

The Black and Green

Word Machine

The newsletter of



Also known as the Thé Bag...

...and once known as Serendipity

May 2006

"From the Chair"

Well it's been a busy few weeks recently with the British Champs., Compass Sport Cup 1st round, and the JK over successive weekends.

Despite many people criticising the planning of having such events running consecutively (that included me!) I must admit with the benefit of hindsight that it certainly was an enjoyable three weeks.

It was such a pleasure to see yet more examples of the 'well oiled machine' when club members come together and produce highly successful events. I sometimes think that we orienteers don't praise ourselves highly enough for also being brilliant project managers!

I felt that there was a great deal of development of the team spirit during these events and we certainly seemed to be competing as a club rather than just as individuals. It seemed to me that we had something to focus on now we have the new banner. Now we just need the new kit as well.

Thank you to everyone who played a part, let's build on this for the future.

Unfortunately I was unable to make it four in a row and had to miss Graythwaite but as I write this we have the Triple O Severn event this coming weekend followed by SYO's C3 at Greno Woods and then looking forwards a little we have our Summer League series, which starts with an event on 20 May at Bulwell Forest Park. Eight events altogether, with full details elsewhere within this issue of Black & Green and also on the website at www.noc-uk.org

Make sure that you check the dates and locations and don't miss any – they'll be good for practice through the summer months and they'll ensure that you keep working on the fitness and practicing your orienteering techniques.

Helen O'Neil is still looking for helpers and volunteers for planning and organising some future events. For those who haven't volunteered before please give it a go now, there may still be some opportunities for the Summer League events. These are the best ones to start with and as I've mentioned previously you will be given lots of help and encouragement. Don't worry if you haven't done it before, we all had to start somewhere. Once you've done one I'm sure that you'll find that you're hooked and can't wait to volunteer again!

We had a very productive Committee meeting in March, and as part of my intention to make information more freely available to all club members, if you would like to read the minutes you'll find them now on our website – www.noc-uk.org

If there are any matters within the minutes which you would like to discuss please feel free to ring me.

We have decided to continue the streamlining of the Committee meetings by forming two smaller support groups which will meet from time to time. The first will specifically deal with fixtures issues and the second, most importantly, will concentrate on the development aspects for the Club.

The two groups will report back with their findings and decisions to the main Committee meetings and this should thus allow us to free up more time to concentrate on the wider picture of the club's future strategy.

The development group has an open brief to investigate and put forward any ideas for improvements, which will be of benefit to the club. We have been very successful in the past, we still are, but now we need to make plans for the future.

We may shortly be calling for your help and input, because I think (I hope) that we shall need to share the extra workload which is generated by the ideas from this new group. You will realise that there are only a small number of us who make up the Committee and we already have a high workload with our own particular responsibilities. I'm sure that many of you in the club have lots of hidden talents that we on the Committee may be unaware of and these may be exactly what we need. Could you offer a little of your time to help the development group? At present I can't give you any idea of what we may be looking for – this is the beauty of starting a group with an open brief.

If you would like to contact one of the Committee members and let us know how you think you might be able help, then who knows, you may also just trigger our thoughts on a development aspect that we hadn't yet considered.

Remember the old saying - many hands make light work!

Happy O'ing.

See you in the forest, or at the club tent!

Dave Cooke

"From Pauline Olivant the Development Officer"

YOUR CLUB NEEDS YOU!

As we all know NOC is one of the best clubs in the country, but as Dave has said in his Chairman's comments we are forming a new sub group to look at ways we can continue to make our club stronger.

We have started with the new logo, kit and flag banners and we will be looking at lots for different areas of the club. Although a small group of the committee will be involved it would be really good if we could involve more of the club members in the ideas stage and utilise some specific skills you might have.

We are not asking you come on the committee. Just give us a little help on a specific job. For instance, has anyone out there skills in using publishing / design software? We want to update the new membership information and produce a leaflet to promote the club. The material to do it is there, we just need to make it more attractive. Then we need to distribute it. Do club members know of places they could take a batch of leaflets to?

How about the web site? We feel it needs to be updated. Has anyone got any expertise on design?

How do we make newcomers feel welcome?

We are all concerned whether or not we have sufficient volunteers to put on events, especially those at which we would all like to run. We shouldn't expect the same people to do the jobs time after time, so how do we support newcomers to have a go?

The club training evenings are going really well now. It would be nice to have some social activities to help club members to get to know each other more. What, where, how?

These are just a few of the ideas we have to start with. None involve a lot of work if shared out between several people.

Could you spare a little bit of time to give us your ideas or lend a hand to develop them? Have you any skills to help us?

