

The Black and Green

Word Machine

The newsletter of



*Also known as the Thé Bag...
...and once known as Serendipity*

December 2009

"From the Chair"

Since our last B & G there is much to report. We had an enjoyable AGM in September which was well attended and saw us doing a major award presentation. Well done to all the recipients of awards and thank you to everyone who attended. AGMs can be boring but I think that holding the event immediately after our 'Come and Try It', providing food, presenting prizes and the 'no frills' approach to doing our AGM business made it an enjoyable event for everyone who attended. Unless I hear a wave of opinion to the contrary, we will do the same again next year and I hope you will come along and support it.

We announced at the AGM that we are going to try out a Winter League format of low level events in the first part of 2010. The aim of this is to provide more opportunities for members to orienteer without the need to travel. We are basing the format on our, already successful, Summer League and hope to minimise the burden on organisers and planners. Avoiding events in other parts of the region has proved to be a challenge but we think we are providing enough events to try out the concept, please read about it further on in this edition and give it your support.

On the subject of events, we hosted our Come and Try It in September and saw a significant number of new orienteers attending. My thanks to those who organised and coached at it. I think it showed that, if we publicise what we are doing widely enough, people will come and try out the sport. Our next challenge is to convert this interest into Club membership and regular participation. Hopefully, the new Winter League and our two Satellite Clubs will play a part in achieving that aim. In October and November we hosted two East Midlands League events in Harlow Wood and Byron's Walk. Again, my thanks to all of those involved in organising and planning two days. The weather at Byron's Walk was particularly

unfavourable but that didn't prevent people from enjoying their runs and we received some really positive comments from members of other clubs. Our next event is at Walesby, on 20th December. This is also an East Midlands League event and I hope you will all join us afterwards for Soup, Mince Pies and Chocolate Logs after your run.

In the New Year, in addition to the Winter League, we will have our usual fare of East Midlands League events together with the Robin Hood Trophy at Blidworth Woods. Again, a big thank you for everyone who has come forward plan, organise or control at those events. In addition, planning is now moving ahead with a Street O event in Nottingham City Centre, in April, and I hope to be able to give more information on that as our plans are firmed up.

Probably one of the biggest problems we have faced during my time as Chair has been to fill the post of Volunteer Coordinator for the Club. This is a vital role within the Club and one which carries with it some particular challenges. Club members' time is precious and we need efficient organisation to make sure that we capitalise on their good will and motivation to volunteer. It was a big decision by the Committee to move to a situation where we now pay the Volunteer Coordinator a modest fee in a Club where all else has been run by volunteers but I must say that I think the decision has, so far, proved to be a great success. My thanks go to Catherine Hughes who now occupies this post, for the great energy and enthusiasm she has brought to it and the results she has achieved but we now have more thinking to do as this was only a time limited experiment. As I write this, we are working hard to submit a bid to Sport England to obtain the funding to further develop that role. We may or may not be successful in that bid but, whatever the result, deciding how we take this initiative forward will be a big issue for the Committee in 2010.

In addition to capitalising on the good will of volunteers, it is vital that we give them sufficient skills to make an effective contribution to the Club. To that end, I was pleased that East Midlands OA laid on a development day last month and delighted that so many club members were able to attend some of its various courses. Hopefully, without overburdening any of them, we will offer sufficient opportunity for all of them to utilise their newly acquired skills to increase their expertise even more. The only course we weren't represented on was the Mapping Course and we still need to bring through some more keen Mappers. If anyone is interested in developing their skills in this area, please contact our Mapping Coordinator, Peter Hubberstey.

