

The Black and Green

Word Machine

The newsletter of



Also known as the Thé Bag...

...and once known as Serendipity

February 2007

"From the Chair"

I delayed writing my piece for this edition of B&G until after the C3 at Sherwood Pines, firstly because I simply didn't have the time to write it beforehand, but more importantly so that I could thank all club members who were involved for putting on yet another highly successful event. We had approximately 780 competitors on the day, which from a personal point of view made all of the time and effort of planning seem very rewarding.

There have been a few significant changes affecting the club recently, and a major issue, which could affect orienteering in general, about which an article in this edition will give you an update.

Just to recap, since the last B&G we have had two other successful events at Bestwood and Walesby, both attracting large numbers and both benefiting from good weather. Once again, can I thank those involved for all of their efforts in staging these events.

The recent gales caused havoc across the country and we have had some areas locally that have been particularly badly hit. Stories that appeared in the press and on TV about the damage to Sherwood Pines caused my heart to sink and as soon as I was able, I dashed up there - expecting the worst. After a complete tour of the forest I returned to the car park rather less concerned, and I had already formed contingency plans for the areas which had suffered most damage. Discussions with the Forestry Commission about how long it would take to clear fallen trees proved a little inconclusive but they went into action, closing the park to the public on the Wednesday and Thursday before our C3 and did a brilliant job in tidying up. All access roads (except one that I found later in the far west of the area) had been cleared, the finish area re-emerged from its pile of fallen trees, and we were given the go ahead for the event. Had it been scheduled for one week earlier I suspect it would have had to be cancelled!

Elsewhere, you will have seen that Delamere Forest C3 has been cancelled; as well as LOG's Stapleford Woods C3 (and the CSC 1st round location). We are still waiting for checks to be carried out in our other forests, particularly Harlow Woods for

our C4, and from a longer term perspective for Sherwood Forest and Clumber, the latter apparently having taken quite a battering. Watch out on the EMOA and British Orienteering web sites for the latest news about Stapleford Woods and how this problem will be resolved. Those of you without internet access will be informed personally. (Perhaps those members could just ring me so I make sure I know exactly who cannot get internet access – I don't want to miss anyone)!

Something else has taken us by storm also – Bob Alderson joining the Committee as Permissions Officer!

Bob has brought his own inimitable style to this position and is now chasing all and sundry to obtain the necessary agreements in his usual orderly and timely fashion. I would like to pass on my thanks to Bob for his extraordinary efforts in trying to resolve some major issues recently. More details are in Bob's explanation elsewhere in this issue.

A very visible and welcome addition yesterday at the C3 was the debut of Catherine Hughes, appearing for the first time in her alternative role as the 'Meeter & Greeter' for the club. She attracted a lot of attention and many enquiries and I believe that she was successful in signing up many potential new recruits to the club. To assist in this, we intend to give the club notice board a long overdue revival to provide a more attractive site for our publicity material.

A list of all current members has been produced by Michael Napier in the last few weeks and it has shown that some members are not allocated to any specific helper group. We intend to rectify this situation, so if you think you are one of the 'unallocated', worry no longer – your club needs you and we'll let you know who your Team Leader is very shortly. All new members will in future automatically be allocated to a particular group, but if we subsequently find that they have hidden talents such as being able to be a Whizz Kid, or an expert car parker, then I'm sure that internal transfers will be arranged. If you think you are already in the wrong group and your talents are being wasted, please contact your Team Leader as soon as possible.

As usual at this time of year we have the launch of this year's Summer League series of events. Richard is once again the coordinator and in addition to a varied set of locations, he will no doubt have come up with yet more subtle tweaks to the scoring system. These events are the ideal starting places for novice planners and organisers. You will of course be given all of the help you need, so don't hold back. Check the list now and ring Helen O'Neil to volunteer for an event that you fancy doing.

Don't forget that in this edition there is also the latest NOC Fixtures List, so that you can update your diaries for the next few months. Once again, those without internet access to check any last minute changes to these event dates and locations will be informed personally.

