster newcomers will pick-up the skills required. Each session will be led by a coach and helpers will be fully briefed on how to support the session.

Helpers may also benefit from more advanced coaching as a "thank you". It's a great experience and helping on the day does much to reinforce the fundamental skills all

intermediate orienteers need to ensure are automatic! If you can help, please drop Hilary an email ([Coaching@noc-uk.org](mailto:Coaching@noc-uk.org)).

Permissions are currently being confirmed but the provisional dates and venues are:

15 November - Woodthorpe Grange  
29 November - Bramcote Hills Park  
13 December - Burntstump Country Park  
21 December - Strawberry Hill (NOC Christmas event).

Promotion for MapActive is now getting underway so if you know of anyone who would be interested, please get them to contact Hilary ([coaching@noc-uk.org](mailto:coaching@noc-uk.org)) for details or look at the Coaching page of the NOC website, or indeed The Start Kite.

Fees will be £15 per adult (£20 for an adult and one child) for all sessions. Alternatively, participants can book individual sessions at £5 per adult (or £7 for an adult and one child).

The forest beckons - enjoy your orienteering!