I want to end this piece in the toilet.... well, the Portaloo to be exact. Whilst many of our events take place at venues where public toilets are available, some do not and, for many years our old faithful toilet tents have served a noble purpose. I believe that, in 2010 (well nearly) we need to offer a better standard of toilet facilities and specifically asked at Byron's Walk that we utilise something more sophisticated. We have now made a link with the same supplier used by DVO and I believe that, from now on, where other

toilets are not available, this should be our 'bog standard' of facilities. I realise that it has cost implications for the club but, if we are to attract new members and keep them we have to avoid a toilet experience which has more place in 'I'm a Celebrity Get Me Out Of Here' and provide 21st Century toilets for 21st Century orienteers!

I wish all members of the Club an excellent Christmas and a great orienteering in the New Year.

Steve Green

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EM Development day

NOC was well represented at the recent East Midlands Orienteering Association's training day on the 7th. November. There were three members on each of the planner's and organiser's courses, four members attended the Grade 3 controller's course and are awaiting confirmation from the EMOA that they are now Grade 3 controllers. We also had one member on the mapper's course.

Some of these have already volunteered to help with events next Spring, hopefully spreading the load for key officials at events.

Meanwhile five club members started their UK Coaching Level 1 Course the same day. We are pleased to report that Mark Webster, Mick Lord, Elizabeth Parkinson, Gary Peet and Rhys Roberts all qualified at the beginning of December and we wish them well in their future coaching activities.

Pauline Olivant

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Weekly training

Bramcote

Thursday night is 'Winter Training Night'. Several members have been attending a Circuits session at Bramcote Leisure Centre from 6.45-7.45 pm. If you are interested in joining them contact Mick Lucking for more information. email bramcoteEvening@noc-uk.org

Bassetlaw and West Notts

If after Christmas you would like to get rid of that excess weight by a little extra exercise, check out what the Bassetlaw and West Notts. Satellite Clubs are organising each week. Details of their programme are given on the web site. You are welcome to attend any of the sessions.

Pauline Olivant

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Yvette Baker Trophy: Final - Tilgate Park

At 7 a.m. on a cold and very wet December Sunday morning, a small group of elite and enthusiastic NOC juniors began to gather and wait to catch the coach down to the Yvette Baker Final with a much larger SYO squad of juniors.

Now first things first, I'm not a big fan of Jeremy Clarkson of Top Gear but I found myself agreeing with him at 7 a.m. at Trowell Services. Julie and I arrived and a notice suggested ringing a phone number to pay for parking; 30 minutes, 4 phone calls on 3 different phones, a number of muttered expletives and a large dose of Dad stress later I agreed Clarkson was right when he said "paying for parking by phone was impossible" We resolved the parking issue by going into the services and buying a parking ticket but nowhere does it tell you that you can do that!

All the team arrived on time with Elizabeth and William having to get up even earlier and meet the coach higher up the M1. Everyone arrived looking enthusiastic even in the pouring rain. The coach journey was very nice and comfortable taking all the stress out of driving down to the other side of London. Thanks to the NOC committee for providing a large subsidy for the team to get down in comfort.

It took about 3 hours to get down there. I don't remember most of the journey as I was asleep but it appears that the two teams got along well on the way (I wouldn't know). On arrival at about 11 a.m. we decided to put up the tent. At this point the rain had stopped and the sun was trying to break through. We could erect the tents on some open parkland where the finish was located with a nice lake at the bottom of the hill.

On the way down the hill to put up the tent the ground was "sodden". After watching one or two people come a cropper we thought it won't be long and it wasn't, Jack went straight down and slid down the hill on his bum covered in mud! We all thought it was very funny but tried not to laugh, no such sensitivity from the team who fell about laughing.

Now putting up the tent was a team event that I had been told was straight forward. That may be so but not to the 11 of us. After about 20 minutes splashing about in the mud a much appreciated expert from OD came to give us a hand (big thank you to him).

None of the team were off on their runs till about 1:20 p.m. so that gave us a bit of time to "chillax", it wasn't long before DJ Jordan's voice came booming out of the PA system introducing the first record (are they even called records anymore) some singer I and anybody over 20 have never heard of.

