



January 2005

"From the Chair"

After a six year absence, amazingly I find that the chair is still warm. In actual fact it is rather hot at the moment because of the extra activity finding volunteers.

The sport has always relied on volunteers to help during events, but also to do the background tasks to keep everything running. The Committee roles are well established, but there are other tasks simply not happening because nobody is doing the job.

We need a Publicity Officer to send reports to the local media, to get posters in libraries and sports shops and any other tasks that can raise the public profile of Orienteering in Nottinghamshire.

We also need someone to appoint the Planner, Organiser and Controller (and Whizz Kid) for each event. We have been scraping by with finding someone at the last moment for these roles – but this year's Short Races were abandoned because nobody came forward to Organise or Plan the event. A similar fate may fall on the Bestwood event on 13th March if no one offers to plan there in the next fortnight or so.

For events, the Team Leader system has worked well, but the Organiser's job is still too large. So we've lopped off another section as 'Equipment' which covers bringing equipment from the store to the event, putting up direction signs, and later, the reverse process.

This group needs a team leader and no more than ten team members – and might be ideal for members living in Beeston or further west.

Furthermore, the post of Results Team Leader is vacant.

By dividing the workload of the club into many sections – it becomes a small task for each volunteer. At the core of the club, there are perhaps twenty individuals who do most of the work (including mapping and controlling). But they cannot do everything. Let's put it bluntly – the monthly dose of Orienteering that the club provides will not happen in 2006 if more people do not volunteer for Organising, Planning and Team Leading.

So what are we doing to encourage you?

- There are East Midland courses on Organising and Planning in February - you can attend those - but they aren't compulsory for taking on a District or Local event.
- In 2005 there will be a Summer League – with the League bit re-instated – and each of those eight events needs a Planner/Organiser. This is the ideal training ground – nobody really minds if a few things go wrong, and there will not be a host of people attending. That's where I got my start into the interesting art of Planning. For complete novices, there will be an experienced Controller to guide you.

Please call me, 0115 952 3147 / 0780 328 8337 to discuss any of these roles.

It is sad that I should have to write my first new "From the Chair" piece in such a hectoring way. By next time we should have confirmed news about a new fixed venue for a weekly Club evening, news from the Adult coaching trips away, perhaps some success for us as individuals at the JK and for the club at Belvoir.

Keep checking your bearings

Ray Barnes

Chair

"From the Junior Rep."

Juniors

Do you want to try something a little different from orienteering? Something challenging, exciting and fun?

Then try **NIGHT ORIENTEERING!**

Your club may ask you to represent your county at a night orienteering competition, such as the Peter Palmer relay or Harvester relay.

If you haven't been night orienteering before, then come along to the event at **BULWELL HALL PARK** on **SATURDAY 12th MARCH** – you need to bring what you normally would for a normal orienteering event, all extra equipment & coaching will be supplied.

For more info, check out the NOC website.

Peter Bowen, Junior Rep

"From the Committee"

First Aid at events

The new committee have discussed our first aid provision at events and have decided that they would try to produce list of qualified first aiders within the club.

It is not the intention at present to ask anyone to be 'on duty' at an event, but to give the organiser a list of all members who are qualified to deliver first aid, so that if an incident arises they would have a idea of who may be able to help.

If you are willing to go on the list could you please let us Pauline Olivant know, your details and when you first aid certificate is dated either by email p.olivant@btinternet.com or tel 0115 9872083.

"From the Coaching Rep."

Excellent coaching/training opportunities for ALL abilities

Training day 29th January on Cannock Chase

Come and practice / learn new techniques through a variety of exercises with coaches on hand to offer advice. As the training will be on Cannock Chase it will provide an ideal opportunity to practice for the JK.

Training/competition weekend 2nd / 3rd April in South Wales

Training on the Saturday and district event on the sand dunes of Merthyr Mawr on the Sunday. If there is enough interest accommodation could be coordinated to create a social weekend as well.

If you are interested in any of the above and would like more details please contact Nicola Olivant.

Closing date for Jan 29th is 21st January

Closing date for April 2/3rd is 28th Feb

To book a place contact Nicola via

Email nic.olivant@koomail.co.uk or tel 0115 9619192

"From the Team Captain"

CompassSport Cup 2005, JK Relays 2005 and BRC 2005

CompassSport Cup 2005 - 27th Feb 2005 – Belvoir West

The draw for the regional round of the compass sport cup has been made and will see us compete against DVO, LEI, NOR and WAOC at Belvoir West. The format for the competition has once again changed, making the rules similar to those used in the successful Yvette Baker Trophy. Details of the rules can be found at www.pgopage.btinternet.co.uk/id39.htm. Since the event is within close proximity there will not be a coach going. Details of the event can be found at www.leioc.org.uk. To count for the Compass Sport Cup you must enter via the team manager (me!). You cannot run in the Compass Sport Cup competition by entering on the day. Please note the early closing date - **25th January 2005!**

Entry Fees: Senior £7, Juniors £3.50. There is an additional 50p charge for each SI e-card that is needed please indicate this on the submission form. *There is also entry on the day colour coded for non CS Cup runners.*

Closing Date: 25th January 2005.

JK Relays 2005 – 28th March 2005 - Hopwas

JK 2005 is being hosted by the West Midlands Orienteering Association with the relays at Hopwas in Warwickshire on Easter Monday (28th March 2005).

