

Chairman's Bit

Compass Sport 2002 NOC 3rd place - well done to the NOC members who turned out. Mixed fortunes for individual runners but next year's competition kicks off again in March so not long before we can try again! I hope as many of you as possible will again run for NOC in 2003.

You will find in this issue details of our forthcoming Christmas fun event with social to follow - organised by the juniors, an opportunity to get together and meet some other members of NOC, everybody welcome, so a good turn out will make it all the more worthwhile for those planning and organising.

Then we have a NOC barndance in February, details in this issue. Please bring yourselves, friends and family.

Please also note that the Short Race at Bestwood on 1st February is open to all. There is also a Future Champions cup race alongside, which all our 18s and 20s should be entering, but this year's short race is just that – no second race, no chasing start, just one, plain, simple, green standard race on a new map of Bestwood. So why not try it? but don't get caught out - pre-entries only. If helping either at the Short Race or at the next day's Badge race at Sherwood Pines there are reduced entry fees, details in this issue.

Looking forward to seeing you at Clumber, Walesby, Bestwood, Sherwood Pines.....

Helen

Start group Co-ordinator wanted

Do you fancy having a go at co-ordinating a Helper group?

There is an opportunity in the Start group. Anybody can volunteer! whichever Helper group you are in currently.

Please phone Helen 0115 944 1592 or email her via mikeoneil@compuserve.com to ask for more information or volunteer for the job.

Reduced entry Rates for NOC Helpers

1st February Short Race Bestwood

2nd February Badge event Sherwood Pines

Junior Helpers free run

Senior Helpers £1

The reduced rate or free run can be taken either for the Short Race or the Badge event, whichever day you are helping.

Please phone your group co-ordinator to volunteer!

Coaching.

. NOC has been successful in obtaining another A4A grant of £4350 for schools development work in the Broxtowe Borough Council district (of Notts). The grant will enable the club to map approx 12 school and 2 leisure centre sites, provide training for teachers/ youth leaders, put on orienteering taster sessions at schools and leisure centres in term time and the Easter holidays and stage the Broxtowe Youth Games on an new map of Bramcote Park. The club will also buy a new laptop / splits printer to help with the mapping / competition results processing.

This will be an exciting development in an area where there has not been much orienteering in the past and we have been awarded the grant we asked for! This is the NOC's second successful A4A bid - thanks to the Broxtowe SDO, Chris Laxton - Kane for his enthusiastic support with the bid.

Aussie Adventure Pt 1

4 members of NOC (Mick and Angela Lucking, Hilary and John Palmer) travelled to Australia in October for the World Masters Orienteering Championships. These are open to any orienteer over 35 and occur every year in different parts of the world. 2002 was particularly significant it was the first time the O Championships were included in the World Masters Games. This meant we were a small part of a much larger community of 25,000 athletes who enjoyed warm Australian hospitality while competing in their favourite sport.

The World Masters Games Opening Ceremony, held at the MCG, involved at least 20,000 members of the public as well as most of the 26,000 competitors. It was awesome! The orienteering itself was based around the city of Bendigo, 200 km northwest of Melbourne and an old gold rush town. The local people took their role as "hosts to a global community" very seriously and were incredibly welcoming and friendly. The opening ceremony in Bendigo was informal and entertaining and seemed to include every section of the community. There was a children's circus, Chinese dragon dancers, a Scottish Pipe Band, the local rural fire brigade, various cadets and finally a teenage girl gave a very moving rendition of "Advance Australia Fair" accompanied by a Didgeridoo.

The qualifying races were held at Glenluce South and Glenluce North which were magnificent areas full of re-entrants, spurs and gullies with the eucalyptus trees well spaced and mostly dry bare soil or rock on the ground. The spurs were not quite as big as at Hawksmoor but big enough to be taken seriously. Angela saw a kangaroo while she was running round and a Wallaby bounced past the final control during the early part of the race. Hilary Palmer won her heats on both days and Mick ended up 6th. The Final on Mt Kooyora as very different! The map was quite frightening. It was white and pale green but absolutely covered with small black triangles (boulders), black circles (mounds), black dots (rocky ground), and black crags (dangerous). Relief was provided by grey (bare rock) and yellow (sandy rock). On the ground these distinctions were not always obvious! Hilary and Mick, probably 2 of the most experienced orienteers in the club, both got lost. Mick had a total disaster becoming disorientated early in the race and quite unable to relocate. After 2 hours and 20 minutes he eventually returned from the bush quite distressed from the heat. Hilary lost a few minutes early on but then fell and sprained her ankle badly. She completed her course but finished 8th, disappointing after all the training she had put in over the last year. As for the "hangers on", Angela was absolutely delighted to find all her controls and John didn't let thoughts of golf distract him too much and was also pleased with his run.

