



The Bag.

The Newsletter of
Nottinghamshire Orienteering Club

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

Feb 2002.

Coaching.

Club Coaching – Sunday 23rd June8

Individual skills coaching will be available for club members at **Blidworth**, west side (parking on the side of the road north of the fire tower car park at grid ref 586540) on Sunday 23rd June from 11.30am to approx 2pm – bring a picnic for afterwards!

Level 3 (Orange) standard upwards

No charge!

Come along and practise those elusive compass and map reading skills without the pressure of competition. Names to Hilary Palmer 0115 9820651 or email hpalmer@ntlworld.com

N.B. Just like me Hilary still refers to the Rigg Lane car park by it's old name. The "Fire Tower" disappeared over a decade ago! Still I prefer to think that this is because we are both so focussed on our next control that we rarely need to see the bigger picture. Or then again it could explain why I get lost so much! 😊

GB Selections this summer

Several NOC members are to be congratulated for their selections for tours and competitions this summer. Their success reflects their hard work in training and good results in the key selection races:

See junior rep report on page 7

White Rose Weekend

Bank Holiday 24 – 26th August

For new members this is a three day orienteering event which is held every year on the North Yorks Moors. It is the end of the summer and we always book part of a very pleasant campsite a few miles west of Pickering (Wayside Caravan Park at Wreton) – there is space for cricket (seniors v juniors match on the Sunday evening before it gets dark) and we have a communal BBQ on the Saturday evening.

The campsite will reserve space for up to 10-12 units (cost between £11.50 for caravan + awning, £8.50 trailer tent for 2, £8 for tent for 2, one person tent £5.50) and each unit must book and pay for a minimum of 3 nights. It's a well maintained site with excellent washing / showering etc facilities all included in the price. We are trusted to pay on arrival but I will make the group booking.

Please let me know names, whether caravan, tent etc (+ electric hook-up?) and roughly what size. I also need date of arrival and leaving.

For the orienteering:

- make your own Badge event entries (cheap rate until 31 May)
- relays on the Monday. I need names, age class and money!! £4 each cheques payable to H J Palmer – no money no run!!

Closing date? Get your names in to me by 28 May and you may get a rebate of 50p!! (depends on numbers of teams)

Final closing date for relay entries: to me by 30 June

Hilary Palmer, 169 Musters Road, West Bridgford, Notts NG2 7DQ - for more info email hjpalmer@ntlworld.com or phone 0115 9820651

Team manager

Events report Spring 2002

Congratulations to everyone who contributed to our resounding success at the Regional Round of the 2002 Compass Sport Cup near Thetford. We scored 195 points and were 33 points clear of the second team. I expected LEI or DVO to be much closer to us than they were and I did not expect West Anglia OC to come second.

The start of 2002 has seen events in some wonderful woodland as well as Old Dry Hills. The national event at Burnham Beeches favoured those who ran fast and straight and made no mistakes. Derek Mill was obviously able to do this winning the highly competitive M50L class. The British Night Championships was also held in quite runnable woodland and Hilary Palmer seems very proud of her Trophy in the W55 class despite professing to hate night orienteering!

The JK was more hilly but the straight routes still seemed to be the fastest. Congratulations to Tim Bagguley, Rhys Roberts and Andrew Llewellyn who came second in the M48- relay class and Sarah O'Neil, Rosemary Hodkinson and Sian Roberts who came third in the W48- relay class. Our Womens Trophy class team of Helen Palmer, Liz Day and Alison O'Neil came a very creditable fifth which earned us plenty of U K Relay League points.

The week after saw our juniors and coaches travelling to the Trossachs for a selection race in which David Hodkinson won the M18 class. This depleted our entries at the Midlands Championships held on the same day at the Wrekin. Tony Buckland won the M65 trophy and a certain Mick Lucking won the M45 class. I am sure we would have had more Midlands Champions in the club if there had not been a fixtures clash.

Some of our top juniors then left for Portugal for the World Schools Championships where Alison O'Neil came 4th in the short race. Meanwhile some of the keen adults went to a national event near Tiverton which was memorable for the tough terrain and long bus rides. On the same day we held a colour coded event at Byron's Walk which was far more pleasant despite part of the wood catching fire while the controls were being collected in.

The rain and cold wind the following week at the Bigland National Event in the Lake District must have been a shock to our sun tanned juniors for whom this was a selection race. Fortunately the sun shone occasionally and the courses were challenging without being too tough. Alison O'Neil won W18A and Nicola Olivant won W21S.

