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

The Newsletter of Nottinghamshire Orienteering Club

September 2003

Chairman's bit

Welcome back to the new season. It now seems a long time since we were triumphant at the Compass Sport Final at Shouldham Warren on 1st June. Well done to all those who took part and braved the undergrowth, particularly the early runners, many of whom were juniors who had to force their way through bracken which had been growing ferociously in the weeks beforehand, in some cases above their heads. Also thanks to the many juniors who came to run for the club despite having GCSE, AS or A-level exams the following week.

Congratulations also to our teams in the Harvester Trophy and Footpath relays held in June, where second, seventh and second places again continued NOC's consistently successful team performances (thanks both to competitors and Mick as team manager).

I hope again this year that as many of you as possible will attend the AGM on 20th October to voice your views and influence the way we develop in the future. Helen

AGM 20th October
7.30 pm
Rushcliffe Leisure
Centre
West Bridgford

See Web page for Further Details

Team manager

Events for Juniors

Wed 29th October (during half term) Junior 'Fun' day at Thieves Wood Study Centre (northern end of the wood) 10.30am to 3pm for 8 - 13 year olds (14+ might like to come and help?) Please bring your 'O'kit, a packed lunch and your own drinks bottle. No charge

It would be helpful to know numbers in advance - please ring Hilary Palmer 0115 9820651 or email me by the Friday before.

Sat 18 Oct at Thieves Wood - southern car park on the Sutton Road at grid ref 540557

Sat 8 Nov at Blidworth - at the southern car park off Longdale Lane at grid ref 592524

Cost 10.30 - 11.30 £1 per person Junior informal 'events' with White, Yellow and possibly Orange (depending on demand - so ask if you want one!) These are extra chances to practise with your school teams for the British Schools Champs (which are on 16th November CD 25th October)so bring along your friends.

Junior Selections

Three more successes for our juniors to report: David Hodgkinson, Alison O'Neil and Colin Olivant have all been selected fro the GB team at the Junior European Cup in North Germany in October. David and Alison were both in the GB team at the Junior World Champs this July but this is the first international selection for Colin. Well done to you all.

NOC is working towards achieving Clubmark status as a 'safe, effective and child-friendly club' and as good practice the committee recently formally adopted the BOF Policy for the Protection of Children and Vulnerable Adults, the BOF Equity Policy and the sportscoachUK Code of Conduct for Coaches and Leaders Working with Children.

Hilary
hjpalmer@ntlworld.com

Club Champs

These will held at the LEI Wakerley Woods Badge event on **23rd November 2003**.

Please enter your appropriate Age class in the usual way and the club champion will be decided by calculating the percentage of gold time taken by each NOC member competing.

Christmas Social

After falling numbers each year, we have decided not to have a post Christmas club event this year. Instead we will be hosting refreshments and a 'get-together' for NOC members at the Colour coded event at Bestwood on 21st December 2003.

Look for the club tent before or after your run, bring food and /or drinks for sharing with other club members.

Details will follow – look for usual sources

NOC Helpers Short Races and Badge event Jan 10th/11th 2004

Helpers at these events will be able to enter for one day of the weekend at the reduced rate of £2 for adults and free for juniors.

These reduced rate/free runs may be claimed on either day of the weekend

e.g. if you help on Saturday you may claim your reduced rate or free run on either Saturday or Sunday (but would then pay the usual rate for the other day entered, unless you are helping both days!)

"Waters back on stream"

A long vanished stream has started flowing again through Thieves Wood near Ravenshead.

Park rangers think the waterway -which cuts through the middle of the 600-acre forest - last ran more than 70 years ago.

Soil tests by the Forestry Commission revealed the local water table had risen, resulting in the upper reaches of a stream called Rainworth Water breaking the surface for the first time in living memory. The commission intends to cash in on its new liquid asset by applying for funding to carry out conservation work.

When assisting Kevin King to control the University Champs earlier in the year I was amazed to see the amount of water that had returned and more than a little disgruntled to

discover it was too wide to jump!. Its a bit of hyperbole however to claim its been 70 years since it ran, and NO I am not quite that old but I am sure I can remember the ditches being at least wet in the early 80's. Anyone else care to comment? Indeed is Stuart Collins still out there somewhere mapping ?

Whatever the case it's added a little more flavour to our future route choice and that can't be a bad thing.

Keith

NB Had a look around today 20/9/03 water much diminished but still some VERY wet ditches.

BARGAIN BASEMENT!!

NOC Club Kit *(old style)*

The following items are for sale at the knock-down price of £2.00 each!!

Short-sleeved top Size 7 (1)

Long- sleeved tops Size 3 (2)

'O' trousers Size 3 (2) Size 4 (6)

Sweatshirts (light green) Sizes L / M / S

If interested contact Gill Hatfield Tel. 0115 9814101 or email to

gill.hatfield@ntlworld.com

PLEASE NOTE: other items of current club kit remain at the usual prices. See below

NOC CLUB KIT SALES

NOC long sleeved top (black and green) £13.50

NOC short sleeved top £16.50

NOC 'O'trousers £9.50

NOC Sweatshirts (mainly dark green, though a few black and turquoise)

XXL/L / S £10.00

Car stickers 50p

2003 White Rose Report

No Robby Knudd mixed relays this year but still several NOC winners at the White Rose. Day 1 was on Barns Cliff with somewhat friendlier courses than those with long memories and scars from JK87. Day 2 was on a flatter rougher area with the crucial long leg early on through rough rides and marshes. The relays were round Low North Park which made for fast orienteering.

