



September 2008

"From the Chair"

So, that was the summer! It can't get much worse can it? Thank goodness that as you grow older you only remember that every summer was full of endless days of sunshine and enjoyment.

Regardless of the weather though, orienteering continues, and we have managed to stage a series of events to complete our Summer League, with some interesting results – which you will find on the NOC website, and I hope within this B&G.

Some of you may have had the opportunity to go further afield to compete at home or abroad, and so, for all of you who went to these events, whether it was the Welsh 6 days, French 6 days, or one of the others, could you please spend a little time putting together a short report of your experiences and highlights to share with your fellow club members. It's obviously too late for this issue of B&G but will help to boost the content of the next one, and we really do want to hear from you.

With autumn approaching our competitive spirits are enhanced again with the prospect of more top quality orienteering to look forward to in both familiar and new locations. To make sure you are able to join your friends and colleagues, keep checking the NOC webpage and other publications for updates and details of all of our events and those staged by other clubs. The list of our future events is as usual at the back of this, and every other issue of B&G.

My short 'summer tour' was to the White Rose, very wet and muddy but very enjoyable nonetheless. Several other club members were there too and must have been a little puzzled at how delighted I was to have confirmed that I

walked the whole way round my courses on both days! I even managed a second fastest split time on one leg of Day 2.

Some of our juniors have been on tours to more distant places and they have provided interesting reports of their experiences, which you will find elsewhere within this issue of B&G.

Now, I have a few reminders for your diaries:

Firstly and very importantly this year's AGM will be held on 23 October at 7.30pm at Bramcote Hill Sports College. The proposed agenda is in this issue of B&G; the date for the final notice and agenda for the AGM being published will be 16 October. If you have any specific issues which you would like to add to the agenda then these should be sent to the Secretary prior to 03 October.

As usual you are all welcome to come along and hear the reports of how your club and its members have progressed, the changes that have been made, plans for the future, and of course it is your opportunity to offer your services as a member of the committee or perhaps to offer to share your expertise in some other specific role.

At the AGM several committee positions become vacant – Nicola Robinson and Catherine Hughes have completed their three years as Secretary and Fixtures Secretary respectively, Jenny Evans has completed her year as Junior Representative, Pauline Jones has decided to step down from her position as Treasurer and similarly Andrew Powell from his position as Coaching representative, and finally Helen O'Neil will have completed three years as the non-committee post of Volunteer Coordinator. May I take this opportunity to thank all of you for your valuable input.

We now need volunteers to fill these positions and so if you are interested please put forward your nomination in writing to Nicola by 03 October, or in person on the night of the AGM.

I shall also have completed my three year stint as Chair (wherever have three years gone?) so you will shortly also have a new Chair and future productions of 'From the Chair' will have a new author.

Elsewhere in this B&G you will find a reminder from Simon to get your entries in for the final of the Compass Sport Cup. Can I emphasise how important it is to get a full turnout for this competition – we've done well in recent years but we all now need to make a concerted effort to regain the trophy. This year the event is to be held much closer to home at Sutton Park. If you are going and have spare space available, then any offers to give other people a lift would be appreciated please – getting those people there could mean the difference between us winning and losing!

Another one to add to your diaries - the continuation of the Thursday night training sessions at Bramcote. Details of these can be found elsewhere in the

B&G and also on the website. This is a good way to improve or maintain your fitness in the company of your friends and it's a perfect way for newcomers to join in and get to know more of their club colleagues.

The final reminder is a return to the theme from my previous articles.

I just wanted to remind you again that the B&G is *your* club magazine and it should represent the news, reports, stories, successes, comments, and all other suitable contributions from *all* members of the club, not just from the Committee members. We are all members of the club, all members of Team NOC (to use the Olympic format), and we should all try to play a part in supporting that team.