PLEASE contact one of the sub committee if you can help, even if only in a very small way.

Pauline Olivant, 0115 9872083 email emoarep@noc-uk.org

Richard Robinson email teamcaptain@noc-uk.org

Andrew Powell email coaching@noc-uk.org

Nicola Olivant email secretary@noc-uk.org

"From Richard Robinson, the Team Captain"

NOC successes at the JK and British Championships

Well done to the following NOC members who finished in the top three of their respective classes. Congratulations to all!

At the JK....

- 1st Jenny Evans (W14A); Elizabeth Parkinson (W14B); Hilary Palmer (W55L); Peter Bowen (M20S); Andy Sykes (M40S); and Bob Alderson (M65S).
3rd Sian Roberts (W20L); and Mark Burley (M20S).

In addition, the team of Matthew Wallace, Tim Martin and Peter Hodgkinson finished 3rd in the M48- class at the JK Relays.

At the BOC....

- 1st Peter Hodgkinson (M16A); Andrew Llewellyn (M20L); Peter Bowen (M20S); David Hodgkinson (M21S); Bob Alderson (M65S); and Elizabeth Parkinson (W14B).
2nd Jamie Martin (M12B); and Hannah Horsewill (W10A).
3rd Reece Towne (M16B); David Cooke (M55S); Hilary Palmer (W55L); Pauline Olivant (W55S); and Valerie Gebbett (W65S).

At the BRC....

NOC had two teams finish in the top three at this year's BRC in Sussex. Rose Hodgkinson, Helen Palmer and Alison O'Neil finished in second place in the Women's Open class just a couple of minutes behind winners CLOK with Sheffield University in third. Robert Palmer, Jeff Colbert and Stephen Wright jnr finished in third position in a large field on the Men's short behind SARUM and winners TVOC.

NOC Success at the Compass Sport Cup Regional Round at Lynford (9th. April 2006)

Thanks to everyone who turned out for NOC at the Compass Sport Cup regional round at Lynford, the competition was close but we did enough to get through. Nearly everyone that went either scored or knocked points off of other clubs. The scores were as follows:

1 st NOC	2333	2 nd WAOC	2299
3 rd NOR	2256	4 th LEI	2104

The Final will be at Greenham Common, near Newbury, on Sun. 15th Oct. 2006 and is being hosted by BAOC. We can win this cup but we'll need everyone to run, I'm giving you advanced notice so people don't go booking holidays. NOC needs you!!

As normal we will hire a coach to take us down to Newbury. Hopefully we can fill it. The event is around a 3 hour drive from Nottingham, so we could book some accommodation and travel down the day before and do some training on the Saturday as a club. Alternatively we could do some training closer to home and travel down on the Sunday morning. Please let me know if you would be interested in either of these ideas.

Harvester Weekend, Hawick (10-11 June)

I am sure that all of you will have heard of this competition but are put off by night Orienteering or by having your body clock messed up by getting up at silly hours. Well this year's Harvester looks like being different.

The Harvester is amongst three events that look to be a quality weekend of Orienteering. On the Saturday there will be a sprint race that is also part of the UK Cup series and is followed by the Harvester Relays that will start before Midnight so that they finish at a reasonable hour. This will give you enough sleep before the SOL5 regional event on the same area on the Sunday. Many of the legs will be in the light at this time of year so don't worry too much if you are not a fan of night orienteering.

Once I have the names of those interested (even if you would simply like to run the Saturday and Sunday races and not the Harvester), I can sort out travel arrangements.

Richard Robinson, Team Captain

New Kit

The new kit should arrive around the end of April. For those that haven't ordered any kit but would like to, extra tops and trousers have been ordered and the cost will be held at £28.50 for a top and £15.00 for trousers until this stock has gone. After this the price will rise substantially. For those that have ordered kit you are reminded that you will not receive your kit until the full amount has been paid. If you would like to order new kit, please contact me.

[Richard Robinson, Team Captain](#)

NOC club training night Thursdays April – July

Training will now alternative with circuits one week and training run the next week (See Table below). Circuits are adaptable for everyone. Club members presently taking part range in age from 8 to 55 (Indeed W55!). Each session is led by our own club member - Eddie Nicholson.

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

Start 6.30 pm at Bramcote Hills Sports College, Moor Lane. Meet in the Gym for circuits, (whilst exams are taking place we may have to move to other halls, on the site, or will be outside on the grass.). Meet in the PE Classroom for the training 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 of the park will be available 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

Extra coaching sessions can be arranged if required.