The team then filled its time giving a big cheer to everyone who was finishing and then giving "high 5s" to all the finishers, the commentator commented on the enthusiasm of the NOC team. We may have been small but we made some noise. We all also looked forward to watching people fall over in the mud as they attempted to run down a very muddy run-in.

Orienteering Hong Kong Style or...

...."I thought we were going to die!"

"I thought we were going to die!" Christine gasped as she belted into the finish of the Mr Paddy Birney Team Score event, close on Max's heels, albeit 4 mins over the 90 minute time limit.

Die? Die from what? The huge spiders? The leg entangling vines in the dense jungle that made the map look totally green and even the worst LEI area seem really runnable? No, none of these but being trapped above a 15 foot vertical drop into a storm drain at the bottom of a 200ft slope that had taken 20 minutes to descend. Not surprisingly no one else seemed to have taken that route choice but to the promenading Chinese on the path the other side it provided much amusement - strange creatures these whitemen dressed in their finest NOC O-kit.

Suffice to say that another 20 minutes of Rambo style traversing saw our intrepid heroes back on course to pick up another few controls before finishing.

Meanwhile NOC's other team, Joe and Simon were on the other side of the hill taking photographs - at least that's our excuse for not getting all the controls in the time limit!

The event was at Aberdeen Country Park on the south side of Hong Kong Island. More Lake District than Rushcliffe, it was situated on the outskirts of Aberdeen, a typical high rise Hong Kong town with blocks of flats



the size of which you've never seen before.

The map was green and so was the event. Everyone, and I mean everyone, got there by public transport! We walked from our hotel in Kowloon to the Star Ferry crossing, then got the number 7 bus for the 40 min ride to Aberdeen, followed by 10 min walk to the assembly area. Cost 60p each! Public transport is a necessity in Hong Kong - it would be impossible to have the car to population ratio we have here, they just wouldn't fit on the



road system. As a result, there is a fantastic mixture of ferries, trains, buses and trams that got over 400 people to the event from all over the Territory. Just think - an organizer's dream, no event car park to locate, no cars getting stuck in the mud, no £2 per car to bolster the club funds...oh well there has to be a downside!

Full leg cover was compulsory as were whistles and a compass tho' anyone with any sense kept to the paths. I was surprised by the kit people had - proper club tops, bramble bashers and O-shoes. True to Hong Kong ethos, no one looked at their map in the mass-start pen even tho' they were not 'sealed' in anyway - Hong Kong is the most law abiding place I've ever been to which makes a visit extremely relaxing. Punching was Emit - looked real enough however tho' fakes in this part of the world are extremely good...!

Course wise, it was nothing special. The terrain is pretty limiting - Hong Kong is typically very hilly with dense vegetation. So it was belt round the paths, cutting through where streams etc allowed you to, trying to avoid the storm drains! Closing back in on the finish meant picking up controls between the many barbeque areas which by this time were crowded with families out for the day. It was very tempting to pick up a piece of wonderful smelling chicken satay as we ran past. Some of the locals were extremely fit and ran very fast and it's clearly a very popular sport with the schools. The inter-schools competition was well attended. I was also surprised that the runners were almost exclusively local Chinese with there being only two other visiting whitemen - guess the ex-pats are still out with the Hash House Harriers.

Back at the finish, it was cool down (30 °C!), discuss routes with the locals, grab an ice cream and catch the next bus home....

As always, orienteering provided a great way of seeing an area of a country that you wouldn't otherwise have seen during a trip. Hong Kong is highly recommended for a holiday - a spectacular city, great walking and beaches on the outlying islands easily reached by public transport and of course great food. Oh, and after months of nagging from the kids, I finally got an iPhone!

Simon, Christine, Joe & Max Elliott

Please run for your club!

Compass Sport Cup 2010 - Qualifier

Sunday 24th January

Shouldham Warren, Downham Market, Norfolk.