Finally, can I just make a plea once again for more articles for B&G from non-Committee members. I'm sure that many of you have interesting stories to share of your orienteering successes, failures, funny stories, in-depth discussions such as 'How I overcame my orienteering injury and came back to win the JK!', technical queries, coaching tips, suggestions, etc. We used to have a letters page in past years but, I know, not many people write letters now. So let's have an 'e-mail reproduced in B&G' page instead. All you need to do is get to that keyboard and e-mail Peter Hubberstey

with those stories that you having been longing to share with your fellow club members. (Those without internet access, it's time to put pen to paper!).

A challenge to you – lets see if we can give Peter enough material to fill ten pages in the next issue of B&G!

See you in the forest

Dave Cooke

-0-

From Andy Wallace, novice organiser

Who would volunteer to be an organiser?

I did and I can thoroughly recommend the experience!

As a first time organiser of a District (C4) Event I have been asked to let potential helpers know how it went. When I agreed to organise the Blidworth Event I thought it might involve a lot of hard and complicated work. What is organising? It is effectively what it says on the tin and you don't need to have an extensive knowledge of orienteering to carry it out. On a positive note it is an excellent way to get to know people in the club and for them to get to know you. It is certainly fun with my main claim to achievement (thanks to the car park team) being the collecting of some car parking fees in Euros at I should say a very favourable exchange rate for the Club.

In organising you are supported by friendly and helpful team leaders who sort nearly everything out on the day whilst you look around and look important. Occasionally you get asked a difficult question like 'Is 2 hours a long time to take for an orange course?' but when you find the leader of the group who brought them, you realise....it is for them. In organising you should expect to be the first person at the event and the last out except for the planner and controller.

The only difficult thing in organising is trying to master the use of the tool you are given to remove the ties holding the orienteering direction signs. I have not yet mastered this but I did enjoy my day at Blidworth. I would certainly recommend people have a go if only for the challenge of finding the NOC garage at Chilwell.

Andy Wallace

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NOC club training night Thursdays Feb - May

Feeling unfit in 2007? Don't like the dark nights?
Why not join in the club training night at Bramcote Hills Sports College?

Circuits training to suit all, check the web site for more details.

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

From Pauline Olivant

Organiser Guidelines

The club has a set of organiser guidelines, which we are at present in the process of being updated. We have the comments from several organisers but if anyone has any thoughts on items they think might be useful or need amending, can you please let us know.

Contact Pauline Olivant, Tel. 0115 987 2083
email p.olivant@btinternet.com.

The guidelines will make the job of organising so much more straightforward, there will be full support with all the information you need to know, so if any club member thinks they might like to have a go please do so.

Contact Helen O'Neil. Tel. 0115 944 1592
email mikeoneil@compuserve.com

That goes for planning as well. New planners are always welcome; our experienced controllers are there to guide you.

Pauline Olivant

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"From the Editor"

Posting hard copies of the B & G to members has a significant negative effect on the Club's finances.

For some time now we have maintained a list of members who are happy to receive their B & G electronically.

It is now time to review this list and hopefully add to it so that we can spend more of the Club's hard earned cash on other orienteering activities.

So if you would like to continue to receive or start to receive your B & G electronically please e-mail the following address: bag_ed@noc-uk.org

Once again, many thanks to everyone who has contributed to this edition of the B & G, which has been a pleasure to put together.



