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

*The Newsletter of Nottinghamshire Orienteering Club*

September 2005

## *"From the Chair"*

This is by way of a valedictory message. Due to my personal circumstances, I am no longer able to continue as Chair of NOC.

It has been a difficult year, and I have been unable to devote anything like the amount of time required to stimulate this club into action again. I came back on the committee after a few years away, and have been surprised by how small the pool of regular senior members has become.

For the long term future of the club, someone needs to take on the role of Publicity Officer. Recruitment of families and individuals has to be successful soon otherwise the pool will shrink below an operational size.

Meantime, the events in the Autumn are mostly unstaffed - and the new committee will have no option but to cancel them if no one volunteers to plan or organise immediately. Without a monthly dose of local orienteering, the club will have nothing to interest potential recruits. Don't start a spiral collapse.

Congratulations to the Peter Palmer teams. It is heartening that we are back on the winning ways again, and that there is a second team learning the ropes to take over our superlative record in this competition (and perhaps revive the tradition in the Junior Harvester too).

Everybody must go to the Compass Sport Cup Final. The scoring system means that both quality and quantity count. Good luck - I hope to see you all there.

I thank everybody who has made my time with NOC a very happy experience, and doubtless will meet many of you in distant car-parks for years to come.

Ray Barnes

## *'From the Secretary'*

### ANNUAL GENERAL MEETING OF NOTTINGHAMSHIRE ORIENTEERING CLUB

Thursday 20<sup>th</sup> October 2005  
8.00pm

Bramcote Hills Comprehensive School, Nottingham

### AGENDA

- 1 Apologies for absence
- 2 Minutes of the 2004 AGM & matters arising
- 3 Chair's report
- 4 Treasurer's report
- 5 Election of Auditors
- 6 2006 membership fees
- 7 New Committee Position – Volunteer Coordinator
- 8 Election of Officers & Life Members: The following committee members are standing for election:

Chair  
Secretary  
Treasurer  
Fixtures Secretary  
Mapping Co-ordinator  
EMOA Representative  
Coaching Representative  
Team Manager  
Junior Representative

*Position Vacant*  
Sarah Richardson  
Stephen Wright  
*Position Vacant*  
Stephen Martin  
Pauline Olivant  
Nicola Olivant  
Richard Robinson  
*Position Vacant*

- 9 Plans for the New Year
- 10 Proposed Items of Business

## From Mick Lucking et al.

### NOC at events in 2005

The 2005 orienteering season started with the Midlands Championships at a cold **Blidworth** in February. The use of a completely different start area enabled Ray Barnes to plan interesting courses and the organisation by Andy Jones was at its usual high standard despite the toilets having been blown over the night before.

The 2005 East Midlands Championships nearly did not happen as most of Derbyshire was under snow the previous day. However DVO took a chance and let the event go ahead at **Longshaw** despite runners having to fight through snowdrifts to get round the course.

The JK at Easter started at **Brown Clee Hill** in Shropshire and the weather was warm and sunny. The top of the hill has some tricky terrain as a result of quarrying and a number of experienced NOC members lost time in this area. Day 2 was at **Cannock Chase** which was not so technically difficult but involved running through some wonderful mature coniferous forest. The Hodgkinson trio of Joy, Peter and Rose won their respective classes. Michael Napier's 3<sup>rd</sup> place in M50L was particularly impressive as he also provided the computerised results system for the entire weekend. Peter Hubberstey and John Dalton were involved in the organisation being controllers for Day 2.

The event centre and campsite was based at Lichfield Rugby Club and the organisers' efforts to create a social atmosphere were very successful with the help of nopesport.com staff.

The JK relays were held at a sunny **Hopwas Woods** near Lichfield, an area which has similarities to Bestwood. Only our total age under 40 team got on the podium with Tim Martin and Joy and Peter Hodgkinson coming third. Second place would have been a possibility if Peter had not mis-judged how quickly Joy would get round her course.