Entry Fees: £10 Senior, £5 Junior

Closing Date: 21st February 2005

BRC 2005 – 17th April 2005 – Penhale Sands

Details of the relays are not currently available so watch this space for further notices.

Courses: The classes for the JK Relays are as follows:

A	JK Trophy	4 laps, open to all
B	Women's Trophy	3 laps
C	Men's Short	3 laps 2/3 length of JK Trophy
D	Women's Short	3 laps 2/3 length of Women's Trophy
E	Men Total Age 120+	3 laps
F	Women Total Age 120+	3 laps
G	Men Total Age 165+	3 laps
H	Women Total Age 165+	3 laps
J	Men Total Age 48-	3 laps green, orange, green
K	Women Total Age 48-	3 laps green, orange, green
L	M/W Total Age 40-	3 laps orange, yellow, orange
M	Mini Relay M/W 12-	3 laps yellow standard
N	Mixed Ad Hoc	3 laps green, light green, orange

An email may be sent to teamcaptain@noc-uk.org with your details, but your run will not be confirmed until I receive your cheque. If you have any queries you can contact me at home (01773 775379) or by mobile (07734 566582).

Richard Robinson.

"From the Editor"

I apologise for the rather disorganised format of this issue of the Black & Green. I had hoped to spend somewhat longer in getting to know the idiosyncrasies of Keith's publication. However, I have been told by the Chair (as you can tell from his monologue he is a demanding person) that it must go out on Sunday at Byron's Walk (today is Friday (21.00) and I have to spend all day tomorrow visiting Cannock Chase otherwise there won't be a JK day 2.

By the time the next Black & Green is due I will have had more than 24 hours to get to grips with its production so we may (no promises) get a better product.

From Alison O'Neil

(with apologies for not having published the article earlier - Ed)

Hej! Greetings from Stockholm, city of orienteering paradise and lots and lots of water. I have been in Sweden for seven weeks now, because I am studying the Immunology and Pathology modules of my Edinburgh medical course here at the Karolinska Institute as part of a four month ERASMUS student exchange.

Our very first medical lecture here in Stockholm (on the importance of infections) mentioned both the high prevalence of Lyme disease amongst orienteers (a Swedish specialty! - spread by ticks) and also the case in 1992 of several young Swedish orienteers who died suddenly due to an unknown cause.

From that moment I knew I was in the right place! Even if I didn't escape extermination by the pathogens of Stockholm, at least the doctor writing my post-mortem would know what orienteering was. - And so far it has been an orienteer's dream! I live on the edge of a huge forest, about 200 metres from my new club's hut (Järla OK), but it is just a fifteen minute bus journey into central Stockholm. Järla have club training three nights a week, two technical and one physical, when I can train with Swedish JWOC team members Elin Skantze and Anders Holmberg among others (Elin was part of the gold-winning Swedish JWOC relay team in Poland this summer). The forests are also fantastically intricate round here, and I think the sight of me wandering confusedly round the local forests has not helped the reputation of British orienteering too much! Luckily Helen Palmer was out here for a few months earlier in the year, and put in a few decent results. I think I may still have not quite made the mental jump from the likes of Blidworth to the nebulous expanses of marsh and rocky hillocks that is Sweden. Furthermore, with the days getting shorter - apparently it will be dim by 3 o'clock when it gets to November - I have soon to face to challenge of night orienteering.

Not my favourite sport. My last experience of night orienteering lasted 3 hours (for a 4km course) in the depths of Inshriach forest where I set off 180 degrees in the wrong direction from the start kite, then spent 40 minutes looking for the second control before I was caught by Kirsten Strain (a younger Scottish rival) who I cowardly followed round the rest of the course, to arrive back at the finish and discover that my lift had left the event (though they had kindly found me a fellow straggler to drive me back to the accommodation. So, could be an interesting time ahead - though on the other hand perhaps good way of raising my weekly training total without too much extra effort on my part!

Meanwhile I have persuaded my mum to come and sample the delights of Stockholm for a week - moose, cinnamon buns, cycle lanes, prompt buses, paid recycling and kebab pizzas - before letting her loose in the local terrain (do not be concerned if she doesn't appear back in Nottinghamshire for a few months yet).

Alison O'Neil,

Wannabe citizen of Stockholm.

P.S. It was brilliant to see some familiar faces at WOC (Bert Bradshaw, Kevin King and Tim Bagguley) I think it gave my finish sprint that extra edge...

(Unfortunately not quite a big enough edge to regain the 25 minutes that I finished down on Karolina Højsgaard - new WOC Classic champion! But I'm confident that another few decades of technique practice out here in Sweden should redress the balance.)

"From the Editor - 2"

No room for the Fixtures List!! What disorganisation!! My apologies. For those with access to the web simply visit the NOC site at www.noc-uk.org, otherwise consult EMEWS or the BOF fixture list

Entry form for NOC members

Contact Name	Contact Tel No.
Address	

Compass Sport Cup 27th February 2005

Fees: Senior £7.00 Junior £3.50.

Name	BOF Age Class	BOF Number	S I dibber Number	Fee

J K Relays 28th March 2005

Fees: Senior £10.00 Junior £5.00

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 return this slip along with a cheque made payable to NOC to:

Richard Robinson, 115 Ball Hill, South Normanton, Derbyshire, DE55 2EB

An email may be sent to teamcaptain@noc-uk.org with your details, but your run will not be confirmed until I receive your cheque. If you have any queries you can contact me at home (01773 775379) or by mobile (07734 566582).

Happy Orienteering,

Richard.