

The Black and Green

Word Machine

The newsletter of



Also known as the Thé Bag...

...and once known as Serendipity

August 2006

"From the Chair"

As the summer holiday season rapidly draws to a close I look upon this as a time of new beginnings and eager anticipation for the orienteer.

I find this is the time of year when I am torn between the hopes that the fine(?) summer weather will go on for a few more weeks and allow me to complete all the outstanding tasks, put the barbecue through its paces again, and get in some much needed relaxation. I am, however, also conscious of the pressing need to get back out into the forest for some long awaited events, good competition, and to once again meet my many orienteering friends and fellow club members.

I hope you have all had a successful summer, whether it was by way of a good holiday, or competing at home or abroad.

I have a few reminders for your diaries. Firstly and very importantly this year's AGM will be held on 12 October at 8.00pm at Bramcote Hill Sports College. The proposed agenda is in this issue of B&G. If you have any specific issues which you would like to add to the agenda then these should be sent to the Secretary prior to 29 September, the date for the final notice for the AGM.

As usual you are all welcome to come along and hear the reports of how your club and its members have progressed, the changes that have been made, plans for the future, and of course it is your opportunity to offer your services as a member of the

committee or perhaps to share your expertise in some other specific role.

At the AGM three positions, four actually, become vacant – Steve Wright and Steve Martin have completed their three years as Treasurer and Mapping Coordinator respectively, and Peter Hodgkinson has completed his year as Junior Representative. We now need volunteers for these positions – although I understand that Peter may already be well on the way to finding his replacement.

I shall also have completed my one year stint as Chair which I agreed to take on at the last AGM, at a time when we were in something of a crisis.

At the next meeting the Committee will be considering reducing the tasks carried out by the Fixtures Secretary by creating an additional position of Permissions Secretary. This change will need to be agreed at the AGM and of course a volunteer will also be needed for this new role. This proposed change will ease the workload currently being undertaken by Catherine.

Elsewhere in this B&G you will find a reminder from Richard to get your entries in for the final of the Compass Sport Cup. Can I emphasise how important it is to get a full turnout for this competition – we've done well in recent years but now need to make a concerted effort to regain this trophy. Transport will be provided to the event, which is to be held at Greenham Common, near Newbury.

Other dates for your diaries – a pre CSC Cup warm up / training session at Rufford on Saturday 14 October and the continuation of the Thursday night training sessions at Bramcote, details of both to be found elsewhere in the B&G and also on the website.

The final reminder is by way of a return to the theme from one of my previous 'From the Chair' articles.

It is to remind you that one of my intentions as Chair was always to make the club and the activities of the Committee more accessible and open to all of the club members.

In support of that aim I just wanted to remind you that the B&G is *your* club magazine and it should represent the news, reports, stories, successes, comments, and all other suitable contributions from *all* members of the club, not just the Committee members.

I'm sure that are many readers of this article who know that they have a good story to share but have been reluctant to put pen to paper or fingers to keyboard. Don't hesitate any longer; your contributions would be most welcome. Send them along to Peter Hubberstey (address elsewhere in the B&G) and if he receives too many articles to fit in the next B&G you'll have made him a very happy editor!

Lastly, back to my first comment about new beginnings; can I welcome all new members to the club and wish you many years of happy orienteering with NOC. Please remember that we are always available to give you help and advice, you only have to ask!

Happy orienteering – see you in the forest

Dave Cooke

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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.



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NOC club training night Thursdays July -Dec

Training will continue to alternative between circuit training one week, training run the next until the light prohibits it. Circuits are adaptable for everyone, club members taking part range at present from 8 year olds, M21's to W55's. Each session is led by our own club member Eddie Nicholson, who works us all hard, but is very sympathetic to any injuries or limitations any of us have.

The training run is suitable for all. Runs from 2-10K. Terrain is hills or flat, park or woodland, it is up to you.

DO COME AND JOIN US

Start 6.30 pm Bramcote Hills Sports College, Moor Lane. Meet Gym for circuits, PE Classroom for run.

Feel you can't keep up with others? If you prefer you can start without the pressure of others or you can run with Club members.

Maps will be available of the park with suggested training runs. You don't have to run it all to start, just come along and build up the training at your own pace.

Chat afterwards. Bring along a recent map to discuss with club members.

