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

The Newsletter of Nottinghamshire Orienteering Club

February 2006

"From the Chair"

It's very difficult to believe that it's more than three months since I volunteered to be Chair !

Time seems to fly by so quickly and in the time since the AGM we have held the C4 at Harlow Woods, the club championships, the YBT at Sherwood Pines, and the C4 at Walesby. As I write this piece the C3 at Clumber is imminent, and we are already finalising locations and dates for the Summer League and for the events which are lined up for the rest of this year. We do in fact have plan far further forward and we have potential dates for all events through to the end of 2007. Some of the locations are yet to be fixed - more about that in a separate article.

Can I firstly pass on my thanks to everyone who helped the club to claw its way out of a crisis period. I firmly believe that we are now over the worst of it and we can look forward to building on our recent successes and helping the club to a bright future.

I'd like to bring you up to date on some of the recent changes and developments within the club and some news which you may have missed.

It's all too easy to think that the things that are discussed at the Committee meetings are made public at informal meetings with fellow members. I don't think that this is always the case. There are contrary views in all walks of life as to whether it is better to take a 'need to know' attitude or conversely obtain all possible information and pick out the bits that you really want.

I tend to think the latter approach is better and so I want to improve the flow of information from the Committee and try to have a very open club culture.

The club is comprised of all its members - the committee members are simply your representatives who meet to coordinate the activities of the club. We are no different to you; we are there to help and to try to ensure that you have the opportunity to continue with your orienteering locally.

The main opportunity to hear what has been happening during each year is the AGM, but if you are unable to attend then you can keep up to date with the reports in B&G/occasional newsletters. It may be that these haven't gone far enough in giving you the news and it's one of the things that we would like to improve.

Firstly, there have been some changes recently to the Committee.

As you may be aware Sarah Richardson is stepping down from the position as Secretary due to her work commitments. I'd like to take this opportunity to thank Sarah for all the work she has done for the club during the last 18 months.

Nicola Olivant has very kindly offered to take over as Secretary and the handover of all of the paperwork from Sarah has taken place.

As you know Nicola was the Coaching Representative and I am very pleased to tell you that Andrew Powell has volunteered to take over this position. He will be a very welcome addition to the Committee !

Unfortunately, Janet Evans has decided that she isn't able to carry on as the Volunteer Coordinator due to her other commitments but she is happy to continue with organising events, something that we have all frequently seen that she is very proficient at, and to reinforce that level of commitment she has already offered to organise the 2007 C3 at Sherwood Pines.

To complete the changes to the Committee I am very pleased to tell you that Helen O'Neil has agreed to take over the Volunteer Coordinator's role with immediate effect. Many of you will remember Helen successfully carried out this role previously in conjunction with being Chair, and you may remember how she has the ability to be persuasive without making you feel under any pressure ! Yet another welcome addition to the team !

Helen joined myself and the other Helper Group team leaders for a meeting last week after the club training so that we could review the membership of each Group and make any corrections and adjustments. This was the first step to finding out who has helped in the past, who is helping now and to what extent, and to who could be approached and encouraged to take a more active role. I think that this is essential to give Helen a good starting point with up to date information so that she can carry out her role.

All other Committee positions are unchanged. The contact details are on the NOC web page and at the front of this B&G. Please feel free to contact us if you have any questions or problems that you wish to discuss. You will also see us at all local events of course where we would be happy just to have a chat.

Dave Cooke

"From Richard Robinson"

New Club Kit

The new design for the club kit has been decided and I now need your orders so that I can give the supplier numbers and sizes of the kit that we require. The top is made by Noname with high quality wicking fabric to keep your body dry and to help regulate your body temperature. The trousers are made from 100% polyester and with full comfort sewing. Orders should be placed now to ensure delivery before the major competitions this year. Order now to not only look good as an individual but to also help raise the profile of the club.