Aussie Adventure Pt 2

The orienteering skills of using map and compass, reading the contours etc are the same wherever you go but translating some of the terrain information which is given in the programme needs experience and careful use of the 'model day' area can be useful!

The qualifying races were at Glenluce and described as typical 'spur gully terrain'. How would you picture that?

Here are some of the terrain comments and my interpretation:

. **Strongly** developed gully system with prominent intervening spurs - what we would call this is spurs and re-entrants on gently rounded hills and it would be important to get on the correct spur or in the right re-entrant as they would all look the same!

. **Gold** mining features: pits, mounds, mineshafts and ditches - some of the 'ditches' were what we would call 'gullies' and shown with the brown dot or brown line symbol or even looking like linear large depressions on the map

. **Normal** forest is eucalypt - this meant wonderfully runnable 'white' forest of huge eucalypts on hard, bare earth only 'covered' by fallen leaves and some brashings (but not enough to slow you down much)

. **Some** well defined areas of slower running - these tended to be thicker vegetation, often in the creek (valley) bottoms where there would be water (or would have been if there had not been a 4 year drought)

So Glenluce was to be quite straight forward as long as you were careful about exactly which re-entrant / spur you ran to and which gully or pit you looked in for your control!!

As Angela said in her article, the Final at Kooyoora was to prove to be quite different! That's an understatement! This was described as 'granite terrain' and I knew that it was going to be far too technical for me. In fact some of the forest had reasonably good visibility, but the slopes were generally much more vague and the wealth of rock detail in very low visibility light green made the area very difficult. On one leg, 2 to 3, I slowed right down to a walk and went straight to the control a pity I didn't do that on 3 to 4, where I lost 6 minutes!

If you have internet access have a look at the winners' maps and courses at

http://www.geocities.com/bruce_anne_arthur/wmoc2002/map_index.htm

and you'll see what I mean! It was easy to get lost!

It was a fantastic experience and thanks to my daughter, Helen, I was much fitter after her fiendish training programme for the month before we flew off to Australia. I was pleased to finish in the top 10 but know that if I had adapted my technique better to suit the conditions.....

But then all orienteers say that don't they!!

Hilary Palmer

Team races 2003

J K Relays Entries to Mick by 18th February

The JK Relays are being held at Bloom and Horton Wood, High Wycombe on Monday 21st April

The classes are as follows:

A	JK Trophy	E	Men Total Age 120+	J	Men Total Age 48-
B	Women's Trophy	F	Women Total Age 120+	K	Women Total Age 48-
C	Men's Short	G	Men Total Age 165+	L	M/W Total Age 40-
D	Women's Short	H	Women Total Age 165+	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. Cheques should be made payable to NOC and sent to Mick Lucking at 6 Long Lane, Attenborough, Beeston, Nottingham NG9 6BG. **NO CHEQUE NO ENTRY**. If you are a junior or a student running in a senior class you only need pay the junior rate. Please give first and second choice of team, BOF No. and SI number.

BOC Relays Entries to Mick by 18th February

These are being held at Greno Wood, Sheffield on Sunday 18th May

The classes are as follows:

M/W 12- M/W35+ M/W55 Mixed Ad Hoc Junior Ad Hoc M/W14- M/W40+ M/W60 mixed
Short Open M/W Premier M/W18- M/W45+ Women Short M/W50+

The entry fee is £8.00 per person for senior classes and £4.00 per person for junior classes. Cheques should be made payable to NOC and sent to Mick Lucking at 6 Long Lane, Attenborough, Beeston, Nottingham NG9 6BG. **NO CHEQUE NO ENTRY**. If you are a junior or a student running in a senior class you only need pay the junior rate. Please give first and second choice of team, BOF No. and SI number.