Cost adults £1.00 per week, juniors 50p

Circuit training	07-09-06	21-09-06	05-10-06
Training Run	14-09-06	28-09-06	12-10-06
Circuits from 19-10-06 until Christmas			

It's much more fun than training on your own!

From Richard Robinson, the Team Captain"

COMPASS SPORT CUP FINAL
15 OCTOBER 2006 – GREENHAM COMMON, NEWBURY

The Compass Sport Cup Final this year is being hosted by BAOC on Greenham Common near the town of Newbury. Hopefully NOC can this year have a full strength team out in order to bring the trophy home but it will take everyone! With the increased number of clubs in the final, the Compass Sport Cup is becoming a very enjoyable yet competitive competition in which to take part. As usual for the distant Cup events we will be taking a coach down, which is heavily subsidised by the club. So relieve the burden of driving and take the coach while socialising on the way.

We plan to start from Nottingham High School at time to be confirmed but it is likely to be around 6:30am and we expect to pick up at West Bridgford library shortly thereafter en route to Newbury. Other reasonable pick up points may be possible.

Fees: Coach – Adults £6; juniors £2
Event Entry – Adults £5; Juniors/Students £2.50
Emit Card Hire - £1.00

Closing Date: 14th September 2006

Courses:

- | | |
|-------------------------|---------------------------------|
| 1) Brown - Open | 2) Blue Women – Women Open |
| 3) Blue men – M45+ M20- | 4) Green Women – W45+ W20- |
| 5) Green Men – M60+ | 6) Short Green Vets – M75+ W60+ |
| 7) Light Green – M/W18- | 8) Orange – M/W14- |

Scoring: Courses 1 & 3 are large courses all others are small. The winner in each class will receive 100 points with runners receiving points for their finishing position. In large classes scoring will be as follows: 100, 99, 98, 97.... In small classes the scoring will go 100, 98, 96, 94..... 25 Runners will count in total with a maximum of six from any large class and four from any small class. The club with the highest total wins.

If you want to compete, please complete and return the form on the back page along with a *cheque made payable to NOC* to:

Richard Robinson, 8 Belfry Close, Kirkby-In-Ashfield,
Notts, NG17 8NS

All Race information will be circulated by email and posted on the club website: www.noc-uk.org, if you would like a post copy please could you enclose a SAE for each event for which you would like information.

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 (01623 559883) or by mobile (07734 566582).

NOC CLUB AND JUNIOR TRAINING DAY
14 OCTOBER 2006 – RUFFORD COUNTRY PARK

To get rid of those cobwebs we are putting on some pre-CompassSport Cup training at Rufford Country Park the day before the Final. Controls will be put out for you to come and practise techniques on a course as long or as short as you like. This event is open to all though even if you can't make the Final.

Location: Southern (Rufford Abbey) end). Park in the public parking (there may be a charge for this) and look out for the NOC banners in the open area a short distance from the main car park.

Time: Controls out from 10am till 2pm.

Cost: Free

NOC Members: Pre-marked all control maps will be provided, Just do what you like! Coaches will be around should you wish to practise certain techniques and give help to the less experienced. Although you can just turn up on the day it would be helpful if you could indicate on the CS Cup entry form that you are hoping to come along or email me teamcaptain@noc-uk.org to give an idea of map printing numbers.

"From Stephen Martin"

