



September 2007

"From the Chair"

Whilst sitting writing this piece, August seems to be going out with a late flourish of fine sunny weather, but it's really too late for this to make up for the generally poor Summer that we seem to have endured this year.

Fortunately the weather is one thing that rarely stops us enjoying our sport, and whether it is sun, rain, hail, or fog, we can always find a way to participate.

There have been many events for us to enjoy since the last edition of B&G, ranging from the wet but enjoyable Springtime in Shropshire to the baking French 5 days; and from the technical Scottish 6 days to the traditional White Rose; and of course regularly sprinkled in between has been our own Summer League. Something for everyone!

That really is the beauty of our sport, whether you want a gentle walk round as a family group or a bit of flat-out top quality individual competition, there is always an event somewhere which will be just right for *you*. So, it's time to look forward again to another challenging autumn season and to set yourself some new targets, and I'd advise you to get your diaries marked up as soon as possible with some of those key dates so you don't miss any events. Have a look in EMEWS, Compass Sport, or on the British Orienteering website (www.britishorienteering.org.uk/) for details of all of the local (and not so local) fixtures.

Once again at this time of year I too have a few reminders for your diaries. This year's AGM will be held on **Thursday 18 October** at 7.30pm at Bramcote Hill Sports College – immediately after training. The proposed agenda is elsewhere in this issue of B&G. If you have any specific issues

which you would like to add to this agenda then these should be sent to the Nicola Olivant - Club Secretary - no later than Thursday 04 October please.

You are all welcome to come along and hear the reports of how your club and its members have progressed, to celebrate our successes, and to hear of our plans for the future. It is also an opportunity for you to offer your services as a member of the committee (a couple of vacancies this year) or perhaps to volunteer your expertise in some other specific role.

There also is a notice in this B&G about the entries for the Compass Sport Cup Final. This time it is on home territory at Blidworth & Sansom on **14 October** and so with strong competition from BOK, DEVON, LOC, SYO, AIRE, OD, SLOW, HH, we shall need everyone there if we are going to win. Please, please, please make every effort to be there.

Happy orienteering - see you in the forest

Dave Cooke

Take the mystic out of Organising

Does organising an event seem a daunting task?

**Do you think you would have to do all the work yourself to
organise an event?**

Do you think you wouldn't know enough about organising?

Do you think you haven't got sufficient time to do the work?

These are probably some of the reasons why you haven't felt you couldn't offer to organise an event. If so the club are looking to put on a short training session to help alleviate some of these worries and allow potential organisers to find out about what's involved, how much time it really takes and show you what help is available.

If you are interested, please contact any member of the committee and we will arrange a mutually agreeable date to put on a training session and show you just how rewarding it can be to get involved with the running of your club.

"From Helen Palmer"

World Orienteering Champs 18-26 August 2007, Kiev, Ukraine.

In amongst thesis writing & Kiev-recovery I had chance to read the latest EMEWS and especially enjoyed the articles about Lagganlia (Jenny Evans) and Halden (James Taylor). Bit scary that it's 12 years since I went to Lagganlia and 10-11 years since my 2 Halden tours. And I only just made my WOC debut! And it didn't go so well. More on that later.

Actually I've been pretty close to making the WOC team every year since 2004 but always made right mess of the selection races. This year I'm trying to finish my PhD so I've been a bit more chilled out about my orienteering, doing less orienteering but probably more (and better) physical training than ever before.

At first I was a little disappointed to only get picked for the sprint which I've always felt was my weakest discipline. But then we had a training camp in Kiev and I got my head round it and wrote my own rules for sprint racing:-

1. Take the safe route to the first control (*and take safe & simple routes generally*)
2. Always know what's coming next (*including knowing your control description*)
3. Keep calm & do not rush

As well as getting my head into sprint racing, adapting to Kiev was a challenge in itself. I went there on a training camp back in August 2005 so I knew about the heat, noise, crazy traffic, dodgy food & water, litter... The British team were well equipped to deal with all of this, even when our nice air conditioned rooms for the Champs were given away and we had to make do with electric fans bought for us by the organisers. The important thing was to get on with it all, bottled water for everything, washing our hands a zillion times a day and so on. Unlike many teams we coped well & didn't suffer too much from illness through the week. Kiev is an interesting place but after spending 25 days & nights there in the last 2 years, I'm glad to be home!