I'm sure that there are many readers of this article who know that they have a good story to share but may have been reluctant to do so because they think others won't be interested. Those of you on the committee will no doubt agree with me that there are many, many emails flying to and fro which contain little gems of information that should be shared with the other club members. Many things probably are shared with smaller groups or individuals in subsequent conversations and discussions that take place at events, and perhaps via the Forum, but I suspect that there are also just as many genuinely helpful and informative comments that are lost because of the faster pace that we seem to have to live at nowadays.

We used to have a letters page in B&G, but email has superseded it because we all now seem to have to have instant answers. Just take a little time please next time you are emailing to think whether there is something in your conversation that could be more widely shared and which may be of benefit to others. A reminder again, you are part of a wider team, the NOC team (or Team NOC!). Support your colleagues. Remember the well known acronym TEAM – Together Everyone Achieves More. Easily quoted, but it's far more difficult to forget now it is implanted in your brain. Keep remembering it, keep using it, keep practising it. It works!

If this has now struck home, drop a note to Peter Hubberstey and he will add it to the next B&G.

Don't hesitate any longer, your contributions will be most welcome. Send them along to Peter (address elsewhere in the B&G) - make him a very happy editor!

Lastly, back to my first comment about new beginnings; can I welcome all new members to the club and wish you many years of happy orienteering with NOC. Please remember that we are always available to give you help and advice, you only have to ask!

Happy orienteering and good luck for the future

Dave Cooke

"From Hilary Hodkinson, String Course Co-ordinator"

I'm All Strung Up!

Our family first got involved with running String courses for NOC sometime back in the mid-nineties – in those far-off days before every detail was recorded on the computer! –and I've held the job of String Course Team Leader ever since. But I now need to pass the role on to another Club member.

When we first started organising string courses, they were very elaborate affairs. We had to visit the area in advance and hand-draw a pictorial map upon which the course was drawn. I remember photocopying 30 or 40 per event – and even then fearing that they might run out. (But those were the days when M14 had 100 competitors at the JK or British Champs!)

Times have changed and the number of young children at events has dropped significantly. We have worked out a way of running string courses that is much less demanding of time or petrol. There is no need to visit the area in advance or to produce a map. You simply affix a large picture to each control stake (obtainable from the club garage) and print out a number of 'control cards' (comprising a strip of paper with miniature copies of the pictures next to numbered boxes where the children punch.) We have several pre-prepared sets of String Course pictures + 'control cards', which only need to be printed off the computer. On the day, you just roll out the string within the allocated area, choosing the course to suit the day's conditions, and put out the control stakes at appropriate points on the course. Instead of a map, each child is given their 'control card' and simply follows the string.

Although there are now fewer children, the enjoyment and educational benefit they gain from doing the String Course remains the same. I know how important it was for our family to have something for everyone at an orienteering event and can honestly say that, without the initial experience of the String Course, our children's passion for O would have been slower to develop.

A particular highlight for us was running the String Course at the JK in the Lake District in 2004. For such a special occasion we had drawn a detailed map; but, on the morning of the event we were forced to move to an entirely new location and to construct an entirely new course, with no opportunity to correct the maps. Only one family out of the hundred or so who took part commented upon the obvious inaccuracies – thus confirming my observation that children are more interested in the string, the pictures, the punching (and the sweet at the end!) than in the finer points of a map

Times have now moved on and the role of String Course Team Leader no longer fits our family life. Our youngest child is dedicating her life to music and ballet and we now spend many weekends at master classes and competitions and almost every weekday evening at ballet school the other side of Nottingham. This makes it very difficult to carry out the only essential part of the Team Leader's job – phoning or emailing round to arrange volunteers to run the string courses at the next few club events. There is no obligation to run the courses yourself since we have a team of helpers, many of whom are well experienced. Above all, and contrary to popular belief, there is no need to have any children of your own at all – a sense of satisfaction when seeing children enjoying themselves in a constructive way is the only requirement!

So I do hope that someone in the Club will feel able to take on this less-than-onerous task and do their bit to keep up the supply of families coming into our sport. Please email me on teamleader_string@noc-uk.org to arrange a chat.