Cost – The initial order will be a bulk order given significantly reduced prices:



| | Cost if ordered by 12 th Feb | Cost if ordered after 12 th Feb |
|----------|--|---|
| Top | £28.50 | £37.00 |
| Trousers | £15.00 | £16.50 |

If the 50 initial tops have not been sold by this date they will remain at this price but size and availability cannot be guaranteed!

Size – Sizes range from XXS – XXL. The tops are quite small sizes and in most cases a larger top than normal size will be needed. I will have samples to try on at the club training evenings at Bramcote on Thursdays and will also bring them along to events over the coming weeks including Clumber, Rivelin and Sutton Park. I would strongly suggest that you try on a sample before ordering.

Order – Please send me the following form by post or the information by email, I need at least a deposit of £10 per top & £5 for trousers (Cheques made payable to NOC) to guarantee the order. Once the garments have been produced they will be distributed at events/training evenings when the balance has been paid.

| | | | |
|----------|--|--------|--|
| Name: | | | |
| Address: | | | |
| Email: | | Phone: | |

| | XXS | XS | S | M | L | XL | XXL | Fee included (min £10 per top / £5 trousers) |
|------------|-----|----|---|---|---|----|-----|---|
| Top | | | | | | | | |
| Trousers | | | | | | | | |
| Total Fee: | | | | | | | | |

Orders can be sent to me (Richard Robinson) at:

Address: 8 Belfry Close, Kirkby-In-Ashfield, Nottingham,
NG17 8NS

Email: teamcaptain@noc-uk.org

If you have any queries you can also contact me by phone:
01623 559883 / 07734 566582

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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 Andrew Powell"

BOF Club Coaching Day

When: Saturday April 22nd 2006

Area: Bishops Wood (used for JK 2004 Relays and JOK Sprint 2000 and 2006)

Combine this with the regional event on Sunday 23rd April on Graythwaite (JK 2004)

Cost: £5 adults; £2 juniors

No accommodation provided

(East Midlands Junior Squad will be staying at Hawkshead Youth Hostel which may still have space)

Stay up north for the week following the JK in Yorkshire and finish the week with some quality Lake District Terrain!

Applications need to be in by end of March so let me know by March 20th if interested on coaching@noc-uk.org coaching@noc-uk.org [Andrew Powell]

(Controls will have been put out of technical difficulty 3 to 5, maps will be supplied, control descriptions and master maps available, so it will be like having a permanent course for the day. You can do your own thing or follow some of my suggested exercises to test particular skills)

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"From Steve Martin"

Mapping Update

The map is by far the most important item in orienteering.

Maps magically appear at each event. They are subject to close scrutiny during the event and even closer scrutiny after the event !

As orienteering technology progresses we are expecting, and now rather take for granted, higher standards at events such as e-punching and over-printed maps. If we are really lucky we also expect new areas within which to do our orienteering.

However, locating these new areas, negotiating with the landowners, gaining permission, and mapping of the new areas is difficult and involves a small group of very dedicated people working behind the scenes on the club's behalf. Due to the very hard work of these people (you know who you are) NOC has gained permission for seven, yes SEVEN, entirely new areas.

These consist of two new C4 areas and five C5 areas. The C4 areas are Wellow Park (to the east of Ollerton) linked to the reclaimed Ollerton Colliery, and Manton Colliery with Kidney Clump (on the north edge of Clumber Park). The latter would be used with part of Clumber Park to form the second new C4 area.

The C5 areas are Brierley Forest Park, and the reclaimed colliery areas at Bevercotes, Silverhill, Sherwood and Shirebrook. Some of the C5 maps will hopefully be used for this years Summer League events and the two C4 areas should be ready to host events during the autumn/winter 2006/7.

We have also negotiated permission to remap and use New Park Woods which will be linked to Rufford Country Park and will be used for the Little John Relays in July this year.

Furthermore, the Thieves Wood map, an area regularly used by the club, is currently being fully updated, and we have obtained permission to use Annesley again so we shall be checking shortly to see its suitability.