As I write the main U K season has just finished with the British Championships held in Northern Ireland. Happily the weather was hot and sunny for both in individual and relay competitions. Fiona Claxton won W12B and Sarah Claxton was second in W12A, Hilary Palmer was third in W55L and Tim Bagguley was third in M18A. In the relays our two M18- teams came first and second. The winning team was Nick James, Colin Olivant and David Hodkinson and the second team was Tim Bagguley (who finished in front of

Nick), Rhys Roberts and Andrew Llewellyn. Our womens open team again did well finishing 4th in the women's elite class. Liz Day had a fine run on the first lap finishing first emulating Helen Palmer's run in 2000 when the team finished fifth. Our M/W55 team of John and Hilary Palmer and Bob Alderson came second finishing about 200 yards behind the winning team.

Forthcoming team events are the Scottish Relay Championships at Contin on 2nd June, the footpath relay on 22nd June, the Harvester Trophy at Dipton on 31st August and the Compass Sport Cup final some time in the Autumn.

Scottish Relay championships

This year the Scottish Relay Championships are being held on 2nd June at an area north of Inverness. At present I understand Bert, the Palmers and our Senior women's relay team intend to go. If anyone else wishes me to enter them in a relay team please let me know as soon as possible at either mick@lucking.co.uk or phone me on (0115) 922 5578.

Harvester Trophy 2002

This year's event is being held in Dipton Woods, Northumberland on 31st August. This is an excellent venue for the event because most of the vegetation seems to remain low at Dipton throughout the summer. NOC have a very good track record in this event if the first leg runner gets up in time and I would like us to enter 2 or 3 teams. Would anyone wishing to run in this event please contact me or fill in the slip below. and return it to me Mick Lucking, 6 Long Lane, Attenborough, Nottingham, NG9 6BG before 30th June.

HARVESTER TROPHY 2002					
Name	Tel no.	e-mail address	Age Class	B O F No.	S I No.

National Trust 'O' Workshop

Clumber Park Sunday 18 August (to be confirmed)

As a 'thank you' to Clumber Park for their help with the British Schools Orienteering Championships (*Did I fall asleep and miss this one.....? Ed*) and to promote use of the permanent orienteering course NOC is putting on an orienteering workshop for the National Trust. The workshop is likely to be between 10am and 4pm on Sunday 18 August and 24 people will be coming.

The activities and resources are all prepared but we are looking for a few extra people to encourage and help visitors with the activities. This is a great opportunity to share your enthusiasm for orienteering with potential recruits. Please come along. We would especially welcome assistance from newer members who can still remember what it was like when they first came to an event.

Please contact Mick Lucking (Tel. 0115 922 5578) if you can spare a few hours to help.

PEAK DISTRICT LONG DISTANCE FOOTPATH RELAY

Saturday 22 June 2002

This is an annual 125 km race along the footpaths of the Peak District and is usually good fun. This year's course involves 20 legs based on Ashbourne. 2 runners from each team will set off at the same time but in opposite directions which means the race will start later and finish earlier than in previous years. I have entered a NOC team and now need the 20 runners! Everyone is welcome to take part as a handicapping system and legs of different lengths and difficulty will be available. However if you want to run you must promise to reconnoitre your leg before the race. It is not good for team morale (or our reputation as an orienteering club) if we lose time because someone has gone the wrong way!

If you would like further details ring me on 0115 922 5578 or email mick@lucking.co.uk. I am happy to enter a second team if there is sufficient interest. There is no fee payable.

Otherwise, complete the slip below and return it to Mick Lucking, 6 Long Lane, Attenborough, Nottingham, NG9 6BG as soon as possible. I need the names this early so I can allocate legs and you can reconnoitre your routes.

Name	Tel no.	e-mail address	M/F	Age on 22 June Under 13 14-17 40-49 50+	Maximum distance (Km) you would like to run

Course lengths are as follows:

Leg	Start	Finish	Length (Km)	Ascent (m)	Descent (m)
1	Ashbourne	Carsington	12.19	300	205
2	Carsington	Sheepwash	2.43	5	5
3	Sheepwash	Grangemill	5.29	175	150
4	Grangemill	Lead Ore House	4.20	130	85
5	Lead Ore House	Friden	9.86	185	145
6	Friden	Parsley Hay	3.9	35	30
7	Parsley Hay	Hartington	5.4	75	180
8	Hartington	Alstonefield	6.3	170	105
9	Alstonefield	Rushley Bridge	5.3	120	235
10	Rushley Bridge	Ashbourne	8.9	310	305

N.B. Leg 11 is the reverse of leg 10, leg 12 is the reverse of leg 9 etc.

