

The Bag.

The Newsletter of
Nottinghamshire Orienteering Club

<http://www.noc-uk.org.uk> Dec 2001.

Chairmans report.

As new Chairman of NOC, I would like to thank Tony for all he has done over the last 3 years. NOC is a thriving club with a full calendar of events to look forward to despite the havoc caused this year by Foot and Mouth.

Coming up this month you can prepare for Christmas excesses with a run just before the festivities at Harlow Wood on 23rd December (take a break from those last 2 shopping days before Christmas) and then work off the Christmas fare with the NOC club event at Rufford on 30th December and stay afterwards for a social get together - do come if you can, the more the merrier!

NOC's night events for this season are on 8th December and 12th January. Devotees may need no encouragement and feel it gives them a technical edge (although not much of this has rubbed off on me yet), but why not come and give Night-O a try? Makes those Nottinghamshire woods even more exciting! Do beg, borrow or even buy a head torch and also bring a hand torch for that moment when your head torch battery runs out.

Well done to all NOC, DVO and LEI members who helped put on the British Schools Championships weekend at Harlow Wood and Sherwood Pines, a tremendous effort. We had many positive comments from teachers and parents and a forest full of happy competitors. I would like to say a big thank you to Mick and Angela for co-ordinating the weekend and also to planners, controllers, team leaders, results team, litter pickers, marshalls, tent pitchers..... so many hours spent by so many people to make it such a big success.

Hope to see lots of you about in the forest. Why not bring a friend next time you come to a local event ?

Helen

Coaching.

I've just been to the BOF Coaching Conference. There were lots of interesting sessions but in particular the Swedish Performance Coach, Goran Andersson, who has been working with the GB team and squad for the past three years (with spectacular results in terms of medals and results in depth from the team) gave a very good presentation on how the changes which some / most of the team made to their training sessions had an impact.

OK - I hear you saying 'What's this got to do with me going round a Green at **Walesby on Jan 13th!**' Well if you are like me and getting on a bit (into an older age class in 2002 and slowing down), eaten too much in the Christmas season (or at any time) and have an idea that it might be good to get a little bit fitter - here's Goran's top tip for an 'easy' way to improve the heart / lung condition:

Do a jog warm up run for 15 mins which brings you to a steepish hill. Here do a set of 10 intervals as follows: 8 seconds up as hard as you can go, 22 seconds jog down and repeat throughout a 5 minute period. Take your pulse at the end of the set of 10 (should be up quite markedly!) Jog for another 5 mins recovery, then another 5 minutes of a set of 10 as before, another 5 mins recovery jog, thirds set of 10 intervals. Finish with a 5 or 10 minute jog to cool down.

Goran guarantees that this will have excellent results on your fitness. I am going to try it once or twice a week – watch out W55s!!

Seriously – doing this session with a partner can make it a bit more ‘fun’. Helen and I used to go to Rushcliffe Country Park and do this on one of the few hills there. At the Coaching Conference we did the resistance session in pairs with one running flat out for the 8 seconds and the partner holding on hard behind to a towel round the runners hips (you could drag a tyre behind you but how many people fancy doing that in public?) – other forms of resistance training might be running in marsh, sand but the hill option seems easier to set up.

Technical training: Golfers practise their driving, chipping, putting etc (endlessly in the case of one in our house) but how many orienteers practise their bearings, pacing, attack points etc? I sometimes think we orienteers love nothing better than a moan at the Finish about the map, planner, controller etc when actually we won’t admit to making a mistake!

Seems familiar? Why not come along to a practice session on **Saturday 5th January at Sherwood Pines** – drop in to the classroom (near the bike hire, toilets and café just south of the public car park at the northern end of Sherwood Pines) between **10.30 am** and **1pm** and see what is on offer. You could also bring bikes for a ride round (good cross training) afterwards.

There will be exercises (short courses to practise a particular skill) for anyone from Orange standard upwards with coaches on hand to advise how to best use the loops. It would be good to know rough numbers beforehand so that we don’t run out of maps – please ring or email me if you will be there.

No charge for NOC members – this is something the club is putting on for the NOC membership.

Hilary Palmer 01159820651 or email: hjpalmer@ntlworld.com

Situation Vacant...Situation Vacant... Situation Vacant Wanted - a new NOC kit stockist

I am looking for a successor to take over storing and selling the club kit.