As mapping is very expensive especially for new maps (£500 per sq km is not unreasonable) another small group of NOC people have submitted a request for lottery funding to help with the costs of the mapping.

So with the new club logo, new club kit and new maps, you can see that NOC is going from strength to strength. Hopefully this will be reflected by increased numbers of competitors being attracted to these new venues.

"From Catherine Hughes"

Take a deep breath

A walk in the woods can do great things for your body and mind according to an article in New Scientist magazine. Apparently trees emit dozens of therapeutic compounds through their leaves.

Do you ever notice when you get out of your car at an orienteering event and your senses become filled with a sweet, rich and earthy smell? You are breathing 'forest air'. The Japanese recognise this and have a name for it: *shinrin-yoku* – wood-air bathing. Japanese researchers have discovered that when diabetic patients walk through the forest, their blood sugar drops to healthier levels. Entire symposiums have been held on the benefits of wood-air bathing and walking.

So what is it in the air that makes us feel better? Researchers in California found 120 compounds in the mountain forest air. Some of them come from bacteria and fungi in the soil but most are given off by the trees from small pockets between their leaf cells. Among the most abundant of these are a group called the monoterpenes.

Aromatherapy practitioners call these compounds "essential oils" and claim that some of the monoterpenes in pine are antiviral and antiseptic, good for asthma and respiratory infections. However, there is no medical research to back up their claims. Many chemotherapy drugs contain edible monoterpenes so, could inhaling monoterpenes be a cancer cure as well? No research has been conducted into this area yet.

Perhaps, each time we orienteer in the woods we not only have the opportunity to improve our physical and mental fitness but perhaps we're also helping to prevent illnesses – who knows?

This piece is a précis of an article that appeared in NewScientist on 6th August 2005 which covered an extract from a book Teaching the Trees: Lessons from the forest by Joan Maloof, assistant Professor of biology at Salisbury University in Maryland, USA.

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"From Richard Robinson, the Team Captain"

CompassSport Cup Final : Clowbridge, Burnley

16th October 2005

On a warm but windy Autumn day on the open moors of Clowbridge, NOC finished 4th overall in the CompassSport Cup behind the winners, OD, and BOK and AIRE, 2nd and 3rd respectively.

It was an early start and despite the coach turning up late, we left in good spirits and in good time for the earlier starters to make their start times.

The assembly area was tight and compact with limited room for club tents directly next to, and on each side of, a very narrow run-in, but this made for a good atmosphere with a good view of runners coming down the open hill side before elbowing their way down the run-in to the finish line.

As is customary nowadays at larger competitions, a big screen allowed competitors to watch the team results change as runners downloaded. NOC's position varied from second to sixth (out of nine clubs) as the event progressed. Eventually, NOC settled into a respectable fourth position with only a handful of runners still out. BOK, who had lead for most of the day, were leading at this point by just 4 points from AIRE with OD in third place around 20 points further back. However, just as it looked as though BOK had taken the Cup, some late OD finishers took them to the top to snatch victory from BOK by 19 points.

NOC's junior development paid dividends once again with 14 of the 25 counting runners being under 27 years old and 13 of those coming through the NOC Junior Squad. Some great individual performances saw both Peter and Rose Hodgkinson who 'ran up', win their respective Orange and Green Women's courses. Again running up Alison O'Neil came an impressive 3rd on the Blue Women's open just 3 minutes down on SLOW's Heather Monroe. On the Brown, Richard Robinson finished in 11th and David Hodgkinson showed that he had not lost his fitness after six months in North America with a top 20 finish. On the Light Green Oscar Tapp-Scotting, Sarah Claxton and Matthew Wallace all had top 20 finishes with Sarah being 3rd female. As well as Peter Hodgkinson's 1st on the Orange, Tim Martin and James Taylor finished in very respectable 9th and 15th positions, respectively.