Anyway back to the orienteering. My qualifier was the first race and I tried to stick to my rules, taking a safe route to #1 and being ahead of myself. Maybe I wasn't so calm though as I rushed out of #3 meaning my route to #4 was not ideal, losing me 15-20 seconds. I passed through the arena and up a big hill from 6-7, feeling strong despite the heat. Then confusion, as I struggled to make the gullies fit on #8. Panic!..Find something to relocate

on... finally there's the re-entrant (1:30 lost = game over), try to calm down & get on with race, #9 tricky, taking a safe route cost me about 10 seconds but I could have lost way more getting confused in the gullies. After 10 it was flat out to the last control & finish.. 15:32. Even though I had an early start I knew immediately my big mistake would prevent me qualifying. In the end I was 19th 1:05 outside the top 15, which is admittedly quite a lot, but I knew with a clean race I would have been through comfortably. Gutted. I took some small comfort from the fact that several top runners had made the same mistake including Tero Fohr of Finland who didn't qualify in the sprint but went on to take medals in the middle distance & relay.

I had 9 more days in Kiev, which I wasn't planning to waste sitting around feeling miserable, so I kept myself busy:

Helpful training: checking out model events and discussing with team-mates, warming up & down with team on relay day, morning/ recovery jogs with racing athletes.

Punishment training: Various but the session that sticks in the mind (and elicited the most horror/ridicule/respect from team-mates) was stair reps 5 x 3 min (25th floor).

Spectating: The gruelling long distance was particularly inspiring with Jamie (9th) & Jon's (18th) strong performances as well as the excitement of Minna Kauppi & Heli Jukkola's shared gold. GG, Jon & Jamie put in strong performances in the relay (7th) & sprint (all 3 in the top 20) and the whole team & staff worked really hard in the tough conditions and got a lot of solid results.

Overall it was a great week. A lot of the British team including myself were frustrated yet motivated by their performances. WOC gets tougher (Kiev's was the longest, and possibly the hottest WOC long ever) and more competitive every year but I reckon what we've all learnt will translate into some top results for GB over the next few years.

I've got a couple of weeks at home (grappling with that thesis) and then we're off to check out the Czech Republic for our assault on WOC 2008. Bring it on.

Helen Palmer

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"From James Taylor"

Halden 2007

The journey to Halden was by no means a simple one. To begin with, extensive flooding in the West Midlands had resulted in numerous train lines being underwater, creating havoc in stations up and down the country and delaying our journey. When Peter Hodgkinson and I eventually arrived at Stansted Airport, we found miles of queues leading to the check-in with everyone in the country seeming to want to board planes that day. An hour and a half later, we reached check-in, only to find that we had to join another queue so that we could pay for extra weight in our hold luggage. By this point the final gate call was looming and we were starting to anticipate the worst. Thankfully, some older members of staff took pity on us and we were able to be "fast-tracked" through security and onto the underground train to our gate. After running up the escalators and stairs we reached the gate with just 5 minutes to spare until take off. A sense of relief swept over me and for the first time that day I was able to relax.

When we reached Gothenburg airport, we met up with the other members of the tour who had already been training that morning and we set off in convoy to our home for the next fortnight. Despite witnessing some rather cavalier Scandinavian driving along the way, we reached our hut with little fuss. The boys' dormitory was downstairs in what looked like some form of old sports hall; needless to say we quickly found the equipment store and began a quick game of dodge ball. This excitement was to be short-lived though, as after briefly unpacking our things, we were rushed upstairs to meet our coaches and be given a briefing about what we would encounter during our stay.

During the first week, we were put through our paces with a series of strenuous navigation exercises, both around the hut and further afield, as well as the challenge of a 3000m time-trial. With two training sessions a day and a debrief in the evening, there was little time for anything other than eating and sleeping, so when we were told that we would get a rest afternoon halfway through the tour, the idea was unanimously welcomed.

Despite getting lost on nearly every exercise throughout the two weeks, the positives from Halden vastly outweighed the moments when I thought even the map had something against me. Such highlights included: swimming in the Norwegian lakes, a massive sweet supermarket in Sweden and post-training saunas every day.

As if the tour couldn't get any better, the last week was one of the best of my life. We had the classic and middle tour champs in some beautiful forests and the sprint champs in Halden castle, but the icing on the cake for me was definitely the 'Junior 10mila' held on our last day in Scandinavia.