Hilary Hodkinson

-0-

"From Andrew Powell"

Broxtowe Borough Council Driathlon

Emily Parkin, Peter Hodkinson Mick Lucking and myself, competed in Broxtowe Borough Council's driathlon in mid-July. Each member of the team had to complete a 1km row, a 2 mile cycle ride and a 1 km run.

I'm pleased to report that we came 5th out of 13 teams.

You'll be pleased to learn that we wore our NOC tops to raise the profile of the club!

For more details see the results on

<http://www.broxtowe.gov.uk/index.aspx?articleid=3963>

Andrew Powell

-0-

"From James Taylor"

Uppsala 2008

I knew that this would probably be my last tour as a junior and I was determined to not only enjoy the experience but also learn a lot from the amazing terrain in Sweden – a country I had never previously orienteered in.

However, travelling on tours never seems to be straightforward for me and this year was no exception . . . Fiona, Sophie and I hadn't even set foot outside the airport before disaster struck: my bag wasn't there. However, one hour and many frustrated conversations with the Swedish airport assistants later, my bag eventually arrived at Arlanda airport after it had taken a small detour in Copenhagen.

Fortunately, this was to be the only negative aspect of the whole fortnight and the bright sunshine that welcomed us to Sweden as we left appeared to be a good omen. We were even upgraded with our hire cars due to a number of misunderstandings with various companies and ended up with 3 new 7-seater Chrysler grand voyagers - a vast improvement on the EMJS minibus we're used to in England!

Temperatures soared over the next few days and we were lucky to have only one day of rain over the fortnight, with the temperature often surpassing 30° by 11am! Despite making training that little bit harder, this served only to raise spirits and swimming in the various lakes became a common post-training activity to cool-down and relax. The areas we trained on during the fortnight were unlike anything I'd even run on before and after quite a few mistakes at the start of tour, everyone seemed to have found their 'favourite' areas by the rest day on Saturday. The added motivation of 'yellow jersey' competitions most days also added to the fun of training in such awesome areas.

After covering roughly 50miles in the first week, the rest day in Stockholm was definitely well received and a morning in the theme park was welcomed by everyone – a common favourite was the G-force inducing spin ride set to a background of cheesy euro-dance! Training intensified during the second week and we were given increasing responsibility for our own development, particularly during group de-brief sessions and evening talks on subjects like JWOC and planning winter training.

There were many memorable times during the tour, including a talk from WOC gold medal winner Graham Gristwood and seeing the look on the faces of locals as 20 muddy, wet, lycra-clad orienteers walked into the co-op to buy vast amounts of chocolate and sweets. However, my favourite memory of

tour has to be the ultra-sprint day. On the penultimate day of training we began the day at 9:00 a.m. with the first of 3 ultra-sprints on 3 very special areas: an open area with bare-rock, vegetation (and nudist sunbathers), the area around the hut itself and an area of woods surrounded by blocks of flats (all at ridiculously small scales)! I learnt more and more as that day went on, but most importantly I realised how much fun orienteering can be in such different, exciting areas.

I feel that I learnt a lot during my two weeks in Uppsala and it will definitely help me to progress to better things in orienteering so I would like to thank EMOA for helping me to take full advantage of this excellent opportunity.

James Taylor

-0-

"From Elizabeth Parkinson"

Badaguish Tour and Norwegian Exchange

This year I was pleased to be selected for another summer tour, this time it was the M/W15 tour to Badaguish, in Scotland. I was looking forward to training on Scottish terrain to improve my navigational skills. Unfortunately, on the first day, in the third exercise, I fell over in the forest and tore ligaments in my left ankle. This was very annoying, as I was forced to rest for the remainder of the week, watching everyone else train.