Anyone for the KLETS

In our lives we all have our moments of madness and one of mine occurred this summer. During the past 3 years my son and I have become regular Mountain Marathon competitors and enjoy the occasional long-O. We normally compete in the lower classes which are considerably shorter than the elite courses. So after two excellent results in the RAID and LAMM, confidence was high. So when Tim followed all the other juniors and decided to pull out of the SLMM due to the junior course been too short, I had my moment of madness and switched from the shortest 18km course to the longest of the SLMM courses, the solo KLETS. At 50+km straight line distance and 3000+m minimum of climb it was going to be a real challenge especially since you have to carry all your equipment, no partner to share kit with. So I approached the course as a challenge rather than a race, my aim was simply to complete it before the course closed. Therefore, I took time marking up the map with the first days 14 controls. These were grouped in two clusters of four and a final cluster of five. As the controls can be visited in any order route choice was clearly complex. Excellent planning meant no clear optimal route between the first four controls then it was a very long leg too the next cluster of controls. By long I mean it took me 2½ hrs to get from Pavey Ark down into Langdale, avoid the OOB which included most of the paths, then over 3 tarns skirt round Bowfell to reach the cluster of controls scattered around Scarfell. After arriving near the base of Esk Buttress I was faced with a 400m climb up to a control on stream bend followed by descending straight back down to the valley floor before climbing back up over Broad Stand the highest point of the course. Only to drop down the other side to reach the next control before climbing back over Great End, phew. I was now 6½ hrs into the course and started to see just how tough these courses really are. I still had another 3hrs to endure while the leaders were just about to finish. Even jogging downhill became a challenge as my legs started to suffer from cramp. Eating became difficult and the slightest hill slowed my progress dramatically. There was to be no easy finish either with the half the final controls on one side of the hill and other half on the other, forcing competitors to cross over the final mountain at least twice. I was so glad to reach the campsite and rest but it took along time to recover, I had lost over 1 stone in weight and was uncertain if I could continue the following day I have never been so knackered. However, the human body is a remarkable thing and after breakfast I was ready to go. With a slightly shorter day and an eight hour time limit

the challenge was back on. A little stiff but was pleasantly surprised to find that I could jog on the flat and downhill although the uphill sections were still a little slow so I did a lot of contouring. Things went well until we hit the deep bracken on one of the hottest days of the year. Drop off the ridge, way down to a wall corner, back over the ridge; down the other side the heat was unbelievable, then up to the final control via as many streams as possible in order to keep cool. A hard final leg to the finish through the bracken and it was all over. The 7hrs had flown by today, although it was a long, long walk back to the event centre in Grasmere funny how your body shuts down after the finish. They say what doesn't kill you makes you stronger, but do want to take the risk?

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"From Pauline Olivant"

Coaching combined with Competition; A New Initiative

EMOA is hoping to put together a new Coaching initiative for Juniors and new members.

Experienced orienteers from local clubs including NOC, DVO and LEI will be present at a series of C4 / C5 events throughout the region to offer coaching during the first part of the event. Hopefully, following the coaching everyone will be confident enough to tackle an appropriate course - White, Yellow or Orange.

If you are interested keep an eye on the web or on event flyers for further details.

"From Andrew Powell"

The O-Ringen:

Probably the biggest event in the World !?!

2006 marked my 15th year in the sport and I realized I had never been to the home of orienteering, Sweden. So with my Dad turning M55, and thus allowed a shorter course and maximum competitiveness (as he's only actually 55 on December 31st!) we decided this was the year to finally do the O-ringen. We were attracted by the thought of all areas surrounding the event campsite in a 360° forest experience! Somehow we convinced the WAG's to come too (wives and girlfriend's, and in our case just the latter. I just like the acronym since hearing it during the World Cup). With a week of camping ahead, my Dad wanted comfort so we took his car and went by overnight ferry to Gothenburg from Newcastle so we could pack extra stuff. This did leave a long drive to the Baltic coast north of Stockholm, to Soderhamn. I had entered M21 which is between M21L and M21S being just over 8km on 4 days and 4km on the day 3 short race. The O-Ringen scoring system is a rather punishing, every day counts, add up all your times, and chasing start on the final day for all those within 2 hours of the winner. So none of this namby pamby discard day stuff like the Scottish and a clear target of being within 30 mins of the winner on the first 4 days, one of which is half distance...easy?! We thought we'd get some practice in before day 1 and do the training event, and boy we were glad we did! It was desperate, and taught us that we'd have to be extremely accurate and careful going into the controls from a definite attack point otherwise you could usually wave goodbye to 5 minutes while you relocated! So there I was on my way to the first control on day 1 (one of my hardest legs of the week) thinking I'm not sure this ride bend 300m away from the control is really going to be sufficient but I'm blown if I can work out what the contours are doing round here! The control was a boulder and all areas were very rocky, and I was very lucky to stumble into it with that relieved look when you peer round a boulder to find your control. "I got away with that one!" I thought to myself, and tightened up my navigation to do number 2 well before blowing 5 minutes on number 3 and having no idea how to relocate!