The atmosphere in the assembly area was electric, with over 100 teams from across Europe cheering on not only their own runners but anyone else who ran past as well. One of my best memories will be waking up at 3am to the sound of an orienteering adaptation of Finland's Eurovision entry by Lordi blaring over the intercom as Peter came storming down the run-in in a very respectable 42nd place (gaining 32 places on his leg alone). By the time it was my leg, the adrenaline was flowing freely through my veins and despite the fact that the team had already mis-punched, I was determined to go out and enjoy this wonderful opportunity. I loved every minute of my run and came back wearing a huge smile. It was only once I'd finished that I found out that I had won my leg by 8 seconds ahead of the German Youth Team runner. I didn't sleep a wink for the rest of the day and revelled in the atmosphere by getting photos with leading girls' teams and the rest of our boys' team.

This was a perfect end to a brilliant two weeks and I would like to thank NOC for subsidising my expenses and giving me the chance to take advantage of this great opportunity.

James Taylor

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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 Richard Robinson, Team Captain"

Compass Sport Cup Final – Blidworth Woods, Mansfield

Sunday 14th October 2007

This year we are hosting the Compass Sport Cup final at Blidworth Woods so hopefully with a large turnout on home territory we can bring the trophy home.

As always, the entries for this competition must be done through your Team Captain - me.

As we are hosting the event and a large turnout is expected we need as many people to volunteer to help as possible. Please contact your team leaders (a full club list was published in the B&G earlier this year) to offer your help...

Parking – Hilary Hodgkinson - teamLeader_park@noc-uk.org

Registration – Chris Horsewill - teamLeader_registration@noc-uk.org

Start – Paul Scotting - teamLeader_start@noc-uk.org

Finish – David Winsor - teamLeader_finish@noc-uk.org

String Course – Hilary Hodgkinson - teamLeader_string@noc-uk.org

Results – Michael Napier - teamLeader_results@noc-uk.org

A discount is available to all those who help!

Fees: Adults £8.00 (helper £4); Juniors/Students £3.00 (helper £0).

Closing Date: 24 September 2007

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 Veterans –	M75+ W60+
	7) Light Green –	M/W18-
	8) Orange –	M/W14-

Please return the enclosed form for entries.

"From Richard Robinson, Team Captain"

Peter Palmer Relays 2007

A NOC first team of Fi Claxton, James Taylor, Jenny Evans, Craig Wood, Ben Lord, William Parkinson and Peter Hodgkinson finished in fourth position on the Joan George Trophy (handicap - total age less than 90) and eighth overall out of 38 teams. While the two other NOC teams competing for the same trophy were unfortunately disqualified.



The event, hosted by the British Army at an army barracks at Yardley near Northampton, proved to be in an ideal location with evening facilities including football, volleyball and tug-of-war and an ultra-sprint run relay prior to a supper provided by the Army all adjacent to each other.

Following a few hours sleep the first leg runners armed with head torches went off in a mass start at 4:50am in fog which made the courses even more difficult. The area, used for military training, though largely flat



featured a number of munitions buildings each surrounded by a high bank and a number of ponds. These were connected by a complex path and ride network that proved difficult in the dark. The area was a mix of open and forest with a variety of runnability.



Once the daylight came and the fog lifted the racing orders started to sort themselves out. The Leeds team 'AIRE' came home in first position on the trophy in 3 hours 26 minutes, just three minutes ahead of the young Warwickshire Team 'Octavian Droobers' who took the Joan George Trophy.

South London completed the top three a further four minutes behind boosted by their four foreign imports (two from Sweden and two from Latvia). The other trophy on offer was the Norwich Anniversary Trophy which was won by 'SARUM' of Wiltshire who finished in 4th position overall.



Despite no podium places for NOC, the event was thoroughly enjoyed by the 19 member NOC junior team that travelled and the event provided valuable experience for the years to come.

Richard Robinson

"From Jenny Evans"

Lagganlia 2007

I was very pleased to be selected for the Lagganlia summer tour this year. However, I had no idea what to expect when I arrived. I had visions of training from early in the morning, to late in the evening, and having no rest, but it didn't turn out like that at all! We did a few hours in the morning of intense training, which was all about accurate navigation and not speed, so your brain was worked harder than your legs! Then in the afternoon we would normally do some sort of team relay, or races, which tired us out enough to be ready for the cake when we arrived back at the lodge! In the evenings we did some sessions about different aspects of fitness/race analysis, but also we had lots of free time, so I became good friends with some of the other juniors on tour.

Another thing I wasn't sure about beforehand was the coaches, as none of our squad coaches were going to be there. I thought they might all seem rather serious and not understanding, but they were great. They shadowed us around some exercises, which was new to me, but very helpful as you are never normally watched 100% of the time at orienteering. They also orienteered themselves, so they understood the mistakes you had made, etc., and could help you with them.

