

The Black and Green

Word Machine

The newsletter of



Also known as the Thé Bag...

...and once known as Serendipity

May 2007

"From the Chair"

How time flies!

It seems like no time at all since last year when I was writing about us experiencing a busy period with the JK, British, and many other top quality events following each other in rapid succession.

Here we are a year on and in the midst of the same busy period, and I hope that like me you have been able to enjoy competing on some of the top quality areas around the country.

The JK was particularly memorable with superb weather conditions, quality terrain, good planning, an extremely well organised event, and many successes for NOC members.

Can I pass on my congratulations to all competitors, both as individuals and as relay team members, and hope that you achieved your aims at these events.

At a local level we have the first of our Summer League events on Saturday (19 May) at Wollaton Park (it may have happened by the time you read this), followed by a series of others around the county. The details are elsewhere in this issue of Black & Green, and also on the NOC website.

Please try to get along to as many of these events as possible, and if you feel you are able to help in any way please contact Helen O'Neil or one of the organisers. As you know, the more people offering to help, the easier it is for all concerned.

At the Summer League events and also within this Black & Green you will have received a form to fill in and return to the Committee. Please use this to express your views, ideas, and comments on the way in which you feel that the efforts of the Committee should be focussed for the future development of the club.

We shall be taking these comments and making good use of them at the next Committee meeting. I think that this will probably be the most important meeting that we shall have held recently as the aim is to agree and produce a club development framework document.

This is important to all members as it gives us something around which we can work to ensure the successful future of the club.

Think of the club as a Limited Company. Each of you has one (person) share in that Company. This is your opportunity to influence what happens to that company so please 'cast your vote' by filling in your form and returning it as soon as possible.

Many of you will have heard of and recognise the model of 'Forming / Storming / Norming / Performing' (proposed by Bruce Tuckman in 1965) as used in all forms of team development, and particularly by high performance teams. This model can be applied to long term development eg. from the formation of our club through to some indeterminate time in the future, or to a short term period such as the 3 year period of my time as Chair. If we consider this as an example I would like to feel that we are currently in the Norming phase..... but now we need to move into Performing.

I don't think we can continue to operate from year to year, however successful we may be in the various areas of the club's activities, without having some specific long term goals and something which will guide us and channel our efforts where they are most needed.

We have rescued the club from one crisis 18 months ago, have moved along steadily and consolidated our position, and now need to go forwards. We must build upon the good work that has already been done.

Continuing with a building theme for a moment you could say that we have cleared the ground, done the remediation work, set the foundations for the future, started the planning, and now need a bit of design work before we put together our planning application.

The 'design work' is the feedback that *you* are going to provide when you return your form which was in this issue of Black & Green.

There will be a postbox for returning the forms at the Summer League events but please don't delay – fill the form in now whilst the idea is fresh in your mind. If you can't get along to the events please pass or post the form to any Committee member.

As soon as the 'planning application' is completed (that is the production of the Development Plan) and passed, building work will commence!

Please help us to help you!

See you in the forest

Dave Cooke



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Between our four practices we have the facilities to treat Back & Neck Pain, Sprains & Sports Injuries, Road Traffic Injuries, Arthritic Problems and Repetitive Strain Injury. We also offer a full range of complimentary therapies including: Manipulation, Acupuncture for pain relief, Full Body Massage, Sports Rehabilitation, Full Gym Facilities, Pilates Studio, Sports Massage, Podiatry, Alexander Technique.

NOC has signed up to the above and all members qualify for a 10% discount.

Future Events List

June 2007 – September 2007

	Date	Category	Venue
Sat	02/06/07	C5 DVO	Holmebrook, Chesterfield
Sun	03/06/07	C4 SYO	Beeley, Sheffield
Sun	03/06/07	C5 NOC	Rushcliffe C. P., Nottingham
Sat	09/06/07	C5 DVO	Rosliston Forestry Centre, Burton
Sat	09/06/07	C3 MDOC	Twin Peak w/e High Dam, Lakes
Sun	10/06/07	C3 MDOC	Twin Peak w/e High Dam, Lakes
Sun	10/06/07	C5 NOC	Holme Pierrepont, Nottingham
Sat	16/06/07	C4 DVO	Kedleston Park, Derby
Sat	16/06/07	C2 SOA Champs.	Loch Doon, Dalmellington
Sun	17/06/07	R4 SOA Champs.	Loch Doon, Dalmellington
Sat	23/06/07	C3X YHOA JRIC	Malham East, Skipton
Sun	24/06/07	R3X YHOA JRIC	Danefield, Otley
Sun	01/07/07	R5 NOC	Little John Relays, Bramcote
Sat	07/07/07	C5 DVO	Rosliston Forestry Centre, Burton
Sun	08/07/07	C5 NOC	Brierley Forest, Sutton-in-Ashfield
Sat	14/07/07	C5 DVO	Shipley Park, Shipley
Sun	15/07/07	C5 NOC	Rufford C. P., Ollerton
Sun	22/07/07	C5 NOC	Silverhill, Sutton-in Ashfield
	05-11/08/07	C3 SOA	Scottish 6-Days; Speyside
Sun	12/08/07	C5 NOC	Oxclose Wood, Mansfield Wood'se
w/e	25-27/08/07	C3 EBOR	White Rose; Pickering Forest
Sun	02/09/07	C4S LOG	Lincoln City Race
Sat	15/09/07	C2 AIRE	Attermire, Settle
Sun	16/09/07	C3 AIRE	Langstrothdale, Kettlewell
w/e	22-23/09/07	C3 DEVON	Caddihoe Chase, Cookworthy

Footpath Relay – The Peak District – 30 June 2007

A few more runners are required to complete the footpath relay team with remaining legs varying in length between 2.7km and 13.7km. The event is based at Hartington Youth Hostel where food and drinks will be on sale. If you would like to run then contact me as soon as possible with the approximate length that you would like to run. There is no fee for taking part in this event.