Mick Lucking

6 Long Lane, Attenborough, Beeston, Nottingham. NG9 6BG

Tel: (0115) 922 5578 e-mail: mick@lucking.co.uk

Entry forms for NOC members

Contact Name	Contact Tel No.
Address	

J K Relays 21st April 2003 Fees: Senior £8.00 Junior £4.00

Name	BOF Age Class	BOF Number	S I dibber Number	1 st Choice team	2 nd Choice team	Fee

British Relay Championships 18th May 2003 Fees: Senior £8.00 Junior £4.00

Name	BOF Age Class	BOF Number	S I dibber Number	1 st Choice team	2 nd Choice team	Fee

TOTAL FEES (Cheques payable to NOC)	
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Please send to Mick Lucking, 6 Long Lane, Attenborough, Beeston, Nottingham NG9 6GB

BRAMCOTE XMAS Event

Come and join us afterwards at a Local Hall (Directions will be provided at the event)

We will provide soup, hot drinks, plates etc, the rest provided by yourselves please. Just bring something for an 'all to share table' plates of sandwiches sausages rolls mince pies etc, ideal way to use up those Christmas left overs.

Everyone welcome

Compass Sport Cup Final 2002

The Compass Sport Cup Final was held at Titterstone Clee in Shropshire on 10th November. Many of us arrived at the car park near the top of the hill in a thick fog but fortunately it lifted sufficiently to see the area just before the first start times. The race was held over open hillside with areas of complex contour detail where old mining and quarrying had taken place. Although the ground was wet it did not rain much during the race.

NOC finished a creditable third with 177 points behind Southampton OC with 185 points and Bristol O K with 194 points. Behind us were Southdown Orienteers (174 points), Airienteers (155 points) and Manchester & District (127 points).

The start was very near to the edge of the map and a number of our consistently reliable runners had problems in this area. If some of these runners had run according to their usual form we would have scored more than 200 points. However this excuse must be balanced by the fact that everyone was confronted by the same inconsistencies.

Although we did not win this year I think that we have shown that we are capable of winning the Compass Sport Cup in future years.

Apparently there are moves to make juniors count more in the competition which should work in our favour. I therefore think that we should go for it again next year because we will have a realistic chance of winning it.

I hope the membership agree and will support the club again in 2003.

I would like to thank Pauline Olivant for organising the team for the final in my absence and John and Hilary Palmer for organising and driving the minibus. I would also like to thank the runners who ran far further than usual to cover for our lack of M21 and M35 runners.

Compass Sport Cup 2003

In 2003 the club will need even more members than usual to help us get through the regional round of the Compass Sport Cup. This is because NOC are organising the EMOA round of the event at Blidworth as well as competing in it.

Also this year three juniors will count in their classes rather than only two.

Therefore, if at all possible could you please reserve Sunday 16th March 2003 in your new diaries to run and/or help at the Blidworth colour coded event.

It would be nice to qualify for the final again as it is near Kings Lynn which should be similar to a Nottinghamshire forest (or even easier).

Mick Lucking

Compass Sport Cup

As you may know many NOC members are current or former pupils of Nottingham High School.

Each Christmas there is a friendly cross country race between the "Old Nottinghamians" and the current school cross country teams. This year all members of NOC are also invited to come and enjoy the 2.8 mile course around Wollaton Park. The race starts at 11 am on Sunday 21 December by the car park near the vehicle entrance on the Northern side of Wollaton Park (Grid Ref. SK 530 397). Following the race tea and mince pies will be served at the school sports ground on Valley Road for those that wish to make the journey. The course is only 2.8 miles long so why not come along and have a go. Paul Morris, the teacher in charge of the school cross country team, is in charge of the race and Mick Lucking (ON) will be there to show any newcomers the course.

Helen Palmer reports from Euromeeting 2002

Jihlava, Czech Republic.

After achieving some good results during my DIY tour of Scandinavia this summer I was lucky enough to be selected for a development team to race in Euromeeting in the Czech Republic. Euromeeting always boasts strong fields as teams from all over Europe compete and usually send athletes who are just outside their national teams. This year was no exception with particularly strong teams from the host nation, all the Scandinavian countries, and Switzerland including some World Cup runners and medalists from the World Student Champs.

The weekend comprised sprint, classic and relay races. Having run on a rather out of date training map we knew we'd have to be on our toes that afternoon for the sprint race which included a section through Jihlava zoo! Despite the freezing cold weather, steep slopes and tricky 'zoo-navigation' racing was fast and furious. The Swedish and Czech runners dominated but I had a good run with less than a minute lost (that's quite a lot in a sprint race, but I reckon is good for me in sprint races.) I was pleased until I went to download and was told I'd completely missed one control. Gutted! I wasn't the only one but this fact didn't make me feel any less frustrated. Best Brit was Kim Buckley who came around 10th, with the seconds for the missed control added I would have done a similar time. At least I won't make that mistake again.

