



January 2009

"From the Chair"

This is my first offering 'From the Chair' and I must open by saying how pleased I am to have become Chair of NOC. Since I first became involved in the Club in 2005, I have never failed to be impressed by the quality of the Club and its members and I believe that we have an exciting future ahead.

I want to start by paying tribute to my predecessor, Dave Cooke who as Chair and in many other roles, has provided a fantastic service over many years to the Club and its Committee. I also pay tribute to his powers of persuasion in the way in which he approached me about taking on the role and gently explained to me how fulfilling I would find it. And I believed him! While on that note, a number of excellent Committee members have recently stepped down. I don't want to single any one of them out individually but wish to say a big thankyou to all of them for the contribution they have made to the running of the club and the help they have given to the new members in getting established in their roles. Thanks also go to those who have remained on the Committee and given it some, vital, continuity. Their advice and guidance is extremely welcome.

The departure of old Committee members means the arrival of new ones and, having had our first meeting, I believe that we are an enthusiastic bunch who are determined to do our best for the club and we hope that we will have the support of all members in achieving that. That said, we do still have one or two vacancies for office holders in the Club. It is vital that we

get these roles filled. None of the roles are, in themselves, too time consuming but all of them leave significant gaps in the running of the club for as long as they remain unfilled. The vacancies are on the NOC website and if any member out there (young or old) feels that they would have the time to do a little more for the club, now is the time to come forward. In the meantime, I intend to show how much I learned from Dave Cooke's persuasion of me and try approach some individual members to see if they are willing to volunteer.

As this is my first piece as Chair, I thought I would describe the state of the Club as I see it. We are a healthy club with a good reputation! Our membership is holding up (although our average age is increasing) and our finances are sound. We have enjoyed some excellent events during the autumn and have more in prospect during the next few months. My aim, and the aim of the Committee is to get as many people in Nottinghamshire participating in as many, good quality, events in the County as we can. We want to grow our membership, particularly amongst young people and families and believe that, by doing this we can increase the quality of our events and strengthen the foundations for our elite orienteers. If we are to do this, we need to put significant energy behind the Satellite Clubs project, which has been so eloquently advocated by Pauline Olivant and we need to grow our coaching capacity.

Judging by the recent piece in 'Focus', DVO are already seeing benefits from development of a Satellite Club and we need to be really focussed on rolling this out in the spring, first in Ashfield and Mansfield but, hopefully, also in Bassetlaw and Bramcote.

Where coaching is concerned, I believe that it is key to keeping beginners involved in the club but I think we need more members to take coaching qualifications so that the burden of coaching doesn't just fall on the current 'few'.

I think we also need to be ambitious in the planning of future events. I believe that we would get tremendous benefit from establishing a Nottingham City Street 'O' event. The City Council are already making encouraging noises towards us and I am hopeful that we can make a firmer announcement on this in the coming weeks.

I want to look at our Club Championships to see if it would be better to have more champions across a wider range of categories rather than one overall winner.

I also want to look at the possibility of having an annual awards presentation (hopefully as a social event) where we can celebrate, as a Club, our achievements over the year.

Having said all of that, undoubtedly the biggest key to our success in the future is that people continue to volunteer to help out with the duties and responsibilities of the Club. Whether it be as an office holder, an event organiser or planner or as a member of a Helper Group, we will only be successful if everyone does a little bit rather than relying on the stalwart few to do everything. Undoubtedly, my biggest plea in this my first 'From the Chair' item is that everyone keeps volunteering to do their little bit. I know from my own experience that organising and planning an event is extremely rewarding and the Club has a wealth of experienced mentors to guide anyone new to these responsibilities. If you've never tried it before, please do so. If you've only done it once, now is the chance to put your learning, from the first time, back into practice!

During the Autumn, we have had three good events at Brierley Forest, Bestwood and Walesby and we also hosted a highly successful British Schools Score Championships at Sherwood Pines. Thankyou to all of the organisers, planners and helpers at all of these events. I know that your efforts were appreciated by all of the participants.

Well done also to everyone who travelled across to Sutton Park for the Compass Sport Cup final. We achieved a creditable fourth place and, thanks to Simon Elliot's energetic organisation, made sure that we were well represented on the day.

