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

*The Newsletter of Nottinghamshire Orienteering Club*

Sept 2004

**\*\*\*\*\*NOC AGM\*\*\*\*\***

**Will be held on Tuesday 19th October  
commencing 7.30pm  
at Rushcliffe Leisure Centre  
West Bridgford  
All members welcome**

The Committee positions becoming vacant are

Chair

Secretary

Team manager

Editor Black and Green

Events officials co-ordinator

Results group co-ordinator

Publicity officer

## Helen' Bit

I am writing this as I am about to complete my 3 year stint as Chair of NOC and on looking back over the past 3 years we can be very proud of the club successes.....just picking out a few. Winner of Compass Sport cup in 2003 and runners up in 2004, NOC have been winners, second and third in the Footpath relay in successive years, W/M 18s and 20s won the club trophy for the Future Champions Cup in 2003 and 2004, the juniors (winners in previous years) and 3rd in the Yvette Baker in 2003, and as I write this our Peter Palmer team will be defending their win from 2002 (the competition wasn't held in 2003 on Saturday 11th September)\**see stop press below*. Individual success has continued with seniors and juniors alike, with top rankings for some of our senior members, junior selections for tours and Start squad, international senior and junior selections, international success for Helen Palmer (member of the silver-medal winning BUSA relay

team at the World University Orienteering Championships in June) and Alison O'Neil (bronze medal at Junior World orienteering championships in July) We have also continued with a full programme of events throughout the year with continued good attendances. We are looking as ever for volunteers to undertake committee positions, helper group co-ordinators, editor of the club magazine (thanks Keith for your excellent production of B&G for the past 3 years), event organisation and planning..... So if you feel able to contribute please get in touch with myself or any of the other committee members and volunteer!

Hope to see as many of you as possible at the AGM on 19th October

Helen

## **\*STOP PRESS\***

A night of torrential rain and high wind preceded a perfect dawn for the 2004 Peter Palmer Relays of 2004. A final total of 32 teams lined up for the start.

Airienteers came home first after some two and a half hours, with the White Rabbit still in close attendance. They were soon followed by Deeside and then Nottingham.

*Unconfirmed as at 17:30 12/9/04*

## **Senior Selections Summer/Autumn 2004**

**Senior Home international** to be held early October

Hilary Palmer, Mick Lucking, Michael Napier

**BUSA Team** for World University orienteering championships 2004

Helen Palmer

**WOC Team** 2004

Alison O'Neil

## **Junior selections April to September 2004**

**England Schools team** Belgium April 2004

Andrew Llewellyn

**England Junior Home Internationals** September 2004

Rose Hodgkinson, Andrew Llewellyn, Peter Hodgkinson

**Wales Junior Home Internationals** September 2004

Sian Roberts, Rhys Roberts,

**Junior World Orienteering championships**, Poland July 2004

Alison O'Neil, David Hodgkinson: reserve Colin Olivant

## **Summer Tours:**

U21 Tour David Hodgkinson, Alison O'Neil

U20 Tour Alison O'Neil, Colin Olivant

M/W 17/18 Rose Hodgkinson, Andrew Llewellyn  
M/W 14 Lagganlia Sarah Claxton

### **Start programme**

Rose Hodgkinson, Andrew Llewellyn

Well done also to Joy Hodgkinson who won both the JK and British W10B championships

## **Fantastic Junior World Orienteering Championships for Alison O'Neil**

Two really great runs for Nottinghamshire Orienteering Club's Alison O'Neil at the Junior World Orienteering Championships in Poland saw her come 4th in the Middle race and win a bronze medal in the Long distance race. Congratulations to Alison, who started orienteering through Nottinghamshire County Council's Sports Training Scheme when she was at Bramcote Hills Primary School and has been a member of the Nottinghamshire club since then.

Alison has also been selected for the GB Senior team at the World Championships in Sweden, where she will run the long distance qualifying race on 12th September and hopefully the final later in the week. Alison is studying in Stockholm this term and will have lots of practice in the Swedish terrain by the time she comes back to Britain.

## **World University Orienteering Championships** at Pilsen, Czech Republic (22-26th June)

### **Podium position for Helen Palmer in the relays**

As expected the Czech Republic dominated the relays, taking gold in both Men's and Women's. The British girls had an outstanding performance to take the silver medal. Everyone ran well, Mhairi came back in 4th place, Rachael came back in 3rd, Helen won her leg, catching Switzerland and sending out Hannah on last leg who ran a strong race, leaving the Swiss behind and coming back in 2nd place. Switzerland took bronze.

- 1 Czech Republic
- 2 Great Britain (Mackenzie, Elder, Palmer, Wootton )
- 3 Switzerland
- 4 Finland
- 5 Russia
- 6 Hungary

## **Colin Olivant, Andrew Llewellyn and Rose Hodgkinson.**

Are the latest NOC selections for GB teams; this time in the Junior European Cup. It will be held in the Epping area on Oct 9 and 10 - good luck to them all in their first races for GB.

## **NOC JUNIORS NEEDED ON OCTOBER 10TH**

Oct 10th LEI event at Bagworth Woodlands, near Colaville is the regional inter club competition for the Yvette Baker Trophy. The winning club will go to the National Final. Everyone scores so we need everyone there!! The competition is on the Yellow, Orange, Light Green and Green courses - just run the course you usually do.

2 school minibuses will be going and there may be spare seats - if you need a lift please contact Hilary Palmer 0115 9820651

## **WEEKDAY ORIENTEERING**

There will be an army orienteering competition at Sherwood Pines on Wed 20th October - people who are free are welcome to go and take part.