On the Blue Men course, Nick Evans was 8th overall while Michael Napier was 3rd M50 and Phil Pittson 3rd M55 as they finished 11th and 30th overall, respectively. Helen O'Neil finished 2nd W50 and 23rd position overall on the Green Women course while on the Green Men course Peter Hubberstey finished in 16th and Tony Buckland was 6th M65+ in 29th overall.

It was very pleasing to take such a large team to the final. Many thanks to all that ran. Everyone is important as, in addition to the point scorers, it is possible for non-counting runners to take points from runners in other clubs. Thank you also to those who travelled on the club coach. I feel it is important to support the coach as it allows juniors, who would otherwise

struggle to get to the event, to go. Also a big thank you to Jim Clarke who arranged parking at Nottingham High School. Finally, I would also like to thank those juniors who travelled long distances from university to support the team.

It was clear from this event that the CompassSport Cup is growing in size and that clubs are taking it more seriously and wanting to win it more than ever. Nonetheless, if NOC can get to the Final next year there is no reason why we could not regain the Cup with our strongest team.

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|-------|------------------|-------------|-----|------------|
| Brown | 8.1 km 245 m | 18 controls | | 398 points |
| 11 | Richard Robinson | M21 | 92* | 50:14 |
| 20 | David Hodgkinson | M21 | 86* | 52:38 |
| 34 | Robert Palmer | M21 | 78* | 55:03 |
| 35 | Andrew Powell | M21 | 77* | 55:31 |
| 55 | Stephen Martin | M40 | 65* | 61:28 |

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| Blue Women | 6.9 km 190 m | 17 controls | | 96 points |
| 3 | Alison O'Neil | W20 | 96* | 46:28 |

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|----------|----------------|-------------|-----|------------|
| Blue Men | 7.0 km 180 m | 18 controls | | 404 points |
| 8 | Nick Evans | M45 | 93* | 47:35 |
| 11 | Michael Napier | M50 | 90* | 48:01 |
| 24 | Mick Lucking | M45 | 77* | 53:14 |
| 28 | Garry Drew | M50 | 73* | 55:00 |
| 30 | Phil Pittson | M55 | 71* | 55:20 |

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|-------------|---------------------|-------------|------|------------|
| Green Women | 4.4 km 105 m | 12 controls | | 166 points |
| 1 | Rosemary Hodgkinson | W18 | 100* | 33:03 |
| 23 | Helen O'Neil | W50 | 66* | 40:19 |

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| Green Men | 4.4 km 135 m | 11 controls | | 150 points |
| 16 | Peter Hubberstey | M60 | 84* | 43:37 |
| 29 | Tony Buckland | M65 | 66* | 47:22 |

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|----------------------|-------------------|------------|-----|------------|
| Short Green Veterans | 3.2 km 90 m | 9 controls | | 134 points |
| 32 | Valerie Gebbett | W65 | 68* | 63:09 |
| 33 | Margaret Buckland | W60 | 66* | 66:40 |

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|---------------------|---------------------|------------|-----|------------|
| Light Green Juniors | 3.1 km 90 m | 8 controls | | 320 points |
| 13 | Oscar Tapp-Scotting | M18 | 86* | 23:01 |
| 17 | Matthew Wallace | M16 | 80* | 24:11 |
| 18 | Sarah Claxton | W16 | 78* | 25:05 |
| 22 | Mark Burnley | M18 | 76* | 26:28 |

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|----------------|------------------|-------------|------|------------|
| Orange Juniors | 2.8 km 45 m | 10 controls | | 332 points |
| 1 | Peter Hodgkinson | M14 | 100* | 14:54 |
| 9 | Tim Martin | M14 | 90* | 17:59 |
| 15 | James Taylor | M14 | 80* | 19:43 |
| 27 | Peter Lynas | M14 | 62* | 21:08 |

Also important were those Club members who didn't actually score for us but took points off other clubs. They were

Catherine Hughes
Clare Claxton
Laura Evans
Joy Hodgkinson

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"From Dave Cooke"

How can I help ?