Entry fees £8 senior, £3 junior / student

We will be running a coach leaving West Bridgford library around 07.30. Park and Ride. You know it makes green sense!

Cost £5 adults, £3 juniors / students, subsidised by NOC.

Please send your details:

Age group as of 2010

BOF number

SI card number

by January 3rd 2010 at the latest to:

e-mail teamcaptain@noc-uk.org

snail mail Simon Elliott, 9 Devonshire Avenue, Beeston, Nottingham,
NG9 1BS

Cheques payable to NOC

Other 2010 dates for your diaries:

JK Relays – Monday 5th April
Braunton Burrows, Barnstaple, Devon

British Relays – Sunday 2nd May
Abrahams Valley & Wolsely Park,
Cannock Chase, Staffs

Compass Sport Cup Final- Sunday 17th October,
Burbage Moor, Sheffield

Simon Elliott

NOC Club Championship 2010

This will be held in conjunction with the Midland Champs at Belvoir Castle Estate Sunday 21st March. Simply enter the 'A' class of your age group, have a great run and who knows what you may win!

Any queries, e-mail me at simon_elliott@ntlworld.com

Simon Elliott

NOC Winter League 2010

New for 2010 - you've experienced the Summer League, well now try the Winter League!

Three informal events. Three results to count but you can do as many or as few events as you like.

White, yellow, orange and technical courses to suit the newcomer and experienced orienteer alike.

Sunday,	January 17th	Rufford Country Park
Saturday,	February 20th	Silverhill Country Park
Saturday,	March 27th	Brierley Forest Park

Ever considered night orienteering? Have a go at Rufford Saturday, January 16th, short, medium and long courses.

Watch the NOC web site for further details

Simon Elliott

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New Members

Several new members have joined the Club since the last newsletter. We welcome to NOC

Alexander Bosworth
Steve, Lucy and Rachel Forrest
Carl, Francesca, Jacky and Matthew Giudici
Liz Harvey and Chris Heaton
Mark, Edward, Paula and Tara Johnson
Jeffrey, Jane, Lily, Oscar and Talulla Renton-MacBeth
Clive Kent and Jenny Morris
Gary and James Peet
Andrew, Darcy and Mackenzie Shaw
Keith, Blake, Claudia and Hilary Southwell

and hope they have a long, happy and successful association with the club.

Mark Webster

Black and Green Word Machine

Fancy editing the next issue of the club’s newsletter? You are only committing yourself to putting the next edition of the magazine together.

Could it be you? Other clubs have tried the “Guest editor” format and found it works!

If so, then please drop a line to bag_ed@noc-uk.org

Mark Webster

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NOC Clothing

Available at Walesby on Sunday 20th December.

Club running tops (£28.50) and sweatshirts (£2) will be available to purchase at Walesby. We have a low stock of the tops and should we re-order some more then I’m sure they will have gone up in price, so if you need a top, now would be a good time to buy one.

A selection of the new style Hoodies should be available as well, although we will be limited to just 2 sizes, the supplier will provide the rest in mid January. They are priced at £15.



Hoodies

Cheques accepted, payable to “NOC”



Tops



Sweatshirts

Mark Webster

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EMOA Committee Vacancies

The East Midlands Orienteering Association, is seeking candidates for election to two vacancies on the committee, Vice-Chair and Treasurer.

The EMOA committee meets every two months, in Clifton Village (Nottingham) on a Monday evening. The vacancies have arisen because principal officers may not stand for election for more than three consecutive years. Ernie Williams was Vice-Chair and has recently been elected Chair. Dave Bennett has been Treasurer for the past three years. The latter role requires a commitment of an hour or two per week, with the advantage that the majority can be done from the comfort of your own study at any time of day or night. Dave will be available to support whoever takes on the role.

Anyone interested in nomination for either of these roles should contact the EMOA Chair, Ernie Williams, on eawo119791@btinternet.com.