Future Events List

February 2007 – May 2007

	Date	Category	Venue
	2007		
Sun	18/02/07	C4 HOC	Lickey Hills, Birmingham
Sat	24/02/07	O3S JOK Sprint	Banstead Heath, Banstead
Sun	25/02/07	C2 MV	White Downs, Dorking
Sun	25/02/07	C4 WRE	Lizard Hill, Shifnal
Sat	03/03/07	C4 DVO	Stanton Moor, Birchover, Matlock
Sun	04/03/07	C3 LEI	Fineshade Corby
Sun	04/03/07	C3 EPOC	Marsden Moor, Huddersfield
Sun	11/03/07	C4 NOC	Harlow Woods, Mansfield
Sun	11/03/07	C2 SROC	Whitbarrow Spar, Kendal
Sat	24/03/07	C5 DVO	Poolsbrook, Chesterfield
Sun	25/03/07	C4 LEI	Ratby Woodlands, Leicester
Sun	25/03/07	C3 AIRE	Bailden Moor and Shipley Glen
Sun	25/03/07	C3 POTO / DEE	Weston Heath & Bury Walls
Sun	01/04/07	C4 WCH	Miflins Valley, Rawnsley, Cannock
w/e	06-09/04/07	JK Festival, etc.	Forest of Dean, Gloucestershire
Sun	15/04/07	C4 HOC	Breakneck Bank, Wyre Forest
Sat	21/04/07	C4 LEI	Bradgate & Swithland, Leicester
Sun	22/04/07	C4 NOC	Manton & Clumber, Worksop
Sun	22/04/07	C3 OD	Bentley Wood, Atherstone
Sun	29/04/07	C4 DVO	Riber Hillside, Matlock
w/e	05-06/05/07	C1 / R1 BOC / BRC	Pwll Du Bleanafon
Sat	12/05/07	C5 DVO	Ilam Hill, Dovedale
Sun	20/05/07	C2 LOC	Caw Fell, Broughton in Furness
W/e	26-28/05/07	C3 HOC / WRE SINS	(Titterstone, Bucknell, Brampton)

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From Richard Robinson, Team Captain

Summer League 2007

In this year's league, there are seven proposed events, which are as follows:

- Sunday 19 May 2007 – Wollaton Park
- Sunday 03 June 2007 – Rushcliffe Country Park
- Sunday 10 June 2007 – Holme Pierrepont
- Sunday 08 July 2007 – Brierley Forest Park
- Sunday 15 July 2007 – Rufford Country Park
- Sunday 22 July 2007 – Silverhill
- Sunday 12 August 2007 – Oxclose Wood (Mansfield Woodhouse)

The scoring system will be similar to that used at last year's events. For each participant, the best four results from the seven possible will be summed to give their overall score. An addition this year will be the fact that a maximum points score (105 points) will be awarded to the organiser/planner of each event. There will still be additional points for attendance at events.

We are looking for organisers / planners for each Summer League event and also assistants to help with registration, control hanging/collecting, timing etc. on the day. These are ideal events for you to gain experience of planning. We will provide someone to help you who has the necessary know-how.

If you are interested please contact Helen O'Neil
Tel 0115 944 1592
email mikeoneil@compuserve.com

New Club Forum

The club has recently opened a members' forum on the website. All club members are encouraged to use it to vent their views on orienteering in Nottinghamshire and the orienteering world, to discuss events, to arrange relay teams, to organise lift sharing and to facilitate many other activities. All forum members are verified before they are allowed to post anything on the web-site to prevent spam, and moderators frequently visit the site to monitor the suitability of the content. By using this forum you can help the club committee to make important decisions by simply giving your opinions or making your views known, or by responding to occasional polls.

Midland Night Champions

Congratulation to the following club members who recently won the Midland Night Championships at Oversley Wood, Warwickshire:

- Rose Hodgkinson – W21
- Peter Hodgkinson – M16
- Richard Robinson – M21
- Nigel Mockridge – M45

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From Andy Wallace, novice organiser

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Andy Wallace

From Keith Streb, Mapping Co-ordinator

Unauthorised orienteering in our forests. A need for vigilance

Whilst checking the Permanent Course in Sherwood Forest I was surprised to find an orienteering punch tied to a oak tree deep within the S.S.S.I.

I have been assured that this was nothing to do with NOC coaching or training.

I would ask everyone within the club to report any incidents or sightings of anyone not connected with the club who appears to be involved in any unauthorised orienteering in one of our areas.

Similar findings have also been made on DVO areas. This is a matter of concern for us all as we could potentially lose access to the area for good, particularly in view of Sherwood's high ecological status.

Keith Streb

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From Helen Palmer

How to orienteer in Karst

I recently competed in the World University Championships in Kosice, Slovakia. It was a great week. The Great Britain team performed very well with several athletes gaining top 15 positions as well as a 4th place from Murray Strain in the sprint distance race and a fantastic silver medal from Helen Bridle in the long distance race. To top it all, we won the women's relay and brought home a set of shiny gold medals and trophies.