Even though this was my first tour, I really hope it isn't the last. I'm glad I strived to get selected, and went to all the selection races, and hope future NOC juniors do just that, because it was an amazing experience. I'd like to thank NOC for funding me for my week in Scotland.

Jenny Evans

"From Catherine Hughes"

Intrepid orienteers at the Scottish Six-Day shun the option of inactivity on the rest day in favour of enjoying the sunshine with a pole in each hand!

This year's Scottish Six-Day saw the first Nordic Walking introductory workshop at an orienteering event. A group of orienteers thoroughly enjoyed being taught the technique by Nordic Walking instructor, Catherine Hughes. Nordic Walking is a full body workout that is similar to cross-country skiing without the skis.

In Nordic Walking, lightweight poles are used to produce a forward push during the walking stride. The active arm, shoulder and upper-body movements involved mean that Nordic Walking exercises a much higher proportion of the muscles in the body than walking or running. The use of the upper body muscles, combined with the increased speed of walking that occurs naturally as a result of using the arms to assist, means that Nordic Walking burns between 20 and 46% more calories than ordinary walking, but without feeling much more strenuous.

It can be very useful for cross-training in athletes particularly because each push on the pole activates the core muscles (stomach and back muscles). The stronger an athlete's core stability the more efficient a runner he is, even when getting tired towards the end of a race. Also, the use of the arms to partially support the body weight makes it more acceptable to people with knee or leg problems. As a low impact activity, it can be very helpful for people coming back from injury, or to reduce risk of injury during training. It's so convenient, you can do it on just about any terrain, natural or man made.

Cross country skiers have been doing this as their summer training since the 1930's; however, it was only in 1997 it was launched in Finland to the general public and 2005 in the UK. You may have noticed that last summer the Swiss 5-Day orienteering event has three Nordic Walking categories. So, not only is it good cross training for athletes there is potential for an additional type of orienteering.

So, how did our intrepid orienteers get on? They ventured out into the parks of Grantown-on-Spey clutching their lightweight carbon fibre poles, enjoying the first sunny day of the week. After thirty minutes or so instruction they were ready for their first walk through the town, practising pushing on the poles in a natural rhythm with the movement of the legs. At the second park they were introduced to some more advanced sport moves including running, jumping and bounding up hills with poles. For many people, it was great opportunity to loosen off tired muscles and have fun learning something new.

Nordic Walking Orienteering in the UK....do you think it will catch on? If you have any queries or would like to learn to Nordic Walk yourself, please contact Catherine on catherine@midlandsnordicwalking.org or 07940 57 57 58. During September and October 2007 free 30 minute introductory sessions are on offer to members of NOC. All equipment is provided. Book yourself in today – places are limited.

Catherine Hughes

"From Elizabeth Parkinson"

Lagganlia 2007

I was delighted to have been selected for the week long Lagganlia Summer Tour, to Scotland. After catching the train at Retford station there was a long journey to Edinburgh where I met a lot of the other people who were going to Lagganlia. We then caught another train up to Aviemore and finally were driven onto Lagganlia.

A typical day consisted of an early start, breakfast at 8 o'clock. We then did three or four training exercises before lunch. We either had a packed lunch or lunch back at camp, depending on where we trained. After lunch, we would do a couple more exercises before returning to Lagganlia. In the evening we would often do a race analysis also we learnt how to use Route Gadget and had a sessions on warming up, nutrition and ankle support.

Many of our training exercises had lengths of about 1 – 2km and were using complex contour detail. We had many different exercises, these included attack points, lines, control picking, visualisation, simplification and map memory. Most of these were done in pairs

Lagganlia was great fun, I learnt a lot and I made lots of new friends and would like to thank NOC for helping finance the trip.

Elizabeth Parkinson

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"From Janet Evans"

A blue cagoule was left at Invereshie House at the 'tea party' It is presently in my possession. I will be delighted to return it to its rightful owner.

I also still have a grey/red reversible fleece/waterproof jacket that was left at the NOC tent at the British relays.

Janet Evans

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"From Fiona Claxton"

Glenmore

My main goal for the year was to get selected for Glenmore, and I was excited at the prospect of a weeks training in some of Scotland's best terrain. It turned out not only to be the best terrain but extremely difficult too (if any of you have ever experienced the Lossie area, you'll understand when I say it was near impossible). The middle distance race was held here and it was certainly a challenge to switch from the flat, featureless terrain of one side of the road to the incredibly intricate on the other . We ran the classic on Loch Vaa, an open area scattered with patches of woodland. Duncan Birtwistle won the boys race and I won the girls.

