



# The B.a.G.

The Newsletter of Nottinghamshire Orienteering Club.

December 2000.

## Chairmans bit .....

### *Between the Gales*

Nice weather for a scamper in the woods.....

But anyway even if the autumn has been a bit wet and windy, the recent events have been entertaining and superb preparation for the new season. Unfortunately I missed the club championships due to a cold but I am looking forward to the coming events at Colwick Woods on 30/12, Walesby on 6<sup>th</sup> and 7<sup>th</sup> Jan (night and day events), and the short race / badge on 3<sup>rd</sup> and 4<sup>th</sup> Feb.

The club committee has altered slightly this year and the club welcomes back John Dalton (Treasurer), Hilary Palmer (Coaching), Pauline Olivant (EMOA rep.), Ray Barnes (Fixtures), David Olivant (Mapping Coordinator) and for the first time (Junior rep) Jennifer Beverley.

Catherine Hughes (Team Manager), Helen O'Neil (Secretary) and myself are continuing in the roles we held last year.

The new committee are enthusiastic and keen to move the club forward both in the way we stage events and in a broader sense to enhance the club as a whole and build on the successes we have enjoyed in recent years.

### *Winter Training*

If like me you always feel a tad depressed when the clocks go back knowing that favourite training runs out in the fields are no longer an option due to the dark mornings and evenings then I may have a partial solution to your woes.

The answer is to train smarter in the winter when it stops being fun to just do long steady runs. There are a number of ways to break the monotony including:

Join a running club for a bit of company or run with a friend/colleague in the evenings. Running in a group is easier and more secure.

Alternate your training. If you only feel like getting out for 30-40 mins then do some faster rate running or, even better, hill repetitions. A few words of caution here – always warm up and warm down for at least 10 mins before and after and hard sessions – we are not talking about sprinting here, just running **slightly** faster than you might normally run for a couple of minutes at a time – no more than that or you risk injuries. A couple of harder sessions a week are quite sufficient – any more and you risk wearing yourself down and getting slower instead of faster. If you have a cold or feel tired then stop and have a couple of days off. It's winter and you are almost certain to get a cold at some point.

Set yourself a target – an event in a couple of months time that you would like to do well at – it may give you the lift to go out in the grotty weather.

Keep a training diary – even short easy runs are worth recording as they all add up towards your goal.

With patience you will see improvements in your orienteering – better concentration and quicker mins/km.

There will be some schematic training schedules and ideas on the web page shortly. If you have any tips then write in or e-mail to Keith or Ray to put on the web page or in B&G.

*Good Orienteering.*

*Tony Donaldson*

## Coaching.

*Club coaching session at Bestwood Country Park. Sat 13th Jan 10.30am start.*

Based at the classroom at Alexander Lodge

NB No parking there - members MUST park at the old mine car park in Bestwood village and walk /jog in.

There will be exercises to suit all levels from Level 1 White to Level 5 Green+ and a number of coaches on hand to help and advise.

Please let Hilary Palmer know that you will be coming so that there are enough maps and suitable exercises - a great opportunity to practice without the stress of competition! For those who want to stay for the afternoon (until about 2.30pm) there will be some racing in the form of a relay - bring your own lunch and drink.

Tel xxxxxxxxxxxxxx - *useful if you give a few days notice.*

Sat 21st April in the southern Lake District there will be a coaching day for those who are Light Green upwards standard and who want to practise in more technical terrain. More details later in the New Year and this will also be advertised in the BOF News - this is a BOF Coaching Committee project and the Regional Juniors will be going so there will be plenty of coaches there to help. There will be a Badge event nearby on the Sunday. Own accommodation needed but I could arrange for a group booking at a Youth

Hostel if anyone is interested.

Let Hilary know well in advance if you are keen to go.