It was only three weeks later that some of the keener NOC members travelled to Cornwall for the British Championships weekend at **Penhale Sands**. The individual championships were held on a beautiful sunny day and yet again Joy, Peter and Rose Hodgkinson won their respective classes. Colin Olivant also had an excellent run to win M20 Elite. The next day saw a dramatic change in the weather with heavy rain and high winds blowing down many of the club tents at the relays. Unfortunately our junior team was narrowly beaten into 4<sup>th</sup> place so that our only team to get on the podium was our rather elderly Mens short team of Nick Evans, Andy Powell and Mick Lucking.

The British Championships normally herald the end of the domestic season but this year the best orienteers in the world came to Surrey at the beginning of May. As well as the World Cup Races the same areas were used for the Future Champions Cup finals and for a Young Orienteers Festival in Battersea Park at which Bramcote Lorne School featured. NOC did well in the Future Champions

Cup winning the open club team competition with Rose Hodgkinson winning the W18 series and Alison O'Neil coming second in the women's final.

### Notable Results (with apologies for any omissions)

The following NOC members are 2005 Midlands Champions:

JM1	William Parkinson	JM4	Peter Hodgkinson	JM5L	Andrew Llewellyn
JW5L	Rose Hodgkinson	M40L	Nigel Mockridge	M45L	Nick Evans
M50L	Michael Napier				

Notable NOC results at the 2005 East Midlands Championships were as follows:

JM1	1 <sup>st</sup>	William Parkinson	JM1	3 <sup>rd</sup>	Sean Martin
JM4	1 <sup>st</sup>	Peter Hodgkinson	JM4	3 <sup>rd</sup>	James Taylor.
JM5M	2 <sup>nd</sup>	Matthew Wallace	JM5L	3 <sup>rd</sup>	James Cleave
JW2	1 <sup>st</sup>	Hannah Horsewill	JW3	1 <sup>st</sup>	Joy Hodgkinson
JW3	2 <sup>nd</sup>	Jenny Evans	JW3	3 <sup>rd</sup>	Elizabeth Parkinson.
JW5S		Laura Evans	M40S	1 <sup>st</sup>	Andy Sykes
M50L	1 <sup>st</sup>	Michael Napier	M50L	2 <sup>nd</sup>	Garry Drew
M50S	1 <sup>st</sup>	Dave Booker	M60L	1 <sup>st</sup>	Stephen Wright
M60S	1 <sup>st</sup>	Bob Alderson	W35L	1 <sup>st</sup>	Catherine Hughes
W50L	1 <sup>st</sup>	Helen O'Neil	W50S	1 <sup>st</sup>	Hazel Rice
W60S	1 <sup>st</sup>	Margaret Buckland.			

Leading NOC results in the 2005 JK Individual Race were as follows:

W10A	1 <sup>st</sup>	Joy Hodgkinson	W18L	1 <sup>st</sup>	Rose Hodgkinson
M12B	1 <sup>st</sup>	Jamie Martin	M14A	1 <sup>st</sup>	Peter Hodgkinson
M40S	1 <sup>st</sup>	Andy Sykes	M50L	3 <sup>rd</sup>	Michael Napier.

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## From Sarah Claxton

### Summer Training in Scotland : Sarah Claxton

This summer I went on tour for a week in Scotland, near Aviemore. It was a really fun week but also brilliant for improving my orienteering. We would train in different areas each day using lots of exercises, like control picks, contours only and bearing exercises. Every area was tricky and needed full concentration. In the afternoon we would try and put what we learnt into practice by doing courses that would need us to think about what we had previously worked on. There was a lot of planning that went into everything but it was definitely worthwhile, sometimes the coaches joined in too! Glenmore was hard work but I had an amazing time and would love to do it all again!

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*From Dave Cooke*

## A note from a Puzzled Competitor and Committee Member

Are you like me? Do you plan your year around certain orienteering events?

As you know the orienteering year is based on a number of fixed events around which you can focus your attention either in terms of physical and mental preparation, training, the necessary rest periods, etc. These major events are supported by the numerous other regional (C3) district (C4) and local (C5) events.

It is thus possible to plan your year, if you feel so inclined, around these events and you may get into the habit of saying to yourself...."Easter - it's the JK, Summer - it's the Scottish 6 days or Welsh 6 days or Lakes 5 days, Compass Sport Cup Final - that's in October, and there's the British Champs in Spring, Harvester in June, White Rose at August Bank holiday, and so on."