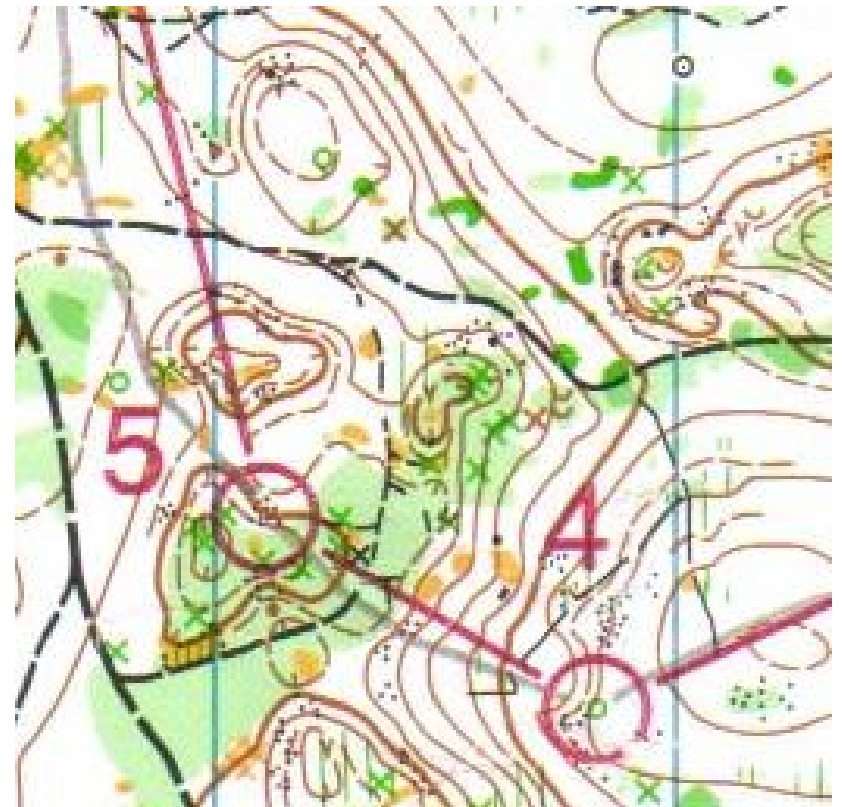
The long distance and relay events were held in the tricky Slovakian Karst terrain which is made up of **HUGE** steep-sided depressions which I think are formed from water acting on limestone a long time ago but I'm sure if you're interested my ex-geography teacher mother could give you a much better explanation. These holes have to be seen to be believed. There is certainly nothing like this terrain in the UK. They definitely do not bear any resemblance to a Thieves Wood pit.