However, later in the summer, with my ankle repairing I visited Norway to stay with two girls and their families and to see how they trained. I went to two evening training sessions, which I found quite hard, even though I was only walking. I also went to one fun relay for juniors, which you had to enter as pairs and be tied together. It was not typical orienteering, as you had to swim to one control and on the way around the course many other unusual things happened, many of which included getting wet and or muddy.

During the daytime, I went sightseeing in Trondheim, attended a Norwegian school for a day and went fishing in a Norwegian fjord. I had a very enjoyable time with Julie and Mali and hope that they will come over to England some time soon.

I would like to thank NOC for their help with the Badaguish tour and Helen Palmer for initiating the Norwegian exchange.

Elizabeth Parkinson

Future Events List

September 2008 – January 2009

	Date	Category	Venue
Sat	27/09/08	C5 DVO	Buxton Pavilion Gardens
Sun	28/09/08	C4 OD	Oversley Wood, Alcester
Sat	04/10/08	C3 October Odyssey	Edges Green, Hexham
Sun	05/10/08	C3 October. Odyssey	Bewick Moor South, Alnwick
Sat	04/10/08	C4 LOG	South Common, Lincoln
Sun	05/10/08	C4 SYO	Treeton and Hail Mary Woods, Sheffield
Sun	05/10/08	C4 HOC	Brockhampton NT, Nr Bromyard
Sun	05/10/08	C4 SMOC	Reynold & Holcot Wood, Near Milton Keynes
Sat	11/10/08	S3X NOC	NOC British Schools Score Championships. Sherwood Pines
Sun	12/10/08	C4 LEI	Charnwood Forest South
Sat	18/10/08	C5 DVO	Markeaton Park, Derby
Sun	10/10/08	O3 OD CompassSport Cup Final	Sutton Park (Streetley Gate), Sutton Coldfield.
Sun	26/10/08	C3 EPOC	Rishworth Moor, Halifax
Sun	26/10/08	C4 WCH	Shoal Hill, Cannock
Sat	01/11/08	O4S AIRE Yorkshire Pudding w/e	University of Leeds Campus, Leeds
Sun	02/11/08	O4S AIRE Yorkshire Pudding w/e	Skipton Town Race. Skipton
Sat	01/11/08	C5 LOG	West Common, Lincoln
Sun	02/11/08	C4 NOC	Bestwood, Nottingham
Sun	09/11/08	C3 MDOC	Crowden, Glossop
Sun	09/11/08	C4 LEI	Bagworth Woodlands, Coalville.
Sat	15/11/08	C5 LOG	Riseholme Park, Lincoln
Sun	16/11/08	C3 DVO	Shining Cliff, Belper
Sun	23/11/08	C4 SYO	Ecclesall Woods, Sheffield
Sun	23/11/08	C4 WRE	Wildmoor to Gogbatch, Church Stretton
Sat	29/11/08	C5 LOG	North Kesteven School, Lincoln
Sun	30/13/08	C3 WCH	Brocton & Milford, Cannock
Sun	07/12/08	C3 HOC	Postensplain, Wyre Forest, Bewdley

Sat	13/12/08	C5 LOG	Lincoln University, Lincoln
Sun	14/12/08	C4 DVO	Whitesprings, Matlock
Sun	21/12/08	C4 NOC	Walesby, Mansfield
Sun	28/12/08	C4 LEI	Beacon Hill, Leicester
Thur	01/01/09	S5 DVO	Melbourne, Nr Derby
Sat	03/01/09	C5 LOG	Lincoln South Common, Lincoln
Sat	17/01/09	C5N NOC	Oxclose Wood, Mansfield
Sat	17/01/09	C5 LOG	Hartsholme Country Park, Lincoln
Sat	24/01/09	C1N Brit Night Champs	Mytchett & Congo Stream, Aldershot
Sun	25/01/09	O4S LOG	Lincoln "City Race". The Lawn, Lincoln
Sat	31/01/09	C5 DVO	Holmebrook, Chesterfield

Fixtures in **red** are organised by NOC; fixtures in **blue** are organised by other EMOA clubs; fixtures in black are organised by clubs in other regions.