Then you try to fit in the Nationals, the best of the regional events, EMOA Galloper, EM Championships, NOC Championships, some more local events, and then try to balance this with all of the other demands on your time. I know it's not always easy and I know that there are pressures on all of us to get the right home / work balance, and the right balance of the use of leisure time.

It is all too easy to get so totally engrossed in a subject that you let other equally important things slip out of focus, and every now and then it does you good to reassess where your priorities lie and have a quick check, perhaps miss some of those events that you really would have liked to have done, and then come back with even more enthusiasm and make a fresh start.

I have had to do this on several occasions having been forced to take an enforced 'break' at least three times with my well-known knee problems. By the way, I didn't know that I had built up a reputation as the most accident-prone NOC member until one of you let it slip recently!

But, the point of this short note was to ask where were you? It was the White Rose last weekend. There were only 24 of us there from NOC. Traditionally this has been one of the main events for NOC with a good following, the BBQ, cricket match, the Robby Knudd Trophy, two/three days of good orienteering (depending whether you stop for the relays), good terrain, normally good weather. What more could you want?

Have I missed something? Are we now focussed on some other event as the big NOC get-together? If we are, can someone let me know please. I know there was a Test Match on, and yes it was exciting, but I'm sure that not everyone was watching it.

These thoughts have been going round and round in my head since I returned from the event and I felt that I must try to find out what's going on, because I'm a bit worried that being on the Committee might mean that I'm missing the 'bigger picture'.

Is there something that the Committee can do to help? Are we providing the right level of support in the right areas to enable you to compete in such events? Is there some reason why the majority of the club members were reluctant to travel to Yorkshire. Is that the problem - the transport? Or is it something else? If we can help then we need to know.

Is there also some reason why we aren't getting the same enthusiastic response to the call for planners and organisers for our future events? What can we do to help you?"

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*From Angela Lucking*

## Cash in the Attic?

The next NOC event is on Sunday 18 September and the NOC garage is looking a little empty. We are particularly short of t-bars and kites.

If you have organised, planned, controlled or helped at an event recently please look in your garage, shed, car boot or attic to check that you are not storing some NOC equipment. If you do find something please let me know so that it can be returned. It is not only the expensive items like kites, banners, t-bars and tents that are important but also the little things like red/white tape on pegs and signs which take time to prepare. If you wish to keep hold of some bits and pieces for a particular reason, that is OK but it would be helpful to know what you have, so I can pass the correct information onto future organisers and planners.

You can contact me by phone (0115 922 5578) or by e-mail to [angela@lucking.co.uk](mailto:angela@lucking.co.uk).

Equipment can be left at the NOC garage, in our porch (6 Long Lane, Attenborough, NG9 6BG) or brought to the club run at Bramcote Hills School on Thursday evenings.

Thank you for your help.

*From Steve Wright*

## The Vango/Phoenix Long-O, August 20th/21st 2005

This annual Event took place near to Rothbury in the Southern Cheviots in lovely countryside with extensive views. With a convenient camp-site base (all facilities), the Start and Finish of the 2-day event were a short walk away on both days, with download and results on hand at the camp-site. Four courses were available to cater for all abilities, with winning times on all courses coming in at around three hours on Day 1 and under two hours on Day 2. Day 2 is always a chasing start making for some exciting finishes. Prizes are awarded for first three places in all classes, plus first female, first pair, and first veteran (over 40!, worked out on a weird and wonderful handicap).

Colour-coded courses are available for those who don't want to venture too far.

The weather was superb, and I was delighted to finish 7th in the C class, and winning the veterans prize!

So, if you want to try something a bit different, for a friendly yet challenging event, make a note now for the weekend before the August Bank Holiday next year, the 2006 Vango / Phoenix Long-O. I'm sure some of you would enjoy it, why not give it a try?

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*From Pauline Olivant*

### Thursday Club Training evenings

The training evenings will resume from Bramcote Hills Sport and Community School on 8<sup>th</sup> Sept. Why not come and join us. There are several groups from the joggers, (who are still half run, half walk, I can say that it, because I am still in that group!) to the 10km runners and several others in between, so there is something for everyone. There is always a map of the different routes if you want to start out on your own.