You will have read elsewhere that I intend to bring a more open culture to the club and ensure that members are regularly updated on the decisions being made on their behalf by the Committee.

I also want to change one of the major stumbling blocks - the perception that taking on the role of Planner or Organiser of an event is difficult and to be avoided at all cost !

You will appreciate that every event must have a Planner, Organiser, and Controller before it can happen....well let me try to put you at ease and show you that you too can volunteer for one of these jobs.

All new volunteers will receive as much support as the club can possibly provide to make the job enjoyable and to ensure that you are left with the feeling that "It wasn't as hard as I thought, I would like to do that again," and "When can I volunteer for another one ?"

I mentioned earlier in this B&G that Janet Evans had stepped down from the role of Volunteer Coordinator, but I am pleased to be able to tell you that both she and Bob Alderson have offered to act as

mentors for new (and existing) Organisers. Janet and Bob's experiences of organising major events both for NOC and for other organisations, and their previous involvement on the Committee in a number of roles will be invaluable and it is exactly what we need to draw upon for the future of our club.

There is an existing set of Guidelines for organisers which was put together by previous NOC orienteers and which sets out in simple language what is required, who to contact and when, and it takes you through a logical series of steps so that nothing is missed. These will be revised and updated shortly by Janet so you can be confident that they will reflect exactly what you need to do for each event, from a C5 Summer League through the next stage of a C4 District event, and when you are ready to a C3 Regional event.

Janet and Bob will be able to offer help and advice at all stages at the level of detail needed to match your experience and I'm sure that this will give you the confidence that you are most certainly not going to be left to struggle and work it all out for yourself.

The organiser's job is made even easier because many of the difficult tasks are handled by the Helper Group Team Leaders. All club members are allocated to particular teams where their talents can be put to the best use, and the Team Leaders will ensure that sufficient people are co-opted to help on the day of the event. If you feel you have been missed or not asked recently and would like to help more frequently please ring your Team Leader or any Committee member and we would be delighted if you could join us.

Similarly, we are hoping to set up some more Thursday evening sessions at Bramcote to give an introduction to planning. You may be aware that there are BOF Planning Guidelines to which all events must conform. These guidelines ensure that standards are equal, fair, and consistent at all events – for example if you enter a Green course at one event you want to be certain that when you enter for the next that it will be of equal difficulty and a similar distance.

One of the Controller's roles is to act as an overseer and to ensure that the planner adheres to these Guidelines. All Planners will have a Controller designated for their event and you can be certain again that you will receive all possible help and impartial advice.

So, I hope that this has taken away some of your worries and you will now feel able to have a go and volunteer to either plan or organise an event. The ideal opportunity is the Summer League which runs from late May through to the end of July. There is less pressure in carrying out the roles at these events and they are a good way of gaining experience before you go for a C4.

Helen O'Neil is now coordinating volunteers for the future events and she would be delighted to hear from you – so don't delay, ring now !

Good luck and good planning and organising.

"From Catherine Hughes"

Sun, Sea, Sand and Sumptuous Orienteering

What would you do if you weren't really enjoying your job, had a feeling that a change in career was required and your employer was offering your department generous voluntary redundancy packages? It didn't take me long to make up my mind.

So, one week after I've left my job in the IT department at Boots I find myself on a flight to Riga in Latvia with a plan to orienteer and sightsee my way around the Baltic States and some of Scandinavia. I had never orienteered abroad before but I'd read many interesting articles by NOC orienteers who had enjoyed foreign tours and was curious to find out what they were like. How would orienteering in Latvia, Lithuania and Sweden compare with scampering around the woods back in Nottinghamshire?