Not too onerous and a good way of meeting other club members!

Phone or e-mail me if you're interested.

Gill Hatfield

0115 981 4101

Gill@hatfield32.freemove.co.uk

Team Manager

Team Races 2002

Firstly I would like to thank Catherine Hughes for all her hard work as team manager over the last three years. We have made the final of the Compass Sport Cup in every one of those years and also won medals in various relays as well.

Looking to 2002 there should be at least 5 events where NOC teams can show their skills. The first event is round 1 of the Compass Sport Cup at High Lodge Warren, Thetford on 10th March 2002. Last time a cup race was held at this venue we very nearly got beaten by LEI so we will need everyone to turn out to get through to the final. We are considering taking a coach to this event so please let me know by 31st January if you want entering and if you are interested in travelling by coach. The entry fee is £6.00 for adults and £2.00 for juniors and it is an e-punching event.

The J K Relays are being held at Lydney Park in the Forest of Dean on 1st April but the closing date for entries is at the beginning of February. Could everyone who wishes to run in the JK relays please contact me before the end of January.

The classes are as follows:

- A JK Trophy
- B Women's Trophy
- C Men's Shorts
- D Women's Short
- E Men Total Age 120+
- F Women Total Age 120+
- G Men Total Age 165+
- H Women Total Age 165+
- J Men Total Age 48-
- K Women Total Age 48-
- L M/W Total Age 40-
- M Mini Relay M/W 12-
- N Mixed Ad Hoc

The entry fee is £8.00 per person for classes A to H and N and £4.00 per person for classes J to M. Please let me know if you wish to run by 31st January with your first and second preferences as to which class you wish to run. If you do not contact me you will not be entered.

Now that the dust is beginning to settle I would like to thank all the members of NOC who helped with the British Schools' Orienteering Championships on 17th and 18th November. A rough estimate shows there were 102 volunteers from EMOA clubs helping over the weekend - a real team effort.

1050 children crossed the finish line on Sunday and, judging by the many messages we have received, they all enjoyed themselves immensely. The sight of so many smiling faces in the woods, on the adventure playground and charging down the run-in made it a weekend to remember.

Whether you were involved with *"the impressive start arena"*, the *"very fast turnaround of results"*, *"the exciting atmosphere in the finish area"* or were one of the many adults who were *"so patient and helpful"* I hope you consider your time well spent.

Thank you for all your hard work.







Mick Lucking

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PS We do not have to do it again next year!

NOC Fixtures

Fixtures Date	Venue	Status	Organiser	Notes
Every Thursday 18:30 prompt	from Ray Barnes' , Trent Bridge	Training Run and discussion		
23 Dec	Harlow Woods	C4	Hilary Hodkinson	 Event Flyer
30 Dec	Rufford Country Park	O5	Juniors organising	Xmas Special
Sat 12 Jan	Haywood Oaks	N5	Nick James / Jad Dziasosz	
13 Jan	Walesby	C4	??????????????	
16/17 Feb 02	Short Race on Saturday (Blidworth North) Badge on Sunday (Clumber)	C3 Weekend	16th (TBA) 17th Bob Alderson	( 17th)
17 Mar	Bestwood	C4	John Middler	
14 Apr	Byron's Walk	C4		
2 Jun	TBA	R5		Little John Relays
Sat 22 Jun	Berry Hill Park	C5	Hilary Palmer	Nottinghamshire Youth Games
7/8 Sep 02 'On the Drawing Board'	Peter Palmer Relays to be hosted by NOC			
Easter 2004	EMOA will be hosting day 2 of the JK - in the Lake District !	C2		

NOC Championships 2001/2002

The committee has decided to abandon the NOC 2001 Championships as F&M has devastated the O calendar, although we shall be presenting the Unusual Achievement Award and Best Newcomer as usual at the Xmas special event on 30 December.

However we've decided to hold the 2002 NOC champs early at the Walton Chasers Badge event at Rawnsley and Brereton (Cannock Chase) on Sunday 24 February 2002 - just enter your usual age class and course and your score will be calculated as a percentage of Gold time. There are trophies for first, second and third place.