*Hilary*

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## Team Manager

It may seem a little early to start thinking about Compass Sport Cup and relay entries; however, by the time you're reading the next issue of the Black and Green, you may have missed some of the closing dates. So, in between dashing between shops and web sites looking for that perfect present, please send me your entries for the Compass Sport cup, using the enclosed application form. The first round takes place on 18<sup>th</sup> March **at Brown Clee Hill (Nr Bridgnorth)** and the last date for entries to arrive chez moi, so that I have time to enter all the club entries on your behalf is 25<sup>th</sup> February. Courses are the same as last year, i.e. A – Open, B – Open 20-/35+, C – Open 18-/45+, D – W Open, E – W45+/M60+, F – W18-/M16- and G – W14-/M14-. There will be electronic punching so don't send me an envelope for your control card, unless you don't have email and you'd like me to post your start time to you. **Fees are £5 for adults and £2 for juniors** and remember to indicate if you have a preference for start time. Would you prefer to drive or go by coach? Please express your preference on the form. If we could fill a coach, I guess that the cost would be about £7/£4 for adults/juniors, payable on the day (do not include on your cheque for entry fees).

Next on the agenda will be the JK and British relays on 16<sup>th</sup> April and 7<sup>th</sup> May respectively. More details about courses will be in the next issue of the Black and Green. This season, any late entries will be subject to a surcharge of a gin and tonic!

In the meantime, my mind turns to **Brown Clee and I think hill, big hill. What is the secret to conquering the hills? It's not rocket science – the answer has to be hill training. In short, it will make you a stronger, faster and healthier orienteer and will reduce your minutes per km. So, try and fit in a hill session once a week; suggested routines can be found in running magazines.** Have fun!

*Catherine*

*Editors note.*

*Brown Clee is an excellent area which has previously been used for several major events including BOC93*

*It is also in my personal top ten of English areas and should not to missed. So it really is well worth making a note in your diary to come and help the club get through to the final and then to possibly finally whip SYO's Ass!!*

*( So no bias there then!..... )*

**ERRATA – The first round is at High Lodge, Thetford Forest, fees not known yet. The Final is at Brown Clee. (Ray 19-12-00)**

## Committee meeting 29/11/00

### *New Helper Groups*

The List of Names in the New Helper Groups is included with this issue of Black & Green. Only about 60 of you replied out of a membership of around 260, so we have allocated you to a group (for those of you who replied we have tried to put you in the group requested). If you are not happy with your allocated group or want a change, you may apply to the Secretary to change group in the summer of 2001 & annually after that!

These new groups will start operating in the New Year & so the first event to use then will be Walesby which also happens to be the first NOC event to use E punching.

The new system has Helper Groups for Parking (& String Course & Toilets!), Registration (includes enquiries & E Card Hire), Start, Finish (includes Drinks & Control Unit Patrolling) & Results/E card Download.

Each Helper Group has a co-ordinator:

Hilary Hodgkinson	Parking
Janet Evans	Registration
Clare Claxton	Start
David Winser	Finish
Angela Lucking	Results

The new scheme will operate slightly differently from before. The Group's Co-ordinator will contact each person in their group before the start of each season with the list of that season's events & will agree which event any individual is going to help at. The co-ordinator will appoint a team leader for the day for each event (who will be an experienced Helper & know the ropes!) & give them a list of Helpers for their event.

Each NOC member can then expect a second phone call 2-4wks before the event from their teamleader of the day who will agree with them when they need to be there & what task they will be doing at that particular event.

Hopefully this will help us widen the pool of helpers as those of you who may be busy at particular times will be able to choose events to help at when you are available.

You can expect therefore to get a call in the next week or so for the events from January to May 2001, or you can phone your co-ordinator first to get first choice of dates!

### *NOC's Finances, The New BOF Levy & Free Runs For Helpers*

The BOF levy system was changed in April 2000. Now clubs are charged a levy by BOF for Helpers (whereas before we weren't charged a levy for Helpers). The current levy rate is £1.25 for Adults & 25p for Juniors (the same for both CC & Badge events)

NOC effectively made a loss for 1999/2000 of about £600. This is due partly to a falling attendances at events. However with the new levy system we make a 'loss' on each Helper who has a free run.

This was discussed at the recent AGM & the feeling was very much to continue with free runs for Helpers.

So in the light of falling revenue the Committee have decided to increase entry fees at Colour Coded events to £3.50 for adult BOF members, £4.50 for non BOF adults, £1.50 for Juniors & a new family rate of £9 but to continue with free runs for Helpers - so its even more of a bargain for Helpers - why not phone your co-ordinator now to volunteer!! (The entry fees for Sherwood Pines 10/12/00 & Walesby 7/1/00 have maintained junior runs at £1 in a transition phase)

### *Publicity*

Ray Barnes as new Fixtures Secretary has offered to produce a new style template flyer for Colour Coded events. These will be double event flyers on A4 sheets (2 events advertised side by side) & should help us produce a more co-ordinated approach to publicity.