Well, as you might expect, the basics of the activity as just the same. For the three day Latvian and five day Lithuanian competitions I'd booked with Scottish O Tours, which meant that I had some interesting companions from o-clubs all over the UK with which to share the experience. Each day we went through the same pre-race routine and post-race analysis that we're all used to in domestic competitions. It felt quite like being at home; however there were some subtle differences. At the starts, it proved tricky to work out what times were being called up as I'd only managed to pick up a few words of the local language and they didn't always shout out names. Even when they did I often couldn't recognise my own name pronounced with the local accent! Next we would pick up our pre-marked maps that were bagged but not sealed. As I ran to the start triangle through a carpet of discarded plastic I realised that in the fine sunny weather many folk preferred to have a direct hold of their treasured course.

Running through the Latvian and Lithuanian coastal terrain in Liepāja and Klaipėda, was heavenly. The areas on the Lithuanian Curonian Spit are blessed with truly runnable forests that have intricate contour detail and no undergrowth to get tangled up in. These were forests that I would cheerfully go back to at a drop of a hat. The planners made the most of the areas and very kindly often put the finish close to the beach. Lithuania certainly gets top marks for the après-O. My cool down routine would often comprise a fifty yard jog to the beach, followed by a quick dip in the Baltic Sea then a spot of basking in the sunshine to dry off, lying on the smooth silky sand. Then I'd tuck into a packed lunch or something from the Baltic equivalent of Wilf's (often a pork and cabbage combo) and study the results armed with an ice cream. There was even chilled beer on offer too. Food, drink and just

about everything else in the Baltics was very cheap. The only surprise was that O-kit was the same price as back home, which to the Latvians or Lithuanians on an average salary of £200 month must have seemed pricey. In fact, I did notice a few people running round in trainers rather than O-shoes.

I can certainly recommend taking a holiday in any of the Baltic states as there are plenty of things to do (apart from orienteer) and you can take advantage of the new flights from the 'no-frills' airlines. Culturally, they're just that bit different from the more familiar western European countries. There is evidence of the past Russian and German occupations in some of the architecture and the antiquated public transport. But the countries are highly individual in character and there is an atmosphere of optimism as they rediscover and celebrate their national identities and make the most of their EU membership. Dining out, I enjoyed the local specialities, particularly the refreshing cold beetroot soup on the hot sunny afternoons and the enormous Zeppelin-shaped potato dumplings stuffed with cheese and ham. However, spam for breakfast and smoked pigs ears as an appetizer before dinner could take some getting used to. I found it was worth taking time out from the orienteering world to visit some of the local attractions such as the Lithuanian amber museum (amber is found all over the Baltic region with 90% of the world's amber thought to be under the town of Yantarny in Kaliningrad, 50 miles SW of Klaipėda), the grimly fascinating, ex-Tsarist suburb of Karosta, Liepāja, now semi-abandoned but home to one of the Russian Empire's finest Orthodox Cathedrals and the Latvian museum of occupation (a crash course in European history for me). Everywhere I went the people gave good service and all spoke English. So well in fact that, despite my best intentions, I failed to learn many new words. Although my favourite addition to my vocabulary was the Lithuanian for 'thank you' which is *ačiū*, pronounced ah-choo. It sounded like you were having a sneeze when you said it, childish I know, but it amused me no end.

After a week spent exploring Riga, Tallinn, Helsinki and Stockholm I set off for the O-ringen in the unpronounceable (for me, that is) Skillingaryd, in Småland, southern Sweden. There I joined about 12,000 orienteers for five days of teasingly technical orienteering. One had to concentrate so hard all the time as the forests were so intricate, had few line features and had some sneaky little bogs in the forest. It took a couple of days for me to learn how to spot the Swedish plants that inhabit the bogs so that I could navigate by them. I enjoyed competing in such a large class of about eighty women, compared with back in the UK where there is often less than ten of us on W35L. This meant that every navigational mistake could result in my dropping ten or twenty places. Fortunately I improved quickly but then seemed to get bombarded by multilingual Scandinavians in the forest asking me to tell

them where they were. According to the other Brits at the O-ringen, this allegedly is common practise over there.