The Best NOC Newcomer award for 2001

Goes to **Mark Burley M14** who started orienteering this year, has regularly attended events and has achieved some consistently impressive times.

Schools Champs in Portugal

Congratulations to those who have been selected to represent the British Schools Association for the World Schools Meeting in April 2002 in Leiria/Marinha Grande, Portugal; **Colin Olivant, Tom Billam, Alison O'Neil, Sarah O'Neil** for the select teams and the **Nottingham Boys High school team**. This is a six-day event, where schools from many countries take part, with

Classic and Sprint competitions. There is a fun Friendship Relay to finish off where mixed teams of different nationality and gender are formed, based on the previous days' results. It is a great opportunity to orienteer in exotic terrain as well as making new friends and contacts.

Well done also to **David Hodgkinson** who has been selected for the Great British Junior Squad in his first year M18 (quite an achievement!), and is now letting himself in for an intensive program of training, with weekends away about once a month.

Alison O'Neil, Junior Rep.

2001 National Mapping Workshop

This year's Mapping Workshop was held at the Warwickshire Police HQ, Leek Wooton, near Warwick on 21 – 23 September 2001. The grounds of the Police headquarters hold an impressive array of rabbits; one bearing an uncanny resemblance to General Woundwort held its ground when I arrived and there was some concern about venturing out to the pub after dark. We wondered if they had been taking lessons in unarmed combat.

There were about 16 participants at the conference, a mixture of old hands and several relative newcomers to mapping looking for advice.

Saturday morning was spent on the traditional surveying exercise, this year at a small woodland at Kenilworth that several generations ago had been quarried and had therefore complex contour detail. I always find this a challenge after the rather featureless NOC areas; perhaps one day I'll get to map somewhere similar. A local resident appeared at lunchtime with a print of the area produced only 40 or so years ago. At that time it was open heathland, now densely wooded.

The remainder of the weekend was spend discussing a wide range of map related areas including the ISOM map specifications, mapping contracts, copyright, insurance with a talk by Peter Roberts on the "ups and downs" of mapping. He suggested that mappers should not be too keen to map the downs, pits and gullies, and that we should aim to map the ups, knolls and similar as this leads to fairer orienteering.

There were several sessions spent discussing and using OCAD with Bruce Bryant demonstrating several technical ideas to improve the cartographic production. Alan Halliday gave an interesting talk on the latest advances in digital printing. He produced, hot from the press, a four colour map of Park Hall near Stoke used for C4 a couple of weeks later. Orienteering maps are usually printed in 5 colours to achieve the correct colour balance and quality.

Jon Sutcliffe finished off the weekend sessions with a discussion about map design illustrated by good and bad examples. We all held our breath that we would not feature in the latter!

David

NOC Christmas Novelty Event
Rufford Country Park

30th December 2001 Organiser: Alison O'Neil.

Grid Ref: SK646656 Northern Carpark, signed off A614(T)

Courses: Yellow and Novelty Courses

Registration from 10.15 to 10.45

Start times from 10.45 to 11.30

Indoor Social at Rufford to follow the event.

Food: Hilary Hodgkinson has kindly again offered to provide some of her excellent homemade soup. We will provide the hot drinks, the rest will be provided by YOURSELVES please. Just bring something for an 'all to share' table. Plates of sandwiches, sausage rolls mince pies, crisps etc.

NOC Contacts

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ASCII, TXT and Word files are preferred

You remember the last issue and how I asked for a response to whether you are willing to save the club money and receive the teaB&G via e-mail

Well I can now reveal that the total thrilling response was **14** of you out of **170+**

And one of these was from our most senior member who is still in the process of signing up to the Internet and doesn't even have an address yet.....

So much for embracing the 21st century!

Now this either indicates to me that you are not in favour at all, or are just too idle to even bother to respond. Having witnessed for myself over the years the level of apathy amongst the club members when requests are made on their time I can fully believe it is the latter.....!

Prove to me that I am wrong..... **I dare you!**


Its so easy, just send a mail to keith.streb@ntlworld.com with the subject as either **teabagYes** or **teabagNO**.

Now that's pretty simple isn't it.....

Thank you to those who responded to the original request. And finally, whatever your response, if you do have anything for publication, then please send it ASAP

I hope to see you all at Rufford. That is, if it's not too much effort of course.

Thanks

Your very  Editor