As well as being physically tough multi-race competitions or championships are always psychologically draining. Even with just three races to think about you really have to focus in order to forget about any successes or failures and concentrate on the next race. In the Junior Squad I learnt that as soon as you finish one race it's time to start thinking about the next, that means doing a good cool down, refueling and mentally moving on. I felt I did that well at Euromeet but still had a disastrous classic race. No excuses, I was fit and ready but just didn't pull it together on the day. Something I realised over the weekend was to be prepared for all eventualities. The day of the classic race was very very cold, and wet. I decided I would be warm enough in just an O-top (only jessies wear thermals!) I warmed up thoroughly and on the start line was raring to go. With each miss I got colder and wetter and angrier. Not helpful. The Scandis wore thermal tops. And won. Another lesson learnt.

Abi Weeds and myself were relegated to the B-team for the relay. Pride was at stake, we had to redeem ourselves. At the banquet/disco/quiet gathering we recruited a Ukrainian girl to run last leg for us. She had come last in the classic. It didn't look good..

On the start line I sized up my rivals, it was an intimidatingly strong line up and I was quite scared. I went off steadily and ran out of the field dead last, furiously studying my map. If you miss at the first two that's it you lose the pack and have to struggle round alone (it happened to me at JWOC '98!) So I concentrated and ran hard and found myself in a small leading group. There were very few common controls and the "gaffling" was so clever you couldn't count on anyone having exactly the same course. I had a near perfect run and came in with the main pack only a couple of minutes down on the Swede who was well ahead (she had a much shorter course tho! No really.) I felt I had redeemed myself. Abi ran well too and our Ukrainian managed to hang on so that we finished well ahead of the GB 'A' team.

All in all it was a fantastic experience and I learnt loads. Well that's what mistakes are for! My relay run gave me confidence and motivation for the winter and I know I will come back stronger next year and more able to find those darn red and white flags.. quickly. I just have to say a huge thank you to both NOC and EMOA, without their support this experience would not have been possible. Thanks guys!

And now something a little less energetic, but almost as much fun as running in the woods...

NOC BARN DANCE with folk band

"Fish 'n' Taters"

A fun night out for all the family!

When	Friday 7 February 2003 (5 days after the NOC badge event – your legs should have recovered by then!)
Where	Beeston Youth and Community Centre, West End, Beeston
Time	19.30 – 23.00
Cost	£3 adults, children FREE
Bring	Some food to share, there will be a licensed bar.
Tickets	From Catherine Hughes either at events or by email (catherinehughes@hotmail.com) or by post/telephone (29 Mason Road, Ilkeston DE& 9JP, 0115 8774089 – before 10pm)

Forthcoming NOC Fixtures

Date	Cat	Venue	Whizz kid	O	P	C	Comments
Sunday 22/12/02	C4	Clumber	Mick Lucking Mike O'Neil	Helen O'Neil	Keith Streb	Alan Beardsley	
Sunday 29/12/02	O5	Bramcote Hills		NOC Juniors	NOC Juniors		<i>See Page 5</i>
Sunday 12/1/03	C4	Walesby		Paul Beverley	Tony Buckland	Jad Dziadosz	
Saturday 1/2/03	O5	Bestwood		Hilary Hodkinso n	Nicola Olivant	Kevin King	<i>FCC entries Hilary Palmer</i>
Sunday 2/2/03	C3	Sherwood Pines Robin Hood Trophy		Jim Clarke	Tony Horsewill	John Hurley	<i>Badge entries Greville Seddon</i>
Saturday 15/3/03	N5	Haywood Oaks				John Dalton	
Sunday 16/3/03	C4	Blidworth		Janet Evans	John Middler	John Dalton	<i>Compass Sport Cup</i>
Sunday 22/06/03	C5	Summer League probably Burntstump		TBC			
Sunday 29/06/03	C5	Summer League probably Rushcliffe C P		TBC			
Sunday 06/07/03	C5	Summer League probably Haywood Oaks		TBC			
Sunday 13/07/03	C5	Summer League		TBC			

Check details@ <http://www.noc-uk.org>

or a full list of UK events see the BOF page at

<http://freespace.virgin.net/pat.martin/fixtures.htm>

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