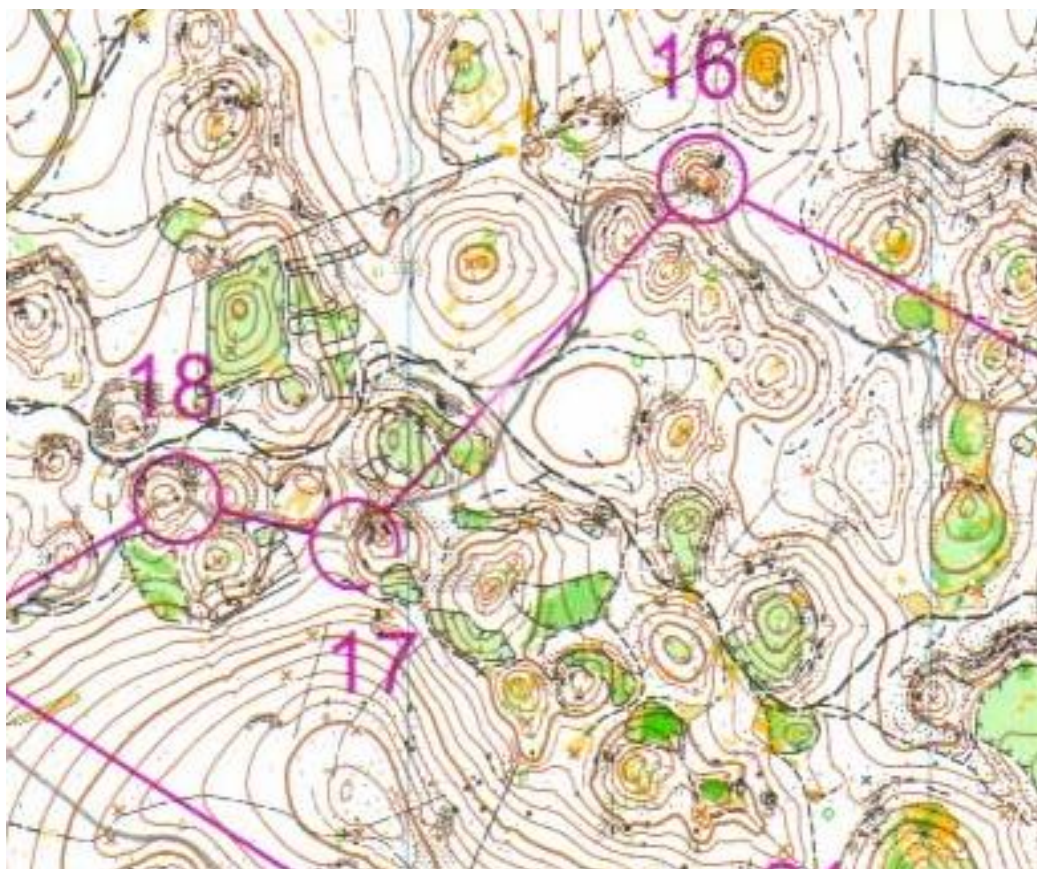
My principal concern was 'How am I going to orienteer in this unusual terrain?'. Unlike the other three girls in the relay team, I hadn't run the long distance event so the relay was to be my first experience of racing in this terrain. Luckily my roommate Mhairi Mackenzie was something of a Karst-guru having not only spent 10 days training near Kosice in June but also having run well in the recent Orienteering Online Cup in Slovenia. Since Mhairi has been ill and injured for about 2 years prior to

the World Students it seemed to me that her result in the long distance race earlier in the week was a clear sign of her mastery of the skills needed to race amongst these gigantic hollows. My own experiences in the model event were more mixed but actually Karst orienteering is relatively straightforward as long as you follow these simple rules;

1. When running past a large depression check your compass
2. When running into a large depression check your compass
3. When running out of a large depression (however knackered you are from the steep climb) remember to check your compass.
4. The "bridges" between large depressions can be high and speedy, as long as you adhere to rule 1.
5. Best route choice; straight is great with careful weaving between holes NB check your direction at all times, see rule 1.
6. Controls are often on rock features on the sides of large holes, holes can be close together so make sure you figure out which hole you need to be in and remember, check your compass on entry and exit.

Section of relay map





I was referred to a mistake someone had made in training where they had run almost the whole way around a hole and spun off in totally the wrong direction. This typical "slingshot" error was common and a result of the fast running conditions but could be avoided by good direction and, yes, attention to compass.

Many thanks to NOC for their help in getting me to Slovakia so I could learn all about Karst. Orienteering in it is a lot of fun and I'd recommend a trip to Slovakia or Slovenia to anyone! Just make sure your compass is packed and in good working order.

-0-

From Richard Robinson, Team Captain

Club Competitions 2007

Compass Sport Cup Regional Round – 18 March 2007

Stapleford Woods, Newark - **Cancelled**

(NOC will now be at the OD event at Wroxhall & Hay Wood,
Warwick. SP224707)

JK Relays - 09 April 2007 - Caer Went, Chepstow

Entry Fees: £10.50 Senior, £5 Junior/Student.