Winners were:

JW1 Joy Hodkinson JW2 Elizabeth Parkinson JW5L Rose Hodkinson
JM5L Andrew Llewellyn M55S John Palmer W55L Hilary Palmer

Other prize winners were:

JM5S 3rd Ash Cooke M45S 3rd Dave Booker 160+ Relay 2nd John Middler, Hilary Palmer, John Palmer Family Relay 3rd Rose, Peter and Hilary Hodkinson

John Palmer

And the big losers were :

Unfortunately I did not attend JK87 and discovered first hand what it must have been like. I changed to run the Long course on Day 1 because I was intending to run short and the bike O next day and felt the short course would not offer a satisfactory challenge!

From the pre-start I climbed to the start kite only to descend to the control 250 metres and 85metres diagonally downhill (at least I hit it dead on) Then I had to climb on hands and knees back up 55meters to the attack point for number 2. No problems so far!

No 3 just a mere diagonal 25metre climb to a boulder. I passed the crag and the non mapped distinct veg boundary, then the next crag/boulder cluster, only a further 100 metres in high visibility forest towards a holly bush.....and suddenly its all over.....

After 15 minutes of climbing up and down escarpment seeking an attack point I returned to same holly bush only to find the boulder partly hidden on the other side.....

Now you would think a 15 minute error would be enough to make me take care wouldn't you? but you would be wrong.

On the very next control I lost another 10 and just to top it off yet another 10 on the one after that.

Its now 68 minutes and approx 2.5Km from the start.

Make a decision at this point not to retire in disgust, and then perversely don't make a single mistake on the remaining 10 controls. Probably my worst run/walk ever but even after orienteering for 20 years I can't say I am that surprised!

And do you know what....I thoroughly enjoyed every minute of it.

See you all at WR2004 and if you see me in the forest just show me the way.....please!

Keith

JK 2004

Are you going to JK2004? If so, I need you!

East Midland clubs are responsible for the Individual Day 2 of next years JK. This is because as a region we haven't got the terrain to host a whole competition so we are helping North West Association. The area for the 4 day event is the Graythwaite Estate in the South Lakes – a fantastic competition area.

All the East Midland clubs are taking on various duties and NOC have been asked to do 4 things:

- i) The string course – team leader Hilary Hodgkinson
- ii) The finish, but not results
- iii) Colour coded registration, including e-card hire
- iv) Man drinks stations in the forest

I have taken on the role of co-ordinating the NOC effort and liaising with the Day Organiser, Chris Phillips of LEI. I reckon that I need about 40-50 helpers, split into two shifts so everyone who wants a run can have one. I also need Team Leaders. Helpers will get an event sweatshirt, but no reduced entry fees.

If you've never been to the JK before then please consider going next year and helping NOC. If you're a JK regular then you'll appreciate the effort that goes in to making it such a top quality event and I'm sure you'll want to volunteer.

For more information and offers of help please contact me on 01636 813058 or janet@janetandnick.freemove.co.uk.

Easter is a very busy time in the Lakes and so start thinking about your accommodation plans. It may be possible for NOC to get a block booking at the Haven holiday park nearby.

Janet Evans

Accommodation requested for Swiss Junior D19

I'm forwarding this request from a friend of mine who would like to stay in Britain for a while to improve her English. She already speaks English with some fluency, so initial communication would not be a problem.

If you are interested by the request then please contact her directly at the email address below. She is looking forward to hearing from you.

David Hodkinson

Dear Sir/Madam,

My name is Noëmi Cerny, I am 19 years old and have I just finished college. As a member of the Swiss Junior Orienteering Team I am very active and enjoy my orienteering very much.

I live in a small town in the German part of Switzerland, quite close to Zurich.

I would like to come to England for about three months (from Nov/Dec 03 to Jan/Feb 04) to improve my English.

I would very much like to stay with an orienteering family during this period. I am willing to look after children and help with any housekeeping. I hope there are also opportunities to do some training as well.

I look forward to receiving your reply.

Thank you in advance for your help.

Yours sincerely

Noëmi Cerny nemicerny@hotmail.com

Mapping Beginners' Corner

as nicked from BOF MapN&V

Its often difficult to appreciate how difficult it is for a beginner to get started at mapping. After a while you just do things by routine because that's how they've always been done. You've been through that stage of collecting information, learning the jargon, fallen into all the traps.

It can't be said that Map Group don't offer a great deal of advice but in much of the debate there is an assumption that for participants, some of the absolute basics are known. That said, courses are held to plug that gap, these often concentrate on basic techniques, normally introductions to OCAD cartography. But as we know, the mapping process starts before that.