Throughout the week we all took part in a variety of small competitions including a two man relay, a sprint and a bearings exercise (which I failed dismally at!). We also did timed runs (of equal distance) along a path then through terrain so that we could compare times and calculate ratios. This was really useful as it will help us with route choice in the future (i.e. cutting the corner off or running round the paths). In addition, we had evening sessions every day. These were to help us with the other aspects of becoming a successful orienteer such as training, motivation, nutrition and goal setting.

On the social side of things, Badaguish had been one of the, if not the best week/s of my life. There were a few new faces among the boys ,but everyone fitted in and we all had a great time, especially on the famous 'rings' that I had heard so much about. 'Swimming' in the Loch Morlich was great too, but I have to admit that going in up to my neck in freezing water, screaming and running back out again wasn't the most enjoyable thing I've ever experienced. The only bad thing about that week was the video camera (operated by Liz) that was hidden (with camera women) near to random controls out in the forest, the clips that were then played in the evening made orienteering seem like a brilliant spectator sport!. So in conclusion, I would tell anyone who is the right age for a tour, definitely to aim for it as they are the best experiences you could possibly get as junior anywhere in this sport.

Fiona Claxton

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NOC Training Thursdays October - December



CIRCUIT TRAINING

led by **Eddie Nicholson**, club coach and
qualified personal fitness trainer

Every Thursday starting at 6:30pm in the Gym at
Bramcote Hills Sport and Community College

All ages and abilities catered for.

Present members that attend range from

9yr olds to W/M21s to W60s

Cost:

Adults £1.00 Juniors 50p.

PHONE:

0115 9607714 for details



Future Events List

October 2007 – December 2007

	Date	Category	Venue
Sat	06/10/07	C4 LEI	Willesley Wood, Ashby de la Zouch
Sat	06/10/07	C3 NATO	Simonside, Rothbury (Oct Odyssey)
Sun	07/10/07	C3 NATO	Simonside, Rothbury (Oct Odyssey)
Sat	13/10/07	C5 LEI	Evington Park, Leicester
Sun	14/10/07	O3X NOC	CompassSport Cup Final, Blidworth
Sun	21/10/07	C4 LOG	Twyford Woods, Colsterworth
Sun	21/10/07	C4 OD	Coombe C. P., Coventry
Sun	21/10/07	C3 EPOC	Langfield Common, Hebden Bridge
Sun	28/10/07	C3 SMOC	Salcey Forest (Midlands Champs)
Sun	04/11/07	C3 DEE	Delamere Forest, Chester
Sun	04/11/07	C3 SOC	Highland Water, New Forest
Sat	10/11/07	C5 LEI	Brocks Hill Park, Leicester
Sun	11/11/07	C4 NOC	Byrons Walk, Annesley
Sun	11/11/07	C3 WCH	Fairoak, etc., Cannock Chase
Sun	18/11/07	C4 DVO	Linacre, Chesterfield
Sun	18/11/07	C3 CHIG	Epping Forest, Epping
Sun	18/11/07	C4 WAOC	Rowney Warren, Shefford
Sun	25/11/07	C4 LEI	Watermead C. P., Leicester
Sun	25/11/07	C4 SYO	Bentley Woodlands, Doncaster
Sun	09/12/07	C2 DVO	Longshaw Estate, Sheffield
Sun	16/12/07	C4 NOC	Walesby, Ollerton
Sun	16/12/07	C3 HOC	Kinver Edge, Stourbridge
Sun	16/12/07	C4 MDOC	Bosley Cloud, Congleton
Sun	16/12/07	C4 WAOC	Maulden Woods, Clophill

ANNUAL GENERAL MEETING OF NOTTINGHAMSHIRE ORIENTEERING CLUB

Thursday 18th October 2007 @ 7.30pm

Bramcote Hills Comprehensive School, Nottingham

AGENDA

- 1 Apologies for absence
- 2 Minutes of the 2006 AGM
- 3 Matters arising from the minutes
- 4 Chairman's report
- 5 Treasurer's report
- 6 Election of Auditor
- 7 Other committee member's reports
- 8 2008 Membership fees
- 9 Elections of Officers & Life Members.
The following committee members are standing for election:

Chair	Dave Cooke
Secretary	Nicola Olivant
Treasurer	Pauline Jones
Fixtures Secretary	Catherine Hughes
Mapping Co-ordinator	Keith Streb
EMOA Representative	Pauline Olivant
Coaching Representative	Andrew Powell
Team Manager	<i>Position Vacant</i>
Junior Representative	<i>Position Vacant</i>
- 10 Plans for the New Year
- 11 Proposed Items of Business