That was pretty much the pattern for the whole week really, and although I did get better and more used to interpreting the map and the ground, and what would be mapped, I did regularly find myself approaching controls without any solid attack point and plan, because I couldn't really see one! A common tactic ended up being finding another control and working out where that was and it would then become my attack point! I had a couple of frustrating instances of being in the right area but not seeing the control and then rushing of to compound a 30

second error into a 5 minute error! I just did not have the confidence that I would have in Britain to know I was right and just look around a bit more closely. However, I did get closer to the winner each day in time but my position got worse, so I guess even the Swedes take time to get into an area! I finished 55th out of 150 and 90 minutes behind over 5 days so not too bad. Emily started the week with a great run only 15 minutes down and was typically just over 20 mins down, but was punished by the every day counts system and after a nightmare on day 4, just missed the chasing start. She picked herself up well though with a good run on the final day. My Dad was pleased to make the chase and get round every day after some hip trouble, finishing 121st out of 200. We even managed to fit in some canoeing in a Canadian on the rest day, swimming in the local lake after running one day, and watching the Super Elite sprint race round Soderhamn town centre. On the way home we had a day in Stockholm which I would thoroughly recommend as a beautiful city with all its islands. We visited the palace and a resurrected ship like the Mary Rose but better called the Vasa. Of course the weather makes or breaks this type of holiday, and we were very lucky. There was a heat wave in Britain and Sweden was experiencing its driest period for some time. Next year I think I will do the Scottish but 2008 O-ringen in Dalarna where you can stay in ski chalets sounds appealing. I strongly encourage everyone to do some orienteering in Sweden, Finland, or Norway. You haven't truly tested yourself until you have...I thought I was good technically...I was wrong!

Relay Season!

This is not really a phrase you associate with British orienteering, but this season NOC put in a strong team for the Harvester Relays held on June 10th in Scotland, with the aim of trying to win the Sutton Park Trophy, awarded to the best placed team not in the top three in the last 3 years. The following weekend we took on the slightly more ambitious prospect of running in the Jukola relays in Finland.

The Harvesters were held on an area of open fell side, which is an extension of the land owned by farmer and orienteer John Tullie (Roxburgh Rievers) near Hawich in the Southern Uplands. Due to the time of year the format was shifted to start at 10pm to make sure enough of the race was in the dark. Sadly for NOC we lack enough night specialists and too much of the race was in the dark for our liking! I came back in 7th place on leg 2 after a strong first leg in the daylight from Rob Palmer coming back in 5th. We stayed in 7th to the end, a long way behind 6th but a long way ahead of 8th. This was not good enough to win the Sutton Park Trophy which I believe went to Clyde. South Yorkshire romped to victory with a strong team intent on winning the UK relay league title, but after a shaky start Edinburgh University claimed 2nd which was enough to secure the league for them. It is my aim to try and start doing some night orienteering to improve my skills, as I have to slow down a lot (about 2 min/km) compared to some who were still managing close to 6min/km in the dark! It was at least a chance to wear our new kit for the first time, and if you can't be the best team you might as well be the best looking team.

With just a week having past it was onto an even more daunting challenge. The Jukola has 1300 teams of 7 people and is the biggest relay in the world, with the men's race starting at 11pm and running through the night much like the Harvester but with a few more people! The trip to Finland was Richard Robinson's idea after a provocative post on Nopesport, posted by John Cross of FVO and JOK, who regularly send a team, daring some more club teams from Britain to take part. This year even JOK had strong feedback sending 3 men's and a women's team. The women's relay is more civilized taking place in the afternoon and only having 4 runners and about 500 teams. Richard having embarked on this crazy idea then targeted the members of NOC keen/foolish enough to go all the way to Finland for one run at a stupid time of day, and 7 idiots duly volunteered; Peter Forester, Mick Lucking, Andy Llewellyn, Peter Hodkinson, Rob Palmer, Andrew Powell, and Richard Robinson. Deciding on our running order provided most of