"From Andrew Powell - Coaching Co-ordinator"

Where is NOC's talent? – A reminder

Do you have a hidden talent that could be useful to the club?

Are you first aid qualified?

Can you drive a minibus?

Are you a computer expert?

Do you have teaching skills?

Do you want to get involved with helping your orienteering club?

All of these skills and more would be of valuable use in our orienteering club and just knowing the people that can do these things would be a great help to us on the committee.

Please do not hesitate to contact the committee (chair@noc-uk.org) if you feel you have skills which might be of use, or if you want to learn skills which will be of use in the future.

Do you want to learn how to plan courses, draw maps, become a controller or organiser of an event?

We have existing experts in the club, who are happy to run courses *if* there is sufficient interest from members. So why not let us know?

*Andrew Powell
Coaching co-ordinator*

-0-

Congratulations

It has been a very busy Summer with three weddings to report. On behalf of all members of NOC I would like to pass on our congratulations and best wishes to Richard and Amy Robinson, James Robinson and Nicola Olivant and Andrew Powell and Emily Parkin and wish all three couples happy and prosperous futures together.

ANNUAL GENERAL MEETING OF
NOTTINGHAMSHIRE ORIENTEERING CLUB

Thursday 23rd. October 2008 7.30pm

Bramcote Hills Comprehensive School, Nottingham

AGENDA

- 1 Apologies for absence
- 2 Minutes of the 2007 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 2009 Membership fees
- 9 Elections of Officers & Life Members.

The following committee members are standing for election:

Chair	<i>Position Vacant</i>
Secretary	<i>Position Vacant</i>
Treasurer	<i>Position Vacant</i>
Fixtures Secretary	<i>Position Vacant</i>
Mapping Co-ordinator	Keith Streb
EMOA Representative	Pauline Olivant
Coaching Representative	<i>Position Vacant</i>
Team Manager	Simon Elliott
Junior Representative	<i>Position Vacant</i>

- 10 Plans for the New Year
- 11 Proposed Items of Business

"From Fiona Claxton"

Uppsala 2008

The tour to Uppsala, Sweden lasted two weeks, a week longer than any previous tours and was far more physically demanding. We got up just before 8 o'clock each morning, had breakfast and left for each area around 9am. This was my first ever experience in Scandinavian terrain so I was quite nervous about how I would cope with the navigation after everything I'd heard about how technically difficult it was. We were split in coaching groups as well as duty groups and allocated one of the four coaches. From day one I built on my skills and gained confidence with every exercise.

Whilst on tour I was introduced to lots of new 'exercises'. For instance, the 'Distractions Course'. This is where the coaches set out a course (gaffled) with various distractions along the way. These included Sian standing at our control telling us it wasn't ours. We were supposed to ignore her, however we didn't realise this at the time so spent a long time looking for a non-existent control. Another distraction was a control put in the wrong place which we were meant not to punch. The coaches also had a novel way of setting off a mass start where they had a pile of maps which they threw into the air and shouted 'go'. There was then a scramble to get a map. I remember this vividly as I decided to wait and get a map once the scrum had disappeared only to find, the coaches had taken out three of the maps and replaced them with a map of a random area and a blank piece of paper, leaving one person with nothing at all. So I, along with two others, were first told to chase after everyone else then shockingly encouraged to steal someone else's map! I saw an opportunity when Sophie Kirk (OD) dropped her map jumping a ditch. I swiped it and ran on (feeling guilty) into Ben Chesters and Steve Mclean, two of the coaches waiting to take down anyone who managed to reach the control without being mugged on the way. I dodged a rugby tackle and ran to the safety of the re-group point. We were all buzzing as Steve ran off with the maps then dropped them one by one in a trail. Approaching the final control on a spur I entered my worst nightmare, the coaches had hung dozens of controls all over the spur complete with SI boxes and we had to choose the control in exactly the right location. I quickly glanced at my map and took a chance on the furthest control before making the last mad dash to the finish.