Closing Date: 20th February 2007

Courses: The classes are as follows:

A	JK Trophy	Long, Short, Short, Long, - Technically difficult. Target times - 32, 24, 24, 32 minutes.
B	Women's Trophy	Long, Short, Long - Technically difficult Target times 32, 24, 32 minutes
C	Men's Short	Long, Short, Long - but only 2/3 of JK Trophy distance. Technically difficult
D	Women's Short	Long, Short, Long - but only 2/3 of Women's Trophy distance. Technically difficult
E	Senior Men	Long, Short, Long - Technically difficult.
F	Senior Women	Long, Short, Long - Technically difficult.
G	Veteran Men	Long, Short, Long - Technically difficult.
H	Veteran Women	Long, Short, Long - Technically difficult
J	Intermediate Men	Technical difficulty - Green, Orange, Green.
K	Intermediate Women	Technical difficulty - Green, Orange, Green.
L	Junior Relay (M/W 40-)	Technical Difficulty - Orange, Yellow, Orange. Target times 20, 12, 20 mins (for M14 / M12 / M14).
M	Mini Relay	Technical difficulty - Yellow for all legs.
N	Mixed Ad Hoc	Technical difficulty - Green, Green, Orange. Approximate distances 4.5, 3.5, 2.5 km

Please return the attached form for entries.

British Championship Relays – 06 May 2007

Pwll Du, Bleanafon

Entry Fees: £11 Senior, £5 Junior/Student.

Closing Date: 7th March 2007

Courses: The classes are as follows:

A	Men's Premier	3 x 6km
B	Women's Premier	3 x 5km
C	Men's Short	3 x 4km
D	Women's Short	3 x 3.5km
E	M40	3 x 5km
F	W40	3 x 4km
G	M50	3 x 4.5km
H	W50	3 x 3.5km
J	M/W60 (at least one women)	4km / 3.5km / 4km
K	M18	3 x 4km
L	W18	3 x 3.5km
M	M14	3 x 2.5km (Orange)
N	W14	3 x 2.5km (Orange)
P	Mini Relay M/W 12-	3 x 2km (yellow)
Q	Mixed Ad Hoc (No restrictions)	4.5km / 3.5km / 2.5km (Orange)
R	Junior Ad Hoc (M/W18-)	3.5km / 2.5km (Orange) / 2km (Yellow)

Please return the attached form for entries.

Harvester Relays – 02 June 2007

Penhale Sands, Cornwall

This years Harvester relays is nice and local for us again, this time in Cornwall at Penhale Sands. Those that have been will know that this area is well worth travelling to however. If you are interested then you can email me – teamcaptain@noc-uk.org. Further details will be announced at a later date.

Scottish Championship Relays – 17 June 2007

Loch Doon, Dalmellington

Little information is currently known about the Scottish Champs Relays other than the venue. If you are interested then you can email me to see if we can sort out some teams – teamcaptain@noc-uk.org. Further details will be announced at a later date.

Footpath Relay – Saturday 30 June 2007– Millers Dale

Entry Fees: £0.00!

Closing Date: 31st March 2007

The relay this year, which is to be organised by Derwent Valley Orienteers, will start and finish at Hartington Youth Hostel (Grid Ref: SK 132603). There will be food and drink on sale at the Youth Hostel. This year's course consists of a figure of 8 with Hartington at the centre. The northern loop will be run simultaneously in both clockwise and anti-clockwise directions first and then the southern loop also in both directions. Each loop is divided into 5 legs, varying in length and amount of climb. The northern loop consists of legs 1 -5 (clockwise) and legs 11-15 (anti-clockwise). The southern loop consists of legs 6 – 10 (anti-clockwise) and legs 16 – 20 (clockwise). All runners on leg 6 will start when the first team completes leg 5 and all runners on leg 16 will start when the first team completes leg 15. The total distance is about 126 km. with 3,800 m. of ascent and descent. Leg descriptions and maps will be sent out to competing teams by the end of March but hopefully earlier. Participants are strongly advised to reconnoitre their route before the race. All competitors run at their own risk. The results will be based on the cumulative time for both circuits.

Each team must have a minimum of 20 points, based on the following criteria:

2 points	age 13 or under
1 point	age 14 to 17
1 point	age 40 to 49
2 points	age 50 and over

2 additional points for female runners in any category (i.e. a 45 year old female would count for 3 points).

Age is defined as age on the date of the event.

Points only count once for competitors running more than one leg.