Circuits	18 May		1 June		15 June
Training Run		25 May		8 June	
Circuits		29 June		13 July	
Training Run	22 June		6 July		20 July

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NOC team going international

A seven strong NOC team comprising of Peter Forester, Peter Hodgkinson, Rob Palmer, Mick Lucking, Andrew Powell, Andrew Llewellyn and Richard Robinson will be heading out to Finland on June 16th. to take part in the world's largest orient-eering relay, the Jukola. which will be held in South West Finland near to the town of Salo. Almost 15,000 competitors are expected to compete and many more are expected to spectate.

The Jukola relay is a 7-man relay, similar to the Harvester in the UK with course lengths from 8 to 15km. The relay starts at 23:00 on Saturday 17 June, shortly after the sun sets at 22:49 and although the sun is not expected to appear again until 03:44, twilight hours mean that there will only be complete darkness for less than an hour. With around 1200 men all starting in a mass start the sight of them trying to make it into the forest should be something to behold.

Prior to the Jukola Relay, the Venla relay, the womens 4-person version starts at 14:30 with leg lengths from 4 to 8km. With the majority of the teams from Finland and Scandinavia the race should be very spectator friendly. More information on this fantastic event can be found at www.jukola2006.net. If this trip proves successful, with sufficient interest this trip could be done on a regular basis as it is a competition all orienteering fanatics should taste.

Richard Robinson

Future Events List

May 2006 – August 2006

	Date	Category	Venue
	2006		
Sat	13/05/06	C4 DVO	Riber Hillside
Sun	21/05/06	C3 HOC	Titterstone Clee
Sun	21/05/06	C4 DVO	Chrich Chase
Thurs	25/05/06	C5 LOG	Twyford Woods
Sat	27/05/06	C2 SOA	Scottish Champs; Glen Dye
Sun	28/05/06	R4 SOA	Scottish Relay Champs; Bogendreip
Sat-Mon	27/05/06 – 29/05/06	C3 SWOA	Tamar Triple Event; Cockworthy Forest
Thurs	8/06/06	C5 LOG	Lincoln South Common
Sat	10/06/06	R2N	Harvestor Trophy; Teviothead
Sat	10/06/05	C4 LEI	Bradgate, Swithland & The Brand
Sat	10/06/06	C5 DVO	Foremark Reservoir
Sun	11/06/06	C3 RR	Teviothead
Thurs	22/06/06	C5 LOG	Riseholme Park
Thurs	06/07/06	C5 LOG	West Common
Sat	08/07/06	C5 DVO	Elvaston Castle
Sun	16/07/06	C4 OD	Burton Dassett Hills C. P.
Thurs	20/07/06	C5 LOG	Bourne Woods
Thurs	03/08/06	C5 LOG	Lincoln South Common
Sat-Sat	05/08/06 12/08/06	C3 NWOA	Lakes 5 days

NOC Summer League 2006

Nottinghamshire Orienteering Club invites you to take part in our Summer League Series, 2006. Courses will be available at each event for all ages and abilities. The programme of events is as follows:

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|-----------------------------|------------------------------|-----------|
| • Sat 20 May | Bulwell Park | SK 538463 |
| • Sun 11 th June | Brierley Forest Country Park | SK 473595 |
| • Sun 18 th June | Holme Pierrepont | SK 607386 |
| • Sat 24 th June | Burntstump Country Park | SK 576506 |
| • Sun 9 th July | Haywood Oaks (signed from) | SK 593560 |
| • Sat 15 th July | Colwick Park | SK 604393 |
| • Sun 23 rd July | Rushcliffe Country Park | SK 575322 |
| • Sun 30 th July | Nottingham University | SK 533383 |

Fees Adults £2.00; Juniors/Students £1

Courses String, White, Yellow, Orange, Technical

Starts 10:30-11:30

The technical course will be approximately 4.5-6.0km, TD4/5 and will be in various formats (Score, butterfly loops etc.). Most events will include pre-marked maps but will be pin punching.

There will be a league table for all courses (except string) with the best 5 scores to count from the series. Extra points will be given for each event you take part in and prizes will also be awarded for series winners on each course.

Full details of each event will be posted on the website: www.noc-uk.org

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"From Hilary Hodkinson, the String Course Coordinator"

Helpers needed for Summer String Courses

We are planning to run String Courses at this year's Summer League events using the simplified mapless system used regularly at District events.

I am trying to find members who will be attending the events, who will be prepared to put out the string and controls. The courses can be left unattended while you run, then cleared up afterwards. Full instructions and equipment provided.

Please e-mail hilaryhodkinson@hotmail.com or ring 0115 922 2655