### *Organisers Needed !*

Under the new Helper scheme Events Organiser will have an easier task. They will be given by the co-ordinators a list of Team Leaders & Helpers for their event saving them this job.

The master flyer will be produced by Ray Barnes, so the publicity chore will be much lighter.

What, you may ask, does this leave an organiser to do?

The answer - much less than they used to do!

So if any 'new' budding organisers wish to give it a try, or old hands are willing to give it another go, contact Ray Barnes to volunteer!

### *Jan Kjellstrom Planner Needed !*

JK 2003 is being held in the Southern Lake District but being organised by the East Midlands Clubs.

LEI have volunteered to organise the event but a planner for Day 2 is needed.

Travelling expenses & accommodation expense will be reimbursed. Any interested planners please contact Pauline Olivant.

### *East Midlands Vice Chairman Needed !*

A volunteer for the position of Vice Chairman of East Midlands Orienteering Association is needed. Please contact Pauline Olivant (NOC East Midlands Committee rep) if interested.

### *Short Races & Badge Event 3<sup>rd</sup> - 4<sup>th</sup> February- Helpers Needed!*

You will be asked to help by your Group co-ordinator as described above or get your phone call in first!

The committee has decided to allow Adult Helpers a much reduced rate entry of only £1 at either event that weekend - (the nominal £1 charge is to partly cover the cost of the BOF levy) and Junior Helpers will be given a free run.

Helpers at the Short Races Day are unlikely to be able to have a free run on the Short Races Day itself, so may choose instead to have their reduced rate/free run at the Badge Event and Badge Event Helpers may take their reduced rate/free run at either the Short Races Event or at the Badge Event. The combined Days Entry Rate for Helpers is shown below

The scheme will operate as follows

	Short Races only Entry		Badge Event only		Combined Entry		
Adult Entry	£5 Normal	£1 if Helping either day	£7 normal	£1 if Helping either Day	£11 normal	£6 if helping on one of the days	£2 if helping both days**
Junior Entry	£2.50 Normal	Free if Helping either day	£3.50 normal	Free if Helping either day	£5 normal	£2.50 if helping on one of the days	Free if helping both days**

\*\*There will be only a handful of people able to Help & Run on both days

### ***E Punching***

NOC's first foray into the world of electronic punching will take place at Walesby on 7<sup>th</sup> January 2001.

Come along & try it!

If you don't yet have your own Sport Ident dibber you will be able to borrow an E-card (dibber) for Walesby CC event as a taster for the future.

Of course we encourage you to buy your own, but you will be able to hire them at 75p per event after that.

*Helen*

### *No 3 "The Larch" or Old Keith's Herbaceous corner.*

**"Brambles and bracken do not seem compatible with beech"** Thus speculated Bob Alderson after planning the recent Harlow Wood event

There are possibly several reasons for this. firstly the European Beech or *Fagus Sylvatica* to give it its Latin name has a very dense canopy and shallow roots thus depriving any underlying vegetation of both light and sustenance.

Secondly it will tolerate very alkaline soils which both bracken and brambles dislike and thirdly *and this could possibly be an old wife's tale* I believe that the fallen leaves secrete some form of growth retardant as they break down.

There are several NOC maps that have small areas of Beech and several more that I would love to be able to map but not nearly enough unfortunately.

So I reckon we should ask The F.C. to plant a few more.....or alternatively we could all move to The New Forest.

### ***B & G Top Tips***

Next time you come back from an event don't bother washing your O-shoes as you know they'll only get filthy again.

Instead just sprinkle some cress seeds inside on the putrid insole, put in a dark cupboard or under the bed wait for a few days and hey presto! - a tasty sandwich filling.

(Do any of our other readers have any similar top tips – Ed)

## *XMAS EVENT*

**Colwick Woods    Saturday 30th December 2000**

This is a closed event, open only to club members, friends and family. The area has not been used for approx 10 years.

## Courses

First Course: 45 min Score (with possible Novelty element)

Second Course: at Church Hall, Parkdale Road, 2 mins drive away.