We start at 6.30pm from the classroom on the left hand side of the drive. Not the Park School where we have sometimes parked for events, but the school off Moor Lane.

Special evenings will be arranged to help with things like planning with OCAD, but if you have a special interest and would like the club to arrange a training, planning or maybe discussion evening just let us know. Watch the web site for details.

We now have a full set of exercises that can be put out to practice skills at any level, so if you or you know of anyone who would like any help just let us know. We will be doing some fun physical training sessions with the juniors this term.

Pauline Olivant  
Email [p.olivant@btinternet.com](mailto:p.olivant@btinternet.com)  
Tel 0115 9872083

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*"From the Team Captain - 1"*

## New Club Image

### Club Kit

A significant decline in the number of club members wearing club kit, even in relays, has been noticeable in the last couple of years. This is understandable due to the new style of orienteering clothing on the market and the somewhat dated appearance of the NOC kit. NOC are proposing that we look into getting new club kit in the new style. Noname are the bookmakers present favourite predicted manufacturer. Their new tops are made of a dry comfort material that wick away sweat and help to keep your body cool even in the hottest weather. Compared to the old kit, they are more comfortable to wear particularly during wet weather and look much nicer. You could also wear one of these tops outside of orienteering without looking silly in the gym or on training runs. If you haven't seen this style you can find the tops at: [www.noname.com](http://www.noname.com) or [www.trimtex.no](http://www.trimtex.no)

A new top would cost in the region of £30-35 dependent on the style and design. I would be grateful if club members could let me know your feelings on this. Do you like the style? Would you want one? Is the price worth it? Also design ideas would be gratefully received.

## Club Logo

It is the opinion of many that the current club logo (Robin Hood) is a bit dated and gives outsiders the impression that we are an archery club. We use the club logo on a variety of things and it is likely to be imposed on a new club flag(s) and possible on the kit. One of the main uses for the logo will be on the NOC maps so it needs to be roughly square. It is generally agreed that Robin Hood should be included somewhere in the logo but without making us look like an archery club and also looking modern. Again any opinions ideas and designs would be much appreciated. Two potential logos are shown below.

Please email responses to: [teamcaptain@noc-uk.org](mailto:teamcaptain@noc-uk.org) or post to:  
Richard Robinson,  
8 Belfry Close, Kirkby in Ashfield, Nottingham, NG17 8NS



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*"From the Team Captain - 2"*

**CompassSport Cup Final : Clowbridge, Burnley**

**16<sup>th</sup> October 2005**

**Don't forget to enter using the enclosed Entry Form.**

**Remember we need a 100% turn-out.**

**Transport provided.**

**No excuses / reasons will be accepted!!**

**Closing Date 26<sup>th</sup> September 2005**

*"From Andy Llewellyn"*

## Uppsala '05

In a desperate effort to avoid the usual mind numbing tour report, I racked my brains for days to come up with the (hopefully interesting) idea of comparing Swedish events to their British counterparts. Many of you reading this may have experienced the biggest O-event in the world, the O-Ringen [biggest attendance 22,498 in 1983], but unsurprisingly an event of this size is not characteristic of your typical weekend event in Sweden. We attended four of these races on the GB summer tour to Uppsala: 2 middle, a classic and a relay.

The most striking difference in Sweden is the lack of dependence on the car; on arrival there was usually a short walk to a self-sufficient assembly area with toilets, a trader, a burger place and wait for it, showers (Swedish style showers usually involve communal nakedness on an unprecedented scale and water of varying temperature). The centre-piece of the assembly area is the run-in, used by every course and finishing within walking distance of your club tent. This is in contrast to some long walks back from the finish you can experience in this country.

Orienteering clubs in Sweden (sorry to digress) are much more central to the 'experience'- members are expected to wear both their club tracksuit and club O-kit at all events. Whilst presumably saving a fortune on O-kit, this meant that people know who is actually in their club (I'm still trying to put names to faces of people in NOC). In the assembly area, members also congregate around their club mast thus creating a pattern of brightly coloured O-kit.