Parking - in the Event Car Park

Courses - 'Brown' approx 8km and 'Red/Light Green' approx 5km

Starts - availability of start times between 10.30 and 1 and 1 - 1.30

Cost - £2 plus £1 for emit brick hire

Maps - premarked

## **Coaching weekend in the Lake District on Oct 30 and 31.**

Coaching practice on a sand dune area on the Saturday and a regional event on the Sunday

- anyone interested (seniors, juniors, families)? Please ring for more details:

Hilary Palmer 0115 9820651 by 20 September

## \*\*\*\*\* JK 2004 \*\*\*\*\*

I made the JK my goal for the season in the knowledge that with a venue like Graythwaite, the courses were bound to be A. hilly and B. On the tricky side. And living in Scotland has increased my ability in both these areas! (For one thing the choice of training ground is rather limited – for me a local “jog” means a slog up Arthur’s Seat.) All I had to do was deal with my rivals...

First my fellow GB junior squaddies. Fortunately youngsters Cerys Manning and Helen Gardner were competing in the W18 class. And with superstar Mhairi (Mackenzie)’s decision to take on the might of the W21Es, and Fiona (Berrow) opting for some alternative warm weather training in Spain, the W20 field started to looking decidedly more manageable. Nevertheless a bit of foreign talent always has the danger of the unknown, and I eyed the two Norwegian and Swedish names on the start list with trepidation.

Saturday’s short race consisted of a 4km loop up to the highest point on the map and then back down again. 38 minutes later I arrived at the finish, to the news that I had won the junior course by five minutes from Irish talent Niamh O’Boyle. With Nottinghamshire relay team-mate Helen coming 2nd on the senior course, it was all in all a good day’s work, and I felt we had earned our free (squad-sponsored) Wilf’s.

Sunday turned out to be a hot day – and after two hours of handing out water bottles to the streams of (rather exhausted) finishers – my enthusiasm for the upcoming 7.5km long, 450m high classic was rather declining. As winner of the previous day, I had the last start time, which meant that I was chasing the rest of the competitors.

Deciding to keep things simple, I stuck to the straight line route most of the way round the course which meant that I foolhardily ended up completing the whole of the 450m climb... The course had a variety of terrain, starting in some white sloping forest, then moving on to a section of fast open moorland, then throwing you into some tough green stuff with confusing parallel marshes before returning through the open and back across the road onto Graythwaite itself. Careful navigation and close contact with the map through the green took me past Niamh (who started 3 minutes ahead of me), and I overtook several others in the next few controls.

Going through the spectator control and seeing the finish took away some of my concentration, and I was a bit scrappy on the final loop. However it was a brilliant feeling to be announced down the run-in as winner of the course, having (apparently!) overtaken all but one of the other runners and won overall by over 20 minutes. Needless to say, I’m aiming for 30 minutes next year... Or maybe not!

...and getting 3<sup>rd</sup> place in the relays with fellow NOC club members Helen Palmer and Liz Day was a great end to the weekend!

Alison O’Neil.

# Help us raise funds for the World Cup 2005

Don't miss out on your opportunity to win some great prizes in the World Cup 2005 Prize Draw. There are great prizes up for grabs from Alton Towers tickets to an Activity Weekend for two with Peak Pursuits. For a full list of the prizes and further details about the World Cup visit [www.wcup2005.org.uk](http://www.wcup2005.org.uk). The closing date for the draw is 24th September and the draw date is 10th October (more details about this will follow). You can buy tickets by contacting the British Orienteering Federation on 01629 734042 or emailing me and I will send some out for you.

Many thanks

Sophie Furness BOF Marketing and Communication Manager

Tel: 01629 734042 Fax: 01629 733769

Email: [sophie@britishorienteering.org.uk](mailto:sophie@britishorienteering.org.uk)

## **NOC Provisional Fixtures.**

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

L = Local D=Colour Coded R= Regional N=Night S=Short

<b>Date</b>	<b>Venue</b>	<b>Status</b>	<b>Organiser</b>	<b>Notes</b>
Sun 19/09/04	Holme Pierrepont		Sarah Richardson	CATI
Sun 3/10/04	Thieves Wood	D4	Janet & Nick Evans	
Sat 20/11/04	Sherwood Pines	L5N	TBC	Night League
Sat 21/11/04	Harlow Wood	D4	TBC	
Sun 19/12/04	Sherwood +Proteus	D4	Bob Alderson	
Sun 09/01/05	Byrons Walk	D4	TBC	
Sat 12/02/05	Thieves Wood	D4S	TBC	Short Race
Sun 13/02/05	Blidworth/Sansom/Haywood	R3	TBC	Robin Hood
Sun 27/02/05	Belvoir West	?	Info only	CS Cup
Sat 12/03/05	Bulwell Hall Park	D5N	TBC	Night League
Sun 13/03/05	Bestwood Park	D4	TBC	

**TBC = you will be contacted soon....please volunteer before then to Dave.**

Don't forget if you want to save forests you can receive this via email as a PDF file.  
So far **54** (*which according to Microsoft now makes it spam...*) 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 ( plus if you have a cryptic address your real name in the body )

## **YOU KNOW IT MAKES SENSE!**

This edition of teaB&G was going to feature an excellent article on Sports Nutrition entitled "Fuelling performance" by Hilary Johnson of DVO but at the last minute I ran out of space so in fairness here is the link to the June Newstrack and you can read it online.

<http://www.dvo.org.uk/newstrac/NewstrackJun04.htm>

By the time this teaB&G is in general circulation many of you will know that due to ill health I will not be around the orienteering scene for the following year. However this does not mean that I will not be keeping a beady eye on my fellow M50's results (and NOC in general of course) so be warned! I will be back all too soon, and hopefully with a turbo assisted fuel pump!

*Keith*

## Club Committee and Contacts

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