the talk on the flight and the drive to get there, with many combinations floated about but the order above being the definitive choice! With the relay aimed at the world's elite, leg lengths are not short and I was amazed by the number of teams taking 3 hours per leg and having 4 out of 7 runners in the mass start, but it didn't seem to bother them! The event has a London Marathon feel and even got TV coverage on the Finish sports news ahead of the World Cup! Accommodation is provide in bell end tents put up by the army in the assembly area, and commentary runs through the night, which made sleeping tricky! The assembly area has all amenities including a bar, where you can watch the leading runners on Trac-Trac (overlayed routes on a map) and cameras in the forest, making the event as spectator friendly as possible. We managed to squeeze in a run on the Saturday afternoon on the training area – this was a 3.3km course which I completed fairly easily in 33mins and was confident of being able to go faster in the race, uttering the incredibly bold statement "I don't know what all the fuss is about with Scandinavian and Nordic terrain, it seems easy enough!" Beware pride before a fall! The relay area was extremely rocky with some huge crags and areas of bare rock on some sizeable hills. I take my hat off to Peter and Mick who ran on it at night; I think they did very well to get round in 2hrs 15mins each for their 11km legs 1 and 2. Matthew Speake (EBOR) was the fastest on leg 2 with 75 mins which seems incredible on that terrain. Andy Llewellyn had the star run in our team completing his 13km leg in 100 minutes and overtaking 300 odd teams, an incredible achievement. Peter Hodkinson also put in a very fine run for a 15 year old at well under 9 min/km. Rob Palmer had a good run too, just faster than Peter over similar distance to save embarrassment! I was disappointed with my run managing 94 mins for 9.3km. I must have lost at least 10 minutes, and one control in particular I just could not relocate and find a decent attack point having found every other control in the area, and even my next control which I still couldn't navigate back from. The characteristic that typifies Scandinavia (now I've done the O-ringen too this summer I like to consider myself an expert!) is not necessarily the intrinsic difficulty of the areas but the lack of big features to run to and relocate off when you lose contact with the map, and this makes errors very costly in time. So sadly I was not quick enough to avoid Richard going off in the mass start, but he performed admirably, doing 14km in 2hrs 4 mins, to bring the team home in 359th. The weekend was a great experience (I know I moaned a lot at the time due to lack of sleep!) and one I may even consider doing again...The question is, who's going to do the night legs!!!

Future Events List

September 2006 – December 2006

	Date	Category	Venue
	2006		
Sun	3/09/06	C5 DVO	Shipley Country Park
Sun	10/09/06	S5 LEI	Watermead North
Sat	16/09/06	C3 Caddihoe Chase	Bovington Ranges
Sun	17/09/06	C3 Caddihoe Chase	Bovington Ranges
Sun	17/09/06	C5 NOC	Bevercotes
Sun	24/09/06	C4 DVO	Calke Park
Sun	1/10/06	C4 NOC	Blidworth
Sun	8/10/06	C4 LEI	Burbage Common or Rough Park
Sun	8/10/06	C4 POTO	Leek Training Area
Sun	15/10/06	O3X BAOC	CompassSport Cup Final
Sat	21/10/06	C5 DVO	Rosliston Forestry Centre
Sat	21/10/06	C3 MDOC Twin Peak	Errwood
Sun	22/10/06	C3 MDOC Twin Peak	Errwood
Sun	22/10/06	C4 LOG	Lincoln South Common
Sun	29/10/06	C4 NOC	Wellow
Sun	5/11/06	C4 NOC	Annesley
Sat	11/11/06	C5 DVO	Bottom Moor, Matlock
Sun	12/11/06	C4 LEI	Venue to be announced
Sun	19/11/06	O3X HOC	British Schools Champs, Hawkbatch
Sun	26/11/06	C4 NOC	Bestwood Park
Sun	3/12/06	C2 SYO	Hathersage & Burbage Moors
Sun	17/12/06	C4 NOC	Walesby

ANNUAL GENERAL MEETING OF NOTTINGHAMSHIRE ORIENTEERING CLUB

to be held

Thursday, 12th October 2006

starting 8.00pm at

Bramcote Hills Sports College, Nottingham

AGENDA

- 1 Apologies for absence
 - 2 Minutes of the 2005 AGM & matters arising
 - 3 Chair's report
 - 4 Treasurer's report
 - 5 Election of Auditors
 - 6 2007 Membership Fees
 - 7 New Committee Position – Permissions Secretary
 - 8 Election of Officers & Life Members:
- Below are the NOC Committee positions and current members standing for re-election:

Chair	<i>Position Vacant</i>
Secretary	Nicola Olivant
Treasurer	<i>Position Vacant</i>
Fixtures Secretary	Catherine Hughes
Mapping Co-ordinator	<i>Position Vacant</i>
EMOA Representative	Pauline Olivant
Coaching Representative	Andrew Powell
Team Manager	Richard Robinson
Junior Representative	<i>Position Vacant</i>

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