**Parking** Greenwood Road, SK 596403 ish

**Terrain** Deciduous slopes, some open ground.

**Map** 1:10,000 5m contours Revised 2000

Mass Start 11:00

Hall is open from 12:00

Dogs are allowed under control, but not at the hall.

only after 12:00 at the Hall.

**Fees** are taken in the form of shared food

**Food** Hilary Hodkinson has kindly offered to provide hot soup for all. There will be hot drinks. **The rest will be provided by YOURSELVES** on a bring-something-for-all-to-share basis. Plates of sandwiches, sausage rolls, mince pies etc etc.

**Prize Giving** The Annual Prize Giving will take place at about 13:00.

**Organiser and Planner:** Thomas Billam and other NOC Juniors

### Forthcoming NOC Fixtures

Date 2000 / 2001	Venue	Status	Contact	Notes	E-Punching
6 <sup>th</sup> Jan	Walesby	N5 Night	Alan Beardsley		
7 <sup>th</sup> Jan	Walesby	C4 Colour coded	The Hatfields	Gallopen	Yes
3 <sup>rd</sup> Feb	Thieves Wood	Short Race	Helen O'Neil		Yes
4 <sup>th</sup> Feb	Blidworth/Sansom/Haywood Oaks	C3 Badge Robin Hood Trophy	Helen O'Neil	EMOA Champs	Yes
? March	Possibly Sansom Woods	N5	Unknown		
25 <sup>th</sup> March	Bestwood	C4	Richard Beadle	Gallopen	Undecided
22 <sup>nd</sup> April	Byron's Walk	C4	REQUIRED		Yes

“The BaG or “The newsletter formally known as The Black and Green Word Machine” (TNFNATBAGWM) was edited by Keith Streb, who looks at this and thinks “well it can only get better”..... All polite suggestions gratefully accepted.

As before it is intended to have an roughly bi-monthly issue with the copy dates being the last day of Jan, March, June, Aug, Sept and Nov. Publication should normally within 2 weeks.

All copy gratefully accepted on [keith.streb@ntlworld.com](mailto:keith.streb@ntlworld.com). Or snailmail to xx  
ASCII, TXT and Word files preferred. Currently NO RTF due to system problems.

Don't forget for more wide ranging and up to date information the NOC website is

Dear Noc Juniors,

Hi! I am Jennifer (Beverley) and I am your new Junior Rep for the coming year. If you have any suggestions or comments about the club/Juniors, feel free to either phone me (xxxxxxxxxxxxxx) or e-mail me (Jennifer @ beverleyz.freemove.co.uk.) with your ideas before the next committee meeting on 5th February. Well done to all of you who went up to Cannock on 10th December. I would have loved to come but I have a seasonal job at the moment. I am very sorry that I was not there to see us win and hold on to the trophy for the 2nd year running! I hope that I will see you all out in the forest again after Christmas!

REMINDER:

The Christmas event is on 30th December at Colwick Woods, hope you can all come!

Bye!

**STOP PRESS.....Results Below**

*Well done to all Keith*

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### **Nottingham 1**

1st 781

Peter Hodgkinson

Helen Palmer

Sarah O Neil

Rose Hodgkinson

Aiden Hewitt

Stephen Robinson

Sian Roberts

Sarah Claxton

### **Yvette Baker Trophy team positions**

1	Nottinghamshire	781	1
2	Walton Chasers	767	2
3	Lakeland		765 3
4	Eborienteers	762	4
5	Airienteers	745	5
5	South Ribble	745	5
7	Essex Stragglers	738	7
8	Norwich	729	8
9	Southdowns	722	9
	Nottinghamshire 2		689 10
	Lakeland 2		683 11
	Essex Stragglers 2		666 12
	Eborienteers 2	648	13
	Nottinghamshire 3		632 14
10	Basingstoke & D.	628	15
	Lakeland 3		617 16
	Walton Chasers	2609	17
	South Ribble 2	590	18

### **Nottingham 2**

10th 689

Thomas Bridges

Brendan Macrill

Ben Robinson

Alex De Jonge

Nicola Olivant

David Hodgkinson

Stephen Wright

Tom Wilson

### **Nottingham3**

14th 632

K Wint

Paul Suter

Matthew Haines Young

Rhys Roberts

Colin Olivant

Nicholas James

Nick Skill

Alex Blenkinsop