Richard Robinson

teamcaptain@noc-uk.org 01623 559883

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NOC club training night Thursdays – May - August

Every Thursday starting at 6:30pm at Bramcote Hills Sport and Community College, Moor Lane.

Training alternates between circuit training one week, training run or interval sessions the next. Circuits are adaptable for everyone. Club members taking part at present range from 8 year olds through 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 may have.

Why not come and join us.

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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. Please send your e-mail address to bag_ed@noc-uk.org if you would like your B & G electronically. Many thanks.



From Bert Bradshaw

Karst Revisited

As a long time caver, I was most interested in Helen Palmer's Slovakian Karst terrain experience. This type of topography is noted for spectacular and dramatic cliffs, gorges, dolines, rock pavements (clints), caves and potholes: A wonderland indeed!!

The word 'Karst' is derived from a geographical region in Slovenia where all the above features are found in abundance: A caver's paradise!!

'Karst', the place name, is now universally adopted to describe any area where the drainage is mainly underground.

'Doline' is a Serbian word, dolina the Italian equivalent. A doline is an enclosed depression and is a Karst phenomenon. These depressions, numerous in most limestone areas, especially where caves are well developed are usually irregular shaped circular hollows with a funnel-like cross-section. Some may represent disused swallets, more common are those formed by active solution, acid charged rain water enlarging joints and the sub-soil gradually following the water underground.

There are thousands of these holes in U. K. limestone areas, where they are called shake holes. Ingleborough Hill in the Yorkshire Dales is littered with them: They are like bomb craters!!

The recent (2007) BOC were held on an open area of Welsh moorland (Pwll Du and Bloreng). Underneath the fell is a long outstanding cave system called 'Ogof Draenen'. The sinks, which originally fed the system, are situated several km to the north on another moor named 'Mynydd Llangatwg'. These ancient sinks and more recent shake holes now drain into other caves, the original route to what is now Ogof Dreanen having been truncated by the deepening of the Clydach gorge.

Finally if anybody wants to visit a real doline they must go to China to see one, which is 150 m deep with vertical limestone walls. The only way down is a straight abseil. The only way up is a knacker's rope jamming effort back to the surface: Phew!!

Bert Bradshaw

Summer League 2007

The programme of events is as follows:

Sat 19 May	–	Wollaton Park, Nottingham	SK 530390
Sun 3 rd June	–	Rushcliffe Country Park, Nottingham	SK 575322
Sun 10 th June	–	Holme Pierrepont, Nottingham	SK 607386
Sun 8 th July	–	Brierley Forest C. P. Sutton-In-Ashfield	SK 473595
Sun 15 th July	–	Rufford Country Park, Ollerton	SK 648653
Sun 22 nd July	–	Silverhill, Sutton-In-Ashfield	SK 472616
Sun 12 th Aug	–	Oxclose Wood, Mansfield Woodhouse	SK 452363

Fees – Adults £2.00; Juniors (Under 21)/Students £1

Courses – White; Yellow; Orange; and Technical

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 and will be pin punching.

Starts - 10:30-11:30

League - There will be a league table for all courses with the best 3 scores to count from the series. Extra points will be given for each event you take part in

Prizes - Will also be awarded for the top three at the end of the series on each course.

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

The scoring system will be similar to that used last year events but for each participant, the best three 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.

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Latest Club successes

Congratulations to all our following prize winners at the major events over the past few weeks:

JK International Festival of Orienteering

Individuals:

Peter Hodkinson,	M16A	1 st
Hazel Rice,	W50S	2 nd
Hilary Palmer,	W60L	2 nd
Jenny Evans,	W14A	3 rd

Relays:

James Taylor, Peter Lynas, Peter Hodkinson	Men total age 48-	1 st
Danny Brown, Jack Lord, Ben Lord	Mini Relay	3 rd

British Orienteering Championships

Individuals:

Peter Hodkinson,	M16A	1 st
Elizabeth Parkinson,	W14A	2 nd
Fiona Claxton,	W16A	2 nd
Rhys Roberts,	M20L	2 nd
Hilary Palmer,	W60L	2 nd
William Parkinson,	M12B	3 rd

Relays

Laura Evans, Sarah Claxton, Fiona Claxton	W18	1 st
Tony Horsewill, Emily Parkin, Andy Sykes	Mixed Ad Hoc	1 st
Kevin Lomas, Simon Elliott, Mick Lucking	M50	2 nd
James Taylor, Matthew Wallace, Peter Hodkinson	M18	2 nd
Jenny Evans, Hannah Horsewill, Elizabeth Parkinson	W14	3 rd

UK Relay League

Our men are currently standing in 3rd position following the first two races at the JK and the British Relay Championships with two races left to go at the Harvester and the Scottish Relay Championships.