Slightly more disappointing was our failure to qualify for the Yvette Baker Final. I know that many of our Juniors were disappointed with this result. Competition at junior level is building within the Region and we now know that we cannot just take it for granted that we will qualify for this event every year!

We have some great events in prospect over the next few months. Obviously, Clumber Park will be a brilliant day but another highlight will be our hosting of the British Sprint Championships at Nottingham University in May. Again, many members are working hard to make all of these events happen and our thanks go to all of them.

Finally, we are anxious as a Committee to make sure that we understand the views and wishes of all members of the Club and are keen to here from everyone. We do monitor the Forum on the website but also welcome e-mails or personal contact from anyone who wants to give us their views. For a starter, we quite deliberately changed the format of the Christmas event at Walesby in order to allow us to have a bit more of a social gathering at the end. It would be good to get some feedback on whether or not that was welcomed by everyone and whether or not we should continue with this format or revert to the old one. Your comments please.

In spite of the recent freezing cold weather, I hope you enjoy your orienteering in the coming months.

Steve Green

"From Derek Gale; Chair-EMOA "

EMOA Support to the JK 2009

East Midlands Orienteering Association has agreed to support the North East in putting on the JK in 2009. We have been asked to supply helpers for the starts on both the Saturday and Sunday events. Helpers will be eligible for a 25% discount on their entry fees by using a discount code when they enter. There are two starts to be manned each day but I have no other information at present. If anyone is interested in helping can they let me know by emailing me on dq.244@btinternet.com giving me the names of the helpers. I will provide the discount code and fit the names into the helpers lists as appropriate. If anyone has any special requirements can they ensure that this is in the e-mail.

Derek Gale

"From Mark Webster"

Broxtowe Celebration Evening

In December, NOC was invited to attend Broxtowe's award evening. I was delighted to attend on behalf of NOC to what I can only describe as an absolutely fabulous evening.

The whole event compared favourably with the BBC Sports Personality, which was screened the previous Sunday. A sports hall had been transformed into a glittering assembly area, fit for the Oscars. After a sumptuous buffet the hall quickly filled with over 150 people, and with smoke and music playing an impressive fencing display opened the evening's entertainment.

The first guest speaker was Nigel Mayglothing from Nottingham University. He gave a fascinating talk on volunteering and how it had changed his life for the better. He was a compelling speaker and I'm sure that if he had asked for people to volunteer that evening he would have been trampled in the stampede to sign up. Needless to say Nigel was presenting Volunteer of the year and School Sports leader/Volunteer of the year. A fantastic display of gymnastics then followed. Further awards followed with ex-Nottingham Forest footballer Steve Chettle and the Mayor of Broxtowe presenting the trophies. Both had a fantastic smile for the cameras!

In between the awards we saw some very professional videos on all aspects of sport involvement in the borough and including one which may have been used to back London's Olympic bid.

NOC's own James Taylor was third in the Sports Person of the year category. Samit Patel who made his debut for the full England cricket team this year was declared the winner.

The evening finished with an impressive dancing display from a newly formed cheerleading troop. Broxtowe's ambition of sporting involvement for all certainly looked to be paying off. My abiding memory of the event rests with the volunteers; all those involved seem to be getting even more out of their particular sport through the simple act of volunteering.

Roll on next year's event.

Mark Webster

"From Catherine Hughes / Pauline Olivant"

Sport England helps NOC find new members

British Orienteering's vision – More People, More places, More podiums (MP3)

The successful launch of the first Sport England funded hub club at Buxton has shown us that there are lots of people out there who'd like to learn to orienteer given the opportunity to try it out close to home. You may have read about DVO's success in the recent issue of British Orienteering Focus. A number of existing members have been regularly attending the weekly sessions alongside the many newcomers. They are enjoying training together on both the physical and technical aspects of our sport and have all become members of DVO.

It is now our turn to set up our first hub club, we have had several meetings with our partners the local district councils and school sport partnership in the Mansfield and Ashfield area and are looking to start up the club as soon as there is sufficient daylight on a weekday evening, in March 2009.

Several possible venues are being explored and we will shortly be advertising for the lead coach. We will be talking to the local partners who will assist us in promoting the launch as widely as possible and it is also planned to hold some coaching sessions at the weekends in the Mansfield area for both existing members and newcomers to enable us to reach as many people as possible.