It turned out I had punched the right control and all the other controls correctly throughout the course. Being the quickest girl to have done this meant I was that day's winner of the 'YELLOW JERSEY'. Not a good thing. There was a Yellow Jersey race each day, and the winner of it had to wear it for the next day's training. No washing of the shirt was permitted so you can imagine the stench by the final day.

Most days were over 27 degrees and we were often taken for a swim in the local lake of wherever we were, sometimes between morning and afternoon training. On the rest day we visited a small theme park and walked round Stockholm (a beautiful and noticeably clean city).

We also had a visitor by the name of Graham Gristwood who gave us a talk on being an elite athlete and his experience at the World Championships Relays, answered our questions and let us try on his recently won gold relay medal. He also came training with us the next day on a 'trains' exercise.

The last day saw slightly deflated sprits as we were all sad to be leaving, but I will always have amazing memories of the two weeks we spent living and training together. Everyone on tour was immensely grateful to the coaches for the hard work, late nights and early mornings spent hanging the controls, planning races and giving evening talks.

I learnt a lot on Uppsala, not just about the physical and technical but also the mental side of orienteering. I would like to thank NOC and EMOA for giving me the opportunity of a lifetime to improve my orienteering and experience the best two weeks of my life.

Fiona Claxton

-0-

"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 Simon Elliott, Team Captain"

Compass Sport Cup Final- Sutton Park, Birmingham

Sunday 19th October 2008

Come and join in the fun just down the A38!

NOC have qualified for the final so let's get a strong team out and try and win the trophy again. I've already had good response to my e-mail however if there are any orienteers out there who missed it who would like to run, please contact me.

Name, Age group, BOF number, SI card number please!

CLOSING DATE FRIDAY 3RD OCTOBER.

£8 senior, £3 junior payable NOC

As it is so close, we aren't organising a coach, if you need a lift, please let me know.

The more the merrier, all standards welcome!

Please send entries to:

Simon Elliott,

9, Devonshire Avenue, Beeston, Nottingham, NG9 1BS

Tel 0115 9175614

E-mail: simon_elliott@ntlworld.com

Don't forget your cheque payable to NOC – no money no entry!

Please also include contact details so I can let you know start times nearer the time when I know final details.

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-

Summer League: Final positions

Pos.	Name	Age Class	Club	Total Points (ex 3)	Extra points (5 per event)	Total
White						
1	Jamie Lowthian	M10	NOC	281	25	306
2	Sam Elliott	M12	BLS	283	15	298
3	Catherine Sears	W10	NOC	277	15	292
4	Lucy Martin	W12	BLS	271	15	286
4	Isobel Johnson	W12	BLS	271	15	286
6	Joseph Warren-Barrett	M10	BLS	262	15	277
Yellow						
1	Mark Sears	M12	NOC	295	15	310
2	Joanna Towndrow	W12	NOC	276	15	291
3	Charlotte Webster	W10	NOC	268	20	288
4	Tom Webster	M10	NOC	263	20	283
5	Rob Johnson	M40	IND	260	15	275
6	Robert Towndrow	M10	NOC	200	10	210
Orange						
1	William Parkinson	M12	NOC	295	30	325
2	Max Elliott	M12	NOC	279	25	304
3	Christine Elliott	W50	NOC	277	20	297
4	Jack Lord	M12	NOC	271	15	286
5	Hannah Horsewill	W12	NOC	267	15	282
6	Graeme Huggan	M50	NOC	256	15	271
Technical						
1	Hilary Palmer	W60	NOC	300	20	320
1	Steve Green	M50	NOC	290	30	320
1	Matt Green	M14	NOC	290	30	320
4	Elizabeth Parkinson	W16	NOC	286	25	311
5	Richard Beadle	M50	NOC	279	20	299
6	Robert Parkinson	M50	NOC	271	20	291

NOC Training Thursdays September - 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



-0-