***** Wanted Start, Finish and Vandal checkers *****

Volunteers are wanted for the HSBC Notts Youth Games Orienteering Competition being held at Berry Hill Mansfield on **Sat 22nd June 1100 - 1330**


















It is likely there will be 200+ Nottinghamshire schoolchildren attending.














If anyone can spare the time to assist please contact Hilary on 0115 9820651

NOC Provisional Fixtures.

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

For a full list of UK events see the BOF page at
<http://freespace.virgin.net/pat.martin/fixtures.htm>

Date	Venue	Status	Organiser	Notes
Every Tuesday 18:30 prompt	from Bramcote Park (North West corner car park, SK499384)	Training Run (bring your own water bottle!)		
Every Thursday 18:30 prompt	from <u>Olivant's</u> , Carlton	<u>Training Run</u> tea and discussion		
Sat 25 May	Colwick Woods	C5 Summer League #1		 
Sun 2 Jun	Vicar Water	C5 Summer League #2	Keith Streb	 
Sat 8 Jun 16:00-17:30	Bramcote Hills (North West corner car park, SK499384)	Introduction to Orienteering / Practical Exercise	Hilary Palmer	
Sun 9 Jun	Colwick Park	C5 Summer League #3		 
Tue 11 Jun 18:30 - 20:00	Bramcote Hills (North West corner car park, SK499384)	Introduction to Fitness Training / Practical Exercise!	Mick Lucking	
Wed 12 Jun Register 18:45-19:00	Nottingham City Centre, Robin Hood Statue	O5 Summer League #4 Street 'O'		
Thu 13 Jun Evening	Carlton	Club Run / Discussion on Technique		
Sat 15 Jun	Bramcote Hills (North West corner car park, SK499384)	Skills Coaching		
Sun 16 Jun	Rufford Country Park	C5 Summer League #5	Hilary Palmer	 
Sat 22 Jun	Ashbourne, Derbyshire	Footpath Relay	(Mick Lucking)	
Sat 22 Jun	Berry Hill Park	C5	Hilary Palmer	Nottinghamshire Youth Games
Thu 27 Jun	Rushcliffe Country Park	C5 Summer League #6	John Dalton	 
Thu 11 Jul	Haywood Oaks	C5 Summer League #7	Bob Alderson	 

Sat 13 Jul	Bulwell Hall	C5R Little John Relays		Inaugural East Midlands Inter-Club Relay
Sat 20 Jul	Burntstump Country Park	C5 Summer League #8	Paul Scotting	 
Sat/Sun 7/8 Sep	TBA	C3NR		Peter Palmer Relays to be hosted by NOC
Sun 15 Sep	Colwick Woods	C5		Come-and-Try-it Event  
Sun 20 Oct	TBA	C4		
Sat 23 Nov	Bulwell Hall	CN5		
Sun 24 Nov	TBA	C4		
Sun 22 Dec	Clumber Park	C4		
Sun 29 Dec	TBA	O5	NOC Juniors	Xmas Novelty Special and Social
Sun 12 Jan 2003	TBA	C4		 This may be the Compass Sport Weekend
Sat 1 Feb 2003	Bestwood Country Park	C4S		Short Races
Sun 2 Feb 2003	Sherwood Pines	C3		 Robin Hood Trophy
Sat 15 Mar 2003	TBA	C5N		
Sun 16 Mar 2003	TBA	C4		
Sat 10 Jan 2004	TBA	C4S		Short Races
Sun 11 Jan 2004	TBA	C3		 Robin Hood Trophy

There are 8 Summer League events some incorporating some SMILE events and the National Orienteering Week (NOW!) from 8th-16th June.

LET'S GO



NOW !

Chairman's Bit

Plenty has happened since the last Black and Green in February.....

The Short Races and Badge weekend was immensely successful with a really good turn out for the Badge Event (helped by excellent weather)

Well done to all who turned out for the Compass Sport 1st round and helped NOC get through to the Final. Unfortunately the original Compass Sport final has subsequently been cancelled (it should have happened already on 14th May!) but hopefully is to be rescheduled in October, so at least giving us a chance to invite you all again to send your names to Mick Lucking if you want to compete in the Final, details to follow at a later date.

Well done to those who did well at the JK in the Forest of Dean, particular mention of Hilary Palmer who won W55L class and Bob Alderson who won M60S, Jenny Evans who was 1st on W10B with Laura Evans 2nd on W12B.