In order to be more inclusive with the readership of MapN&V, I have written down a list of my survey kit to help people new to surveying.

Map board - between A3 & A4 in size, I like it to fit comfortably between hand and elbow. It needs to be thin, lightweight but rigid. I use either artboard or perspex. If you are willing to survey in the rain (normally the pastime of the professionals) you need to make sure the board is waterproof.

Base map – it is rare that you start from a blank piece of paper (unless you have GPS and lots of patience). The common base maps are Ordnance Survey or photogrammetric plots. Make sure you are mapping at an appropriate scale – the Map Group strongly recommend using 1:7500 scale base maps for competition maps. You will need to adjust on a photocopier OS material to get the right scale. Photo plots will normally be supplied at 1:7500.

Tape the base map to the board using insulation tape. Cover the base map with quality draughting film and tape down again, this time tape all round the film to stop any rain or moisture getting to the base map. Remember a paper base map can stretch slightly in contact with water. Your film does not.

Map Group Tip

Whichever material is used it is essential to check with the copyright holder for permission prior to use and agree a price where necessary to cover the copyright fee.

Note that the Ordnance Survey has copyright on all material produced by them, so any map based, however indirectly, on OS material will be in breach of copyright unless it is licensed by them, and the appropriate royalty is paid. This is likely to apply to most orienteering maps, including orienteering maps based on previous orienteering maps.

Photo plots can be supplied on film or digitally. Film plots are best for use in the forest – in fact a little water between the plot film and your draughting film helps legibility. On the flip side, digital plots need to be printed out, usually on to your inkjet printer. If you are intending to take an inkjet print into the forest, I'd urge you to think again, as the ink spreads in contact with rain or water (even if you have used insulation tape to excess). It would be better to take the inkjet print to a copyshop, have a laser colour copy made and use that instead.

Other survey kit

Pencil – don't consider anything softer than H4. Although it is difficult to use on paper, H4 is ideal for film. I also use a couple of coloured pencils (red & blue leads tend to be better performers in rain. I use 5mm leads by Staedtler or Pentel). You could use a full range of colours but its difficult carrying too many pencils and coloured pencils can wash off in rain.

I carry pencils in the hand. I have tried various options attaching a strap on my arm to hold them. This works well if you have lots of pencils but with my three, it is better for me in the hand.

Mobile phone & whistle – remember your safety!

Sighting Compass – a normal compass is normally insufficient for accurate bearings. I prefer the Silva compass with a base plate – some early Suunto compasses don't have a base plate. I also attach a basic clip-on compass to my map board so that I can always quickly re-orientate the map.

Waterproofs, warm spare clothes, food, water and my trusted Bogtrotter wellies.

Other devices you might want but might not have the money for and aren't essential: binoculars, GPS and rangefinder (measures distance by laser beam).

I hope there will be more articles for beginners in future editions.

Robin Harvey's book 'Mapmaking for Orienteers' although dated in its description of how maps are drawn (little on computer cartography), it offers invaluable advice about survey equipment & techniques, as well as base map preparation and traditional cartographic techniques. It is still the O-mappers' Bible and still a must for new mappers.

Jonathan Sutcliffe (SutMap)

If anyone in the Club is interested in mapping David Olivant and myself will offer you ANY assistance inc books, materials and equipment you require.

No news is good news! Except when it's a club newsletter''!

Thank you to all contributors for this issue , if anyone else does know how to write please do feel free to demonstrate!

All in fact **ANY** copy gratefully accepted on keith.streb@ntlworld.com

Or Snail-mail to 2 Sherwood Road, Rainworth, Notts NG21 0LJ.

Don't forget if you want to save forests you can receive this via email as a PDF file.

So far 39 people receive this TeaBaG electronically and NOC now has more money to spend on important things like MAPPING NEW AREAS.....






Just send me a e-mail with Teabag YES as the header (and if you have a cryptic address a real name in the body.

YOU KNOW IT MAKES SENSE!

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 Thursday 18:30 prompt from 2nd Oct to 18th Dec	from Ray Barnes' , West Bridgford	Training Run tea and discussion		
Sun 21 Sep 2003	Sherwood Pines	C5 Details	Paul Morris	CATI  
Sun 5 Oct 2003	Bramcote Hills	C5	Sarah O'Neil	CATI  
Sat 25 Oct 2003	Thieves Wood	C5N	Andy Jones / Tony Donaldson	
Sun 26 Oct 2003	Byrons Walk	C4	Stephen Wright	
Sun 21 Dec 2003	Bestwood	C4	Bob & Gill Hatfield	
Sat 10 Jan 2004	Rufford	C4S		Short Races
Sun 11 Jan 2004	Budby	C3	Bob Alderson	 Robin Hood Trophy
Sat 7 Feb 2004	Haywood Oaks	C5N	Keith Streb	
Sun 29 Feb 2004 Provisional	Sherwood Pines	C4	Garry Drew	
Sun 11 Apr 2004	EMOA will be hosting day 2 of the JK - in the Lake District !	C2		
Sat 19 Jun 2004	Chatsworth, Peak District		Mick Lucking More Details	Footpath Relay

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