After a hard hour or so in the forest there's nothing an orienteer likes more than a nice communal hot shower in the open air with a hundred or so fellow runners. Yes, the Swedish showers are a welcome and surreal experience that made quite an impression on me. The Scandinavian lack of inhibition is refreshing and a little infectious. By the end of the week I'd even got used to the bucket style toilets on the way to the start that were arranged in a circle facilitating pre-run chit chat!

The event centre was surrounded by appealing if uniform scenery comprising thick forests and numerous lakes. So, on the rest day I joined fellow orienteers taking part in the Swedish tradition of swimming in one of the lakes. It was a pleasant way to exercise my tired legs before my biathlon training scheduled for the afternoon. A couple of orienteers from the Swedish army gave us a lesson in the shooting discipline of the orienteering biathlon. This was great fun firing rounds down on the range on the event campsite. I found I was hitting most of the targets whilst in the prone position but discovered the standing position was much harder as my rifle was pretty heavy. My muscular female instructor kindly informed me that I could do with working out my upper body! The session was enjoyed by all and we asked each other if there were opportunities to have a go back home. If anyone knows of any, please drop me a line.

Overall, I'd had a fantastic tour. Thank you to all my friends, old and new, who helped me plan and execute my trip. I feel I improved my navigational abilities and I certainly came home fitter than when I left. Also, I've made numerous friends and have enjoyed exploring new places and their cultures. Back home, feeling inspired by my travels I signed up to do a Personal Trainer qualification at South Notts College.

The course is currently going very well and I'm looking forward to starting my new career next year. Watch this space.....

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Future Events List

February 2006 – April 2006



| | Date | Category | Venue |
|-----|-------------|------------|---------------------------------|
| | 2006 | | |
| Sat | 11/02/06 | C5 DVO | Farley Moor |
| Sun | 19/02/06 | C3 HH | Burnham Beeches |
| Sun | 19/02/06 | C4 DVO | Carsington Pastures |
| Sun | 26/02/06 | C3 MDOC | Torver Low Common |
| Sun | 26/02/06 | C3 TVOC | Chilton Challenge; Bradenham |
| Sat | 04/03/06 | C5 DVO | Elvaston Castle |
| Sun | 05/03/06 | C3 LOG | Stapleford Woods |
| Sat | 11/03/06 | C3 NOR | Double Dumpling; Cockley Clay |
| Sun | 12/03/06 | C3 NOR | Double Dumpling; Sandringham |
| Sun | 12/03/06 | C4 DVO | Bow Woods; Lea Mills |
| Sun | 12/03/06 | C3 EPOC | Marsden Moor |
| Sun | 12/03/06 | C3 WCH | Wolseley Park & Abrahams Valley |
| Sat | 18/03/06 | C5N NOC | Haywood Oaks |
| Sun | 19/03/06 | C4 NOC | Thieves Wood |
| Sun | 19/03/06 | C2 SROC | Whitborrow Scar |
| Sun | 26/03/06 | C3 LEI | Belvoir Castle |
| Sat | 01/04/06 | C1 BOC | Furnace Wood; Midhurst |
| Sun | 01/04/06 | R1 BRC | Furnace Wood; Midhurst |
| Sat | 15/04/06 | C1 JK2006 | Bilkley Moor |
| Sun | 16/04/06 | C1 JK2006 | Keldy; Cropton |
| Mon | 17/04/06 | R1 JK 2006 | Bramham Park |

Nottinghamshire Orienteering Club Winter Training
Night

Circuit Training
(led by Eddie Nicholson, club coach and qualified
fitness trainer)

Every Thursday
at
Bramcote Hills Sport and Community College (Gym)

Starts 6.30pm

All ages and abilities catered for
Present members that attend range from 9yr olds to
W/M21's to W55's

Cost Adults £1.00 Juniors 50p.