The British Champs in Northern Ireland was testing for those like me who find sand dunes tricky after local events at Blidworth or Byron's Walk, but we were incredibly lucky with the weather which was fine and sunny throughout the weekend with blue skies every day. I was able to practise my relocation techniques, successfully finding my way to the water-depleted (!) drinks station, hampered only by the brown wiggly lines on the map.

Again our younger junior girls shone with 1st place on W10B for Fiona Claxton, and 2nd on 12A for Sarah Claxton. Of particular note were our Relay Results, taking 1st and 2nd places in M18 Relay, 3rd in the Men's Short Relay and 4th in the Women's Premiere Relay.

Looking forward, please tell all your friends, acquaintances and colleagues about the forthcoming NOW! week events, designed to attract newcomers to try out orienteering.

For all club members (both novices and old hands) there's club training coming up on 23rd June, excellent for getting some tips from our experienced coaches (details in this issue)

Helen

Junior Rep

Well done to all the juniors selected to go on tour this year (still awaiting the selections for Lagganlia)- hopefully the training was worth it...

Glenmore (M/W15s) - **Rose Hodkinson**

Halden (M/W16s) - **Sarah O'Neil, Siân Roberts**

Sweden (M/W17s) - **Tom Billam, Nick James, Colin Olivant, Alison O'Neil**

Estonia (Pre-JWOC camp) - **David Hodkinson, Alison O'Neil**

Modum (U21) - **David Hodkinson** (David's also been selected as reserve for JWOC this year.)

The regional squad coaches have also nominated Rhys Roberts and Andrew Llewellyn for the U15 tour to Scotland, but at the time of writing the names for this training camp have not been confirmed (though we are optimistic that they will be in the tour party!)

We've had some good relay results recently as well, with both first and second places on the British M18 relay. Now we're looking ahead to the Peter Palmers' in September, which will be on home terrain this year in the challenging depths of Harlow Wood.

Alison

Congratulations are also due to **Helen Palmer** (W21) – reserve for World Student Champs (and *yes I do know she isn't a junior any more.....ed*)

Club Champs 2002

Well done to NOC Club champion 2002, **Hilary Palmer**, who was presented with her NOC Club Championship shield at the British Relay Championships in Northern Ireland.

Also presented at the British Relays was best newcomer award for 2002 to **Andrew LLewellyn**



Well done also to Peter Hodkinson in second place and Dave Booker in third place.



East Midlands Planning Course

Dear EMOA Colleagues

I am intending to run a BOF Course for Prospective C4/C5 Planners on Saturday 29th June - the only Saturday I am free apart from 17th August in the foreseeable future! - and have already booked a private non-smoking Room at The Forest Rock Hotel (Grid Ref Sheet 129 SK 453151) for the day. Four LEI.O.C members have already expressed an interest in attending such a course, which is why I am setting one up prior to next season.

The morning will be the Theory/Technical part, followed by a snack lunch (I have already arranged that Beef, Ham and Vegetarian Cheese cobs and suchlike will be available without charge to all participants) and then the practical part doing preliminary planning for White and Orange courses will be in a nearby woodland area for the major part of the afternoon (the practical will take part whatever the weather so please come prepared - just like in real planning!) with a closing session back in the non-smoking room at the Forest Rock.

The private room can accommodate approx. 12 people comfortably and if any EMOA Club orienteers are interested in attending can you please inform them that the course is definitely on and get them to confirm attendance either by email to:

ernie.williams@btinternet.com

or by post to:

Ernie Williams

'Shoulthwaite'

40 Castle Rock Drive

Coalville

Leicestershire

LE67 4SE

Information required

Name and Address;

Club and BOF Number;

Food and drink requirements (e.g. tea or coffee/vegetarian or non-vegetarian - as I am allergic to coffee

and real cheese amongst other things I regularly drink milk-less tea and can eat most vegetarian cheeses so

appreciate that there is a need to cater for various 'likes' rather than 'dislikes' if at all possible!).

I look forward to hearing you.

Ernie Williams

NOC Contacts		
Chair	Helen O'Neil 47 Dale Road Stanton by Dale, Ilkeston Derbyshire DE7 4QF	0115 944 1592 mikeoneil@compuserve.com
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Proverb of the month

“No news is good news! Except when it’s a club newsletter”!

This issue was written totally by the club committee, if anyone else would like to contribute please feel free.....

All in fact **ANY** copy gratefully accepted on keith.streb@ntlworld.com or keith.streb@nottingham.ac.uk
Or snail-mail to 2 Sherwood Road, Rainworth, Notts NG21 0LJ. ASCII, TXT and Word files are preferred.