



The Bag.

The Newsletter of
Nottinghamshire Orienteering Club

<http://www.noc-uk.org.uk> Feb 2002.

Message from the Chair.

Its been heartening to see a good turn out at our recent events at Harlow Wood, Haywood Oaks and Walesby, which makes it all the more rewarding for those working hard to put the events on.

Our next event is the Double Shuffle, with two short races on Saturday 16th February at Blidworth (Bottoms) followed by a Badge event on Sunday 17th at Clumber Park. Paired short races are always fun events, the second race being a chasing start - the first runner over the finish line wins! Confused? Why not enter and find out? We are now past the closing date but there is late entry or you can enter on the day.

Please read John's article in this edition of Black and Green about the decision at our AGM in November to introduce club membership fees starting in 2003. This was hotly debated, though the general feeling was that it was not possible to buck the national trend over the last few years of falling membership numbers. As a result, attendance at events is down and we cannot make sufficient profits to cover club expenses. The level of membership fee will be reviewed at the next AGM in October 2002.

I hope that as many of you as possible will come and represent your club at the Compass Sport first round match on 10th March. Although we've got through the first round to the finals several times, we've yet to repeat our past glories. Return your completed form (in this issue of Black and Green) and cheques to Mick Lucking by the Feb 18th. We also need your JK Relay and British Relay entries by this date.

Helen

Team races 2002 Entry Deadlines this month

Compass Sport Cup – Entries to Mick by 18th February

Round 1 of the Compass Sport Cup is at High Lodge Warren, Thetford on 10th March 2002. It is an e-punching event.

We have booked a coach to go to this event which will leave from the car park by West Bridgford library on Bridgford Road near the centre of West Bridgford at 7.00am. Entry fee including coach hire is £11.00 for adults and £4.00 for juniors.

Cheques should be made payable to NOC and sent to Mick Lucking at 6 Long Lane, Attenborough, Beeston, Nottingham NG9 6BG.

J K Relays – Entries to Mick by 18th February

The JK Relays are being held at Lydney Park in the Forest of Dean on 1st 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 GO.**

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 Baronscourt, Northern Ireland on 6th 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.

Please send your completed entry forms to Mick Lucking 6 Long Lane, Attenborough, Beeston, Nottingham. NG9 6BG Tel: (0115) 922 5578 e-mail: mick@lucking.co.uk

(See entry page later in edition)

Coaching.

On the 28th April there will be a National Event at Bigland in the southern Lake District (near Newby Bridge) Many NOC members will want to go and some may also be interested in competing in the JOK

Chasing Sprint on the Saturday BUT there will also be the chance to practise the sort of navigation techniques which we don't get a chance to do in flat Notts eg read detailed contour shapes! On Sat 27th April there will be an opportunity to do this (also in the southern Lake District) and then put it all together at the National Event the next day.

Contact the Club Coach on 0115 9820651 or email if you would be interested in further details.

Hilary

An important note from the Treasurer

At the AGM in November 2001 a vote was taken to introduce, for the 2003 season, a club membership fee. This has been discussed before, and has always been a contentious issue, so I would like to explain what lies behind the decision.

As you will know, having recently returned your membership forms to BOF, we all pay a membership fee to BOF and a smaller fee to the East Midlands. Some clubs also charge a membership fee. NOC has not, until now, charged a club fee, but after a look at the club finances I felt that it was necessary to ask the meeting to agree to a fee in the future.

On the face of it NOC has a healthy bank balance. However, looking at the historical figures, the balance has varied erratically, due mainly to occasional large inputs from outside bodies in the form of assistance for various projects. It seemed to me that we could not rely on these inputs for our survival. Traditionally NOC has relied on event income, and particularly badge event income, to keep its funds stable. Unfortunately, in common with many if not all other clubs, we have seen this income reduce considerably over the last few years. Just 2 figures illustrate the problem; since 1993 the reserves have seen swings of over £6000, whilst event income has fallen steadily from over £3000 in 1993 to under £1000 in 4 of the last 5 years.

