



# Thé Bag

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

*The Newsletter of Nottinghamshire Orienteering Club*

July 2005

## *"From the Chair"*

### *First a plea*

I am of the school which says that asking people too early to do jobs often results in refusal. Nobody wants to commit themselves a long time in front, just in case a better offer comes along!

So now it's the time to populate the events from September to December with Organisers, Planners and Controllers. We also need a Planner and Organiser for the Regional Event at Clumber in late January.

Please don't think that someone else will volunteer. Remember two events last year were cancelled owing to lack of officials. And No! The senior 10 to 20 club members cannot plan/organise/control every event.

Please don't think that cancellation won't matter. Without a series of District events through the Autumn Winter and Spring we cannot recruit the new members required to lighten the load for you.

Please don't think that not having had the experience of Organising is a drawback. There is a full handbook available for Organisers. Compared with a few years back the job is now a doddle because the team leaders have taken away the worse task – recruiting helpers. If you have been to more than five events, then you have seen enough to be able to organise.

What's more, please don't think you haven't had enough experience to Plan. The club will always pair a senior controller with a novice planner. Planning is a good way to improve your own 'O' skills – you will understand much clearer what the map is telling you when you stand there in the Autumn mist having just watched some deer pass by or glimpsed some not quite identified bird fly away.

## *Now some congratulations*

Pauline has worked very hard to get the Thursday Club Evenings to work. We will now run these forward until at least October.

The Juniors have been doing well as usual. Don't forget to say thank you to your coaches and parents!

After a gap of three years, thanks to Nicola and James, the Summer League is back in operation, with a handful of new planners and organisers. This is another area vital to the future of the club, because it provides events during the Summer and is an ideal low-key training area for event officials.

## *Finally another plea*

We are not capitalising on all these events. We desperately need a publicity officer to file event reports, advertise events, write stories about our successes and perhaps hard-luck stories. The local press will publish – they need material from somewhere. With luck we get TV coverage too every few years.

*Ray*

## *Team Competitions*

### **Future Competitions:**

#### **Compass Sport Cup Final –**

NOC are planning to hire a coach to take a team to the Compass Sport Cup Final. This year's new scoring system benefits from having a large team with runners covering all age classes. The classes are:

- Brown – Men Open
- Blue Women – Women Open
- Blue Men – M45+ M20-
- Green Women – W45+ W20-
- Green Men – M60+
- Short Green Veterans – M75+ W60+
- Light Green Juniors – M/W18-
- Orange – M/W14-

There are 25 to score with up to 4 on each course (6 on Brown & Blue Men). With small numbers particularly in the women's classes and the Short Green Veterans large numbers in these classes can exploit others weaknesses and people often score in these classes that do not expect to score.

### **Team Results:**

#### **Footpath Relay – Ashbourne – 12 June 2005**

Seven teams participated in this year's footpath relay competition with NOC finishing 4<sup>th</sup> out of the 7 participating teams behind Derwent Valley Orienteers (DVO), Holme Pierrepont and winners Ashbourne Running Club. Thanks to everyone who ran and ferried and hope everyone enjoyed the day.

#### **Harvester Relay – Pillar Wood – 05 June 2005**

Three NOC teams took to the woods armed with head torches to compete in the Harvester night-day relay. An all junior team of Peter Hodkinson, Rose Hodkinson, Tim Martin, Matthew Wallace and Tom Billam, finished as 2<sup>nd</sup> junior team, just 6 minutes behind the Southdown's team and missing out on the Happy Harvester Trophy.

A strong men's NOC team on the A relay saw them come home in a very good 4<sup>th</sup> position. This helped NOC's men finish in the top 7 of the UK relay league for 2005, the highest finish for a men's NOC team in recent years. NOC Juniors who have been successful

During the spring a series of selection races were held at races as far apart as the Trossachs (Scotland) and Cornwall (the British Champs at Penhale). Keen juniors travelled by air, bus and car to these venues helped by their parents and the club coaches.