Note: As last year the race will be decided on total cumulative time for each team.

The start time will be at 10.00 a.m. (legs 1 and 11). It is expected that the winning teams will complete one circuit in a little less than 5 hours, thus finishing around 2.30 p.m. SportIdent equipment will be provided for timing. Each team will need four SportIdent dibbers, which act as a relay baton. These can be provided by the organisers if required. At each checkpoint there will be a timing box into which the dibber must be inserted before passing it onto the next runner.

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From Bob Alderson, NOC Permissions' Officer

Annesley Lost and Found

Dave Cooke and I met the 'South Beat Manager' at Forestry Commission (FC) just before Christmas to go through a number of issues relating to woodland on his beat, not least, access to Annesley.

Back in May and again in August, Catherine Hughes had requested permission from FC to hold the event at Annesley, but got no response. On taking over the permissions role from Catherine I wrote in early November and also to the two Estates who actually own the land (Greasley and Annesley). A response from the Annesley Estate was copied by them to the Beat Manager and we heard later from the Annesley Estate's Agent (a chance meeting on site) that FC were not happy with our using a large part of the area (all the area west of the M1) as it was designated a Planted Ancient Woodland Site (PAWS). The remaining woodland to the East of the M1 is not capable of sustaining a C4 or a C5 and so reluctantly the Annesley event had to be cancelled.

The proposal by FC is to allow the Ancient Woodland to revert to more interesting and original woodland without having plants etc trampled by orienteers and others. As this process will involve the extraction of the existing pine over a period of time we felt that this activity might damage the wildlife rather more than orienteering activity would!

There are other woods with the same 'ancient' label in our patch (Thieves and Sherwood) but these are of lower importance ecologically so are not coming under such a ban. When we met him, the Beat Manager was quite clear that this was his personal decision and that it was not negotiable. Further research into the whereabouts of Ancient Woodlands throughout our Region and further afield revealed that many prime orienteering areas are also under this label.

It is seriously remiss of FC not to have been able to let us know months before December that they would not permit our access, and this has led to many wasted hours by the planner and controller.

Not knowing where to go for advice on all of this I turned to British Orienteering (BO) Headquarters for advice. My e-mail was sent off to a BO member in another Region who is also a senior employee in the Forestry Commission, and he phoned a senior person at FC Sherwood Pines, who invited me to meet him, which I did on 30th January.

At this meeting we discussed at some length how the decision about Annesley had emerged. The withdrawal of support for the use of Annesley area west of the M1 was recognised as being too late, for which he apologised, and had caused much lost volunteer time. Having examined the reasons advanced for the loss of access to the area with his colleagues, he came to the conclusion that a further application from the club for use of that area would be welcomed, providing the two Estates continue to support our use - which they currently do. Use of the area should be in line with the requirements of the two Estates (shooting) and FC (before spring - bluebells). Possibly the lost volunteer time could be made good if the event were to be staged in early 2008.

In our initial meeting with the Beat Manager there were a number of restrictions he wished to apply to our event officials gaining access to FC woodland which would have made life difficult for our volunteers. I will not go into detail here, but the bottom line is that the proposed restrictions have been waived and we are now able to operate in line with the National agreement between British Orienteering and FC - which means no change to current procedures.

Bob Alderson

From Laura Evans

Badaguish Poem

I thought I would try something a bit different for my account of Badaguish (Glenmore) 2006. So I decided to write this poem in an attempt give you an idea of what a junior tour is about!

Well where to start?
So much happened in a week
Of which I am glad I was a part

I learned so much
We had loads of laughs
And hopefully I improved a touch!

A huge variety of terrain
Lots of different techniques
Hopefully at events it won't go down the drain!

The ticks didn't get me too badly
Though some people were covered
I rescued them off my legs gladly!

The annual rounders game?
We would have beaten Lagganlia
But that was called off due to rain!

So many maps
Many different exercises
My results may improve now, perhaps!

I would like to thank everyone who helped make this week so great. I would also like to thank the NOC committee for giving me some money to allow me to go on this tour. I believe that it helped me a great deal and I now feel a lot more confident with my Orienteering.

Laura Evans