Why, then, when at the AGM I reported a bank balance of just under £8000, do we need to add to our income by introducing a club fee? Although £8000 is not insignificant, the committee does spend considerable amounts of money on your behalf, regularly paying small grants to juniors who are selected for representative competitions, as well as funding courses for coaches, first aiders and others who are essential to the continued success of NOC. There are also infrequent but expensive purchases of equipment to be considered.

Taking all of this into account the AGM agreed that for year 2003 there would be a club membership introduced. As I understand it, at the next AGM the committee will propose the fees, and those present will have the opportunity to agree (or not) the figures, before we pass them on to BOF for inclusion on the renewal forms. I will answer any questions about finances at any time, but do remember, when the notice comes round in October, that the AGM is your major chance to influence club decisions such as this one.

John

Contact Name	Contact Tel No.
Address	

J K Relays 1st April 2002 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 6th May 2002 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

Compass Sport Cup 10th March 2002 Fees: Senior £11.00 Junior £4.00

Name	BOF Age Class	BOF Number	S I dibber Number	Travelling by coach?	Fee

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

Fixtures Date	Venue	Status	Organiser	Notes
Every Thursday 18:30 prompt	from Ray Barnes , Trent Bridge	Training Run and discussion		
16/17 Feb	Short Race on Saturday (Blidworth North) Badge on Sunday (Clumber)	C3 Weekend	16th Judy Pittson 17th Bob Alderson	( 17th)
24 Feb	Rawnsley Hills	C3 WMOA		NOC Champs
17 Mar	Bestwood	C4	John Middler	
14 Apr	Byron's Walk	C4	Dave and Karen Kelso	
2 Jun	TBA	R5		Little John Relays
Sat 22 Jun	Berry Hill Park	C5	Hilary Palmer	Nottinghamshire Youth Games
7/8 Sep '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		

No 2 "The Larch" or Old Keith's Herbaceous corner.

When William the Conquerer died in 1087, some 15 per cent of England was supposedly tree covered. A new Government study suggests that we now have 8.4 per cent tree cover and could be up to the Norman level by 2020. Not bad, considering the figure was 7 per cent only 20 years ago. The great gale of 1987 and Dutch elm disease, it seems, have stimulated thousands of tree-planting schemes, and there are now about 1.3 billion trees in England - almost 25 for each person. In addition, there are 19 per cent more oaks than in 1980 and 7 per cent fewer conifers.
Damned if I can see any around here.....Ed

Source BBC Wildlife Jan 2002

BOC2002 Transport

I am willing to share travel costs with anyone wanting to go to BOC2002 in Northern Ireland this May. I will either have spare seats in my car in which case it will be under the BOF 72hr concession fee or I am willing to help someone fill their car/MPV/minibus with myself and a small tent.

Keith

Tel 01623 473401

Letters to the editor

Keith

You may remember that the last time I saw you was at Harlow Wood in November last year. It was the weekend before I went into hospital (Convent, Mansfield Road) for another knee operation for another torn cartilage.

Six years since the previous one, and there was me thinking I knew all about it and anticipating being able to run again within about three to four months (we all take a bit longer to recover as we get older !)...but....no such luck. (Strangely enough the thing that I was looking forward to was having the anaesthetic - it was such a pleasant experience drifting off to sleep when I had the first operation - and then when it came to the time this time round I hardly knew anything about it as it was all over so quickly, none of the 'count backwards from 10' as I was expecting). I felt a bit cheated !

Anyway, half an hour after the op. back in my room, and I needed to go to the bathroom.

Dare I get out of bed I thought ? Well, here goes...and to my amazement my knee bent quite easily to 90°.

No problems at all moving around the room, all the old skills of using the crutches returned and there's me thinking 'hey this is brilliant, I'll be running again sooner than I thought'.

(Yes you've guessed it, *there's a big BUT coming here*). OK, out of hospital, back home for a week, and then back to work.

Various visits to the consultant over the next few weeks, progressing well, but I began to think 'it's better, but it doesn't seem to have improved much since last week'.