Juniors were prioritised at all the events we went to. For the youngest on string/white they started in a separate start block much earlier than everyone else meaning they could be helped around their course by willing parents and that they were the first down the run-in. Everyone clapped for them and the fact they were the centre of attention brought smiles to their faces, fuelling their enthusiasm for more. Prizes were on offer at all events for all M/W16- and at 3 out of 4 for M/W20-. Most were simple footballs, crayons and books but I won £15 and 2 IKEA candle holders on my trip so I actually made a profit out of tour! I can therefore make a personal recommendation that there be a £100 prize (provided by NOC) for the highest NOC M20 finisher at BOC next year.

So does my waffling have any point? Is there any way we can reasonably alter our events without increasing cost/ volunteer time. The fact I cunningly left until the end is that Swedes will pay around £6 (junior) for a standard regional quality event- a significant increase on the UK. They also have a massive advantage in terms of use and quality of areas. Hope I provoked some thoughts!

PS. Thanks NOC for the £85 grant. Go NOC! [officially the best orienteering club in the world]

## Future Events List September 2005 - January 2006

	Date	Category	Venue
	2005		
Sun	18/09/05	C5 NOC CATI	Blidworth Woods
Sat	01/10/05	C3 October Odyssey (NN)	Nenthead Mines & Priorsdale
Sun	02/10/05	C3 October Odyssey (NN)	Hamsterley Doctors Gate
Sun	02/10/05	C4 WCH	Shugborough & Satnall
Sun	09/10/05	C4 DVO	Carsington Pastures
Sun	16/10/05	CS Cup Final	Clowbridge, Burnley
Sun	23/10/05	C4 LEI	Fermyn Woods & Brigstock
Sat	29/10/05	C5N NOC	Bulwell Hall
Sun	30/10/05	C4 NOC	Harlow Wood
Sun	06/11/05	C4 DVO	Stanton Moor
Sat	12/11/05	C4S VHI Relays NEOA (NATO)	Cockenheugh & GreenSheen
Sun	13/11/05	C2 VHI Ind. NEOA (NATO)	Kyloe
Sun	13/11/05	C4 WCH	Birches Valley (Cannock)
Sun	20/11/05	C4 LEI	Bagworth Woods
Sun	27/11/05	C4 LOG	Lincoln South Common
Sun	04/12/05	C4 NOC	Sherwood Pines
Sun	11/12/05	C3 SYO	Blackamoor
Sun	11/12/05	C4 WCH	Hednesford Hills (Cannock)
Sun	18/12/05	C4 NOC	Walesby
	2006		
Sun	15/01/06	C4 LOG	Temple Woods (Bourne)
Sun	22/01/06	C3 NOC	Clumber Park

*"From Hilary Palmer"*

### For Junior Members Ages 8 to 12 years (older juniors welcome too!)

#### Junior Fun O Sessions:

Come along and have a go at some different types of orienteering courses such as score, sprint, microO and relay.

Bring your school friends and practise ready for the Schools competitions later in the term (do YOU have a school team?) and for the club team in the Yvette Baker Trophy on November 6th (and the YBT Final on December 4th!)

£1 per session and please let me know if you will be coming (for map numbers) and to get location details.

Sun 25 Sept	Burntstump Country Park	10.30am – 12.30pm
Sun 2 Oct	Rufford Country Park	10.30am – 12.30pm
Sat 15 Oct	Blidworth Woods (south car park on Longdale Lane)	10.30am – 12.30pm
Thurs 27 Oct	Bramcote Hills School	10.30am – 3pm

#### Club 'Training' on Thursdays:

Each Thursday evening at Bramcote Hills School 6.30 - 7.30pm

Running training to suit all ages in the park - don't worry you won't be running for an hour! Loops to suit all ages from 8 years - the aim is to get a bit fitter and to have fun and meet friends.

Hilary Palmer

Tel: 0115 9820651

Email: [hjpalmer@ntlworld.com](mailto:hjpalmer@ntlworld.com)

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*"From the Editor"*

Many thanks to everyone who has contributed to this edition of the B & G.

Owing to the enthusiasm shown by all the contributors it has been a pleasure to put it together.



## *"From the Editor - 2"*

I thought I would finish by including a photo taken at the Scottish 6-Days (Royal Deeside 2005) to show you what NOC members get up to [Tea and Scones at Glendavan House, the Residence (temporary) of Michael Napier and chums!!] when not orienteering