Congratulations to these juniors who have been selected for GB teams and training camps:

Junior World Champs team (Switzerland) & Training camp in Ukraine: **Alison O'Neil**

European Youth Champs team (Czech Republic): **Rose Hodkinson**

GB Training camp in Lithuania (pre-JWOC 2006): **Rose Hodkinson**

GB training camp in Sweden (M/W17s & 18s): **Andrew Llewellyn**

GB training camp in Scotland & M/W15 Start Squad: **Sarah Claxton**

GB training camp in Scotland (M/W14s): **Peter Hodkinson & Tim Martin**

Rose's success in being selected for the EYC team means that she was not able to be in the East Midlands team for the Junior Inter Regional Champs which were held in EM on 25<sup>th</sup> & 26<sup>th</sup> June. We missed her but realise that it will be a great opportunity and experience for her.

Other NOC juniors who have been selected to represent the East Midlands team at the Inter Regional are:

Mark Burley  
Peter Hodkinson  
Tim Martin  
Matthew Wallace  
Jenny Evans

Michael Edwards  
Andrew Llewellyn  
Harry Nicholson  
Fiona Claxton  
Laura Evans

Alex Hewitt  
Peter Lynas  
James Taylor  
Sarah Claxton  
Elizabeth Parkinson

***Congratulations and good luck to you all!***

## Thursday Club training at Bramcote Hills Sport and Community School

Club training has been based from a classroom at the school for the past 2 months. There are now some members who have a jog/walk around the park, (they are slowly getting better and jogging a bit more) and others who do a training run across the footpaths on Trowell Moor for anything from 4km to 10km. (maps are available for new comers.)

Every fortnight there has been a half hour coaching session, covering basic skills, like compass bearings, how to identify an attack point with a short practical session.

Eddie Nicholson did a very enjoyable session with Speed, Agility, Quickness equipment and about 20 of us learnt how to keep looking ahead whilst getting over small barriers, just like we have to do over branches in the forest.

David Olivant showed us how to use the new planning software in OCAD, (this will be repeated when planners and controllers need it)

Why not come and join use, it's free, Mick even brings a kettle and teapot for a welcome drink afterwards and chat about 'why wasn't that pit where I thought it should be'!

If anyone would like a session on something in particular from planning , organising events, coaching skills just let us know, and we will do our best to arrange it, The training run/coaching session starts at 6.30pm and we have the room until 9.00 if required.













*After a break in August, we expect to resume in September.*

## "From the Editor"

Mea culpa, mea culpa, mea maxima culpa

I apologise for the absence of an earlier issue of the Black & Green. I really don't have much of a reason (excuse).

## Fixtures

21 Aug	Vicar Water	C5 Local	Kevin Parker	Summer League Round #8  
18 Sep	Blidworth	C5 Local		'Come and Try It'  
16 Oct	Clowbridge, Burnley	O3X		Compass Sport Cup Final
Sat 29 Oct	Thieves Wood	C5N Local		
30 Oct	Thieves Wood	C4 District		
4 Dec	Sherwood Pines	C4 District		(also Yvette Baker Final) 
11 Dec	Blackamoor	C3 Regional	SYO	NOC Club Championships
18 Dec	Walesby	C4 District		
22 Jan	Clumber Park	C3 Regional		
Sat 18 Feb	Harlow Wood	C5N Local		
19 Feb	Harlow Wood	C4 District		
2 Apr	Blidworth	C4 District		
9 Apr	Thetford	C4 District	EAOA	Compass Sport Cup Round 1

The Committee has asked that Black and Green should appear 5 times a year Jan, Mar, May, Sep and Nov. Please send your articles, stories and experiences to [bag\\_ed@noc-uk.org](mailto:bag_ed@noc-uk.org) by the 15<sup>th</sup> of the preceding month.