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BOF Membership renewals for 2010

Don’t forget to renew your membership, the renewal from for which was enclosed with the autumn edition of the Focus magazine. This reminder is particularly important for those of us that renew on-line or by cheque. Those who use direct debit should have been debited by now.

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NOC Winter League;

January – March 2010

Sun 17th January	SK642648	Rufford Country Park
Sat 20th February	SK473622	Silverhill Country Park
Sat 27th March	SK481598	Brierley Forest Park

Helper Groups

Just in case there are any NOC members who are unaware of the helper group to which they are allocated, here is the list (updated mid-November)

Team Leaders

Volunteer Coordinator:	Catherine Hughes	Parking:	Richard Llewellyn
Registration:	Chris Horsewill	String:	Lindsey Brown
Start:	Keith Roberts	Finish:	David Winsor
Results:	Michael Napier		

Parking

J Bannister	S Brown	P Basus	S Hojna
B Bateman	P Coghill	Cooke family	K Graetz
P Goodwin	Hodkinson family	Hilary Hodkinson	Kelso family
Llewellyn family	E Lloyd	H Longstaff	D Musgrave
Ogden family	Parkinson family	P Prudham	Roberts family
Stewart family	A Stuart	P Turton	C Walsh

String

Block family	B Blunden	Constantine family	Drew family
Elliott family	Emery family	Huggan family	Lord family
Lowthian family	McCulloch family	L Sandell	Sear family
Sheridan family	Smith family	Taylor family	Wayle family
Webster family	M Wetton		

Registration

Allison family	D Anderson	T Banks	Bradshaw family
P Brookes	J Cook	R Davidson	Fraser family
Giudici family	N Gull	L Harvey	C Heaton
N Holliday	Horsewill family	Johnson family	Jones family
C Kent	J Morris	K Khalil	R Lee
F Lim	Littlewood family	Lomas family	McShane family
N Malbon	J Mellor	O'Neil family	Peet family
J Pickles	Renton-MacBeth fam.	S Rice	Shaw family
J Shortland	Southwell family	Woodall family	S Wright

Start

B Alderson	J Baker	J Barnes	R Beadle
Buckland family	M Burley	S Burns	Claxton family

R Gauvain	L Newton	Gebbett family	P Giles
A Gould	Green family	R Hatfield	Hewitt family
C Houlton	D Mill	Nicholson family	A O'Neil
Palmer	Picksley family	H Rice	P Scotting
B Tapp Scotting	G Seddon	Talbot family	R Torr
Wallace family	E Winfield		

Finish

Booker family	A Breakwell	P Carter	J Dunajko
W Foster	C Goodger	Harrold family	Hill family
D Hughes	A Donaldson	James family	B Mawby
B Moore	F Munton	H Newton	L Perdigao
Pittson family	Powell family	S Puri	S Rex
B Saunders	Smith family	Sutton family	D Teesdale
S Thurnell	C Tongue	D Winsor	C Woods
L Young			

Results

G Barker	R Barnes	A Beardsley	Billeter family
S Bird	A Bosworth	L Brown	Cholerton family
J Clarke	J Dziadosz	Evans family	Forrest family
P Forester	P Hubberstey	C Hughes	J Yarnell
R Kirk	Lucking family	P Lynas	S McManus
West family	Milner family	N Mockridge	P Morris
M Napier	S Hignett	Olivant family	J Robinson
D Richards	R Robinson	K Streb	S Taylor
J Thorpe	C Thorpe	S Wright	