And that is the way it stayed for week after week, with a constant ache and some days worse than others with more pain and me ending up limping round the office and around the site at Boots. Back to running within 3/4 months - no chance!

So it went on through the spring with many visits to the consultant who tried prescribing various anti-inflammatories, and a steroid injection (*I wasn't too happy about this, having heard many stories of how painful it could be, but as it turned out it was a bit of a non-event, and it didn't work either*), then as a last resort physiotherapy. Several weeks of physio and things actually started to improve.

By July I had started gentle jogging runs. August, off on holiday to Greece, and now I was into 1 minute run/3 minute walk repetitions. Sounds quite promising, and my spirits were rising again with thoughts of returning to competition, subject to the Foot & Mouth situation.

Everything was OK with this and I gradually increased the number of reps. each day until, midway through the holiday, out early in the morning and up to the sixth repeat, I walked back to the start and stretched and OWWWW!!!!!!

Something when 'twang' in my back. Pains all round the RHS round my ribs, I couldn't take a single step without it hurting, and so that was it for my warm weather recovery training. I'm still not sure what it was that went wrong - it may have been a combination of lying on sun beds, swimming, extra pressure due to the training runs or something else - but when I went back to the Physio. After the holiday he had to start working on my back rather than my knee (the knee was still OK).

Gradual improvement through the next couple of months and I eventually made it back to compete at the OD event at Arley Woods at Nuneaton. What a superb feeling, back in the forest, no (major) problems with the knee or back, just a bit rusty on the navigation and I realised that I had lost a lot of fitness.

But.....I'm back. Now the thing I've got to be careful of is to try not to do too much too soon.

As soon as I was back home after Arley Woods I started thinking about the JK and British Champs. Maybe it's a bit too early for that but you have to have your dreams !

The next time I'm out is this weekend at Harlow Wood so I'm sure I'll see you there. I've got a new recruit, my son Ash (M18), very keen to learn and a good runner (ex swimmer) but still learning about the navigation. He'll be there helping me with the parking on Sunday and then we'll both be out running (late)..

See you on Sunday
Dave Cooke

I can relate totally to Dave's experiences here having spent the best part of 18 months carrying a soft tissue injury and being sick to death of making excuses for my poor performance. It really is a superb feeling being back in the forest and that fresh flow of endorphins to the brain NEARLY makes up for all the pain.

Welcome back Dave and I hope to see you and Ash at future events.

One from the Archives



Compass Sport Cup Winners 1991

NOC 151pts ESOC 129pts BOK 128pts SLOW 59pts

Lets do it again before all the back rows die of old age.....

NOC Contacts		
Chair	Helen O'Neil 47 Dale Road Stanton by Dale, Ilkeston Derbyshire DE7 4QF	0115 944 1592 mikeoneil@compuserve.com
Secretary	Amanda Greenwood 39 Shilling Way Long Eaton Nottingham NG10 3QN	0115 946 5296 amandaorienteer@aol.com
Fixtures Sec & Web Meister	Ray Barnes	0115 974 6044 ray.barnes@ntlworld.com
Team Coach	Hilary Palmer	0115 982 0651 hjpalmer@ntlworld.com
Treasurer	John Dalton	0115 937 2140 dalton.john@lineone.net
Mapping Coordinator	David Olivant	0115 987 2083 david@olivant.prestel.co.uk
EMOA Rep	Pauline Olivant	0115 987 2083 pauline@olivant.prestel.co.uk
Junior Rep	Alison O'Neil	0115 944 1592 mikeoneil@compuserve.com
Team Manager	Mick Lucking	0115 922 5578 mick@lucking.co.uk
Club Kit Sales	Situation Vacant	
Black & Green Editor Club Archivist	Keith Streb	01623 473401 keith.streb@ntlworld.com
Garage Key Holders	Mick & Angela Lucking	0115 922 5578 mick@lucking.co.uk

All in fact ANY copy gratefully accepted on keith.streb@ntlworld.com
keith.streb@nottingham.ac.uk

Or snailmail to 2 Sherwood Road, Rainworth, Notts NG21 0LJ.
 ASCII, TXT and Word files are preferred