Future Events List: December 2009 - March 2010

Sat 19/12/09	<u>DVO</u>	L	Shipley Country Park - (White to L/Green)	Shipley Country Park	SK432454
Sat 19/12/09	<u>LEI</u>	L	LEI Xmas Novelty Event	Aylestone Meadows	SK573013
Sun 20/12/09	<u>NOC</u>	L	EM league Event	Walesby Forest	SK664703
Mon 28/12/09	<u>LEI</u>	L	Level 3 Local and EMOA League Event	Beacon Hill	SK510145
Fri 01/01/10	<u>DVO</u>	L	New Years Day Street Score	Darley Dale	SK275624
Fri 01/01/10	<u>LEI</u>	L	LEI Winter League New Years Day Local Event	Snibston Discovery Park	SK416140
Sat 09/01/10	<u>LOG</u>	L	LOG Winter Series 5/6	South Common	SK977698
Sun 10/01/10	<u>SYO</u>	L	Colour Coded Event	Treeton & Hail Mary Woods	SK440868
Sat 16/01/10	<u>NOC</u>	L	Local Night Event	Rufford Country Park	SK652653
Sun 17/01/10	<u>OD</u>	R	OD Regional Event Sutton Park	Sutton Park (Hartopp Gate)	SP109971
Sun 17/01/10	<u>LEI</u>	L	Bagworth Woods EMOA League Event	Bagworth Woods	SK457067
Sun 17/01/10	<u>NOC</u>	L	Local- NOC Winter league	Rufford Country Park	SK652653
Wed 20/01/10	<u>LEI</u>	L	LEI Winter League Local Night Event	Cademan Woods	SK440170
Sat 23/01/10	<u>DVO</u>	L	Local	Poolsbrook	TBC
Sat 23/01/10	<u>LOG</u>	L	LOG WInter Series 6/6	Sudbrooke Park	TF034762
Sun 24/01/10	<u>NOR</u>	R	CompassSport Cup 1st Round	Shouldham Warren	TF680105
Sat 30/01/10	<u>SYO</u>	R	Middle Distance Event	Sheffield	SK328921

Sat 30/01/10	<u>DVO</u>	L	DVO Night Event	Hardwick	SK460635
Sun 31/01/10	<u>SYO</u>	N	Northern Championships	The Gritsone Edges and Big Moor	SK254754
Sat 06/02/10	<u>DVO</u>	L	DVO Local Event	Littlemoor	TBC
Sun 07/02/10	<u>NOC</u>	R	Robin Hood Trophy	Blidworth	SK583522
Thu 11/02/10	<u>LOG</u>	L	Local Night Event	Riseholme	SK984757
Sat 13/02/10	<u>BUOC</u>	R	BUOC Sprint Race	TBC	TBC
Sun 14/02/10	<u>WCH</u>	R	WCH Regional Event & WM League	Brereton Spurs, Cannock Chase	SK038162
Sun 14/02/10	<u>DVO</u>	L	Local & EM League	Allestree	SK352398
Tue 16/02/10	<u>LEI</u>	L	LEI Winter League Local Event	Western Park	TBC
Sat 20/02/10	<u>NOC</u>	L	Local - NOC Winter league	Silverhill Wood	SK473622
Sun 21/02/10	<u>LEI</u>	L	Charnwood Forest South EMOA League Event	Charnwood Forest South	TBC
Sun 28/02/10	<u>HOC</u>	R	HOC Regional Event	Dymock Forest	SO680278
Sun 07/03/10	<u>SYO</u>	L	Colour Coded Event	Tankersley	TBC
Sun 07/03/10	<u>NOC</u>	L	EM League	Thieves Wood	SK542577
Sun 14/03/10	<u>LOG</u>	L	Stapleford EMOA League	Stapleford	SK850554
Sat 20/03/10	<u>DVO</u>	L	Local	Markeaton Park	TBC
Sun 21/03/10	<u>LEI</u>	N	National Event & Midland Championships & Future Champions Cup	Belvoir Estate	SK805325
Sat 27/03/10	<u>NOC</u>	L	Local - NOC Winter league	Brierly Forest Park	SK481598
Sun 28/03/10	<u>DVO</u>	R	EM League	Crich Chase	TBC

L: Local, N: National, R: Regional, TBC: To be confirmed