FREE training is on offer to NOC members who would like to become a level 1 coach. Sport England will fund the coaching course, so if you'd like to help other people learn the basic skills, then contact Catherine now so that she can plan the training. Even if you are interested in just learning more about how to orienteer, attending coach training is a great way to start.

The next centres are planned for the Broxtowe and Bassetlaw areas and it is hoped to start them later in the year.

This is an exciting time for the club, we have the opportunity not only to increase our membership but also to give all our members many more training opportunities. If you would like any further information or are interested in getting involved in even just a small way or would like to attend a weekly training night please contact Catherine Hughes on hubclub@noc-uk.org

Catherine Hughes / Pauline Olivant

"From Neil Fraser"

Walesby 2008

When I was first approached to have a go at organising an event back in October, I saw this as an opportunity to get a bit more involved in the club and also to give a bit back to the sport that I have so enjoyed doing again since becoming a 'Born Again Orienteer' about 2 years ago after a gap of some 20 years. Because of all of the excellent facilities at Walesby, this seemed to be a good place to start. At the time I hadn't anticipated what a hectic end to the year I was going to have and that in fact there were going to be essentially 4 events running in parallel!

At times I had wondered whether running the scout competition, LOG club handicap, score event and colour courses at the same time was such a good idea, but it all appeared to go well in the end. Thankfully, the initial worries of runners getting trampled in the stampede after the mass starts for the score event were unfounded and it was fascinating to watch the variety of directions folk ran off into.

Two weeks prior to the event I spent a very enjoyable morning with Mick Lord (The Planner) marking out control positions. It was a beautiful winter's morning and the finding of sites seemed so much easier at walking pace! The weather the following weekend was pretty dire, but thankfully the day of the event was unseasonably mild and dry which made everything so much easier.

The day itself went well with only a few minor panics (e.g. finding the maps with only a short time to go before the first of the LOG runners were setting off on their handicap event). Everyone seemed to have fun and there was a lively atmosphere in The Barn afterwards. By about 2.30 everything was packed up, signs were down and the floor swept and it was if we'd never been there.

One of the most amusing aspects of organising was the clandestine operation of retrieving and returning gear to the Aladdin's cave of the NOC lock-up garage; which involves retrieving a key hidden under an orange bucket and navigating to a set of secluded garages down a narrow alley way. The fact that my Sat Nav planned different routes for getting to and from the garage

from the bucket must have made the goings on look even more suspicious to the casual observer!

Thanks to everyone who helped my first go at organising a success – with special thanks to Mick, Pauline and Peter. I would certainly encourage anyone else who wants to get involved more to give it a go. You're definitely not left on your own to flounder and the organiser guidelines are a great help. For what is essentially an individual sport, putting on an event is very much a team activity and without NOC's (and other orienteering club's) teams of dedicated volunteers there would be no events to go to!

Neil Fraser

-0-

"From Hilary Palmer"

NOC training

Saturday 3rd January at Bestwood Park was the place to be as Jim Clarke and I organised some exciting and entertaining training.

"It was great to have so many keen people at Bestwood today - the exercises that I planned were designed to reinforce the basic skills of folding and focusing on the bit of map which is needed at that particular time, using the compass to check which path or way you are going (so that we don't rush off on the wrong path!), choosing a good 'attack point' from which to find the control and an introduction to recognising the contour shapes such as spurs, re-entrants (small valleys) and hill tops. I know that some of the control sites were a bit harder than some of you usually visit but as each exercise was quite short you weren't out there for very long each time and it was aimed at being a bit more exciting than just running round the paths"

"I hope that you'll come again and that other club members will come too - watch this space to see where and when we will be putting on another club coaching session"

Hilary Palmer

P.S. Thanks to all the control collectors!!

Subsequent Comment from "Tom"

Me and my family went to a training place in Nottingham. It was so much fun, I learnt a lot of things, I bet I will get better at orienteering. I will go again, I recommend it to anyone in NOC to try.

Tom

Future Events List

January 2009 – April 2009

	Date	Category	Venue
Sat	17/01/09	C5N NOC	Shirebrook, SK536665
Sat	17/01/09	C5 LOG	Hartsholme Country Park, SK946697
Sun	18/01/09	C5 LEI	Lount Woodlands SK377209
Wed	21/01/09	C5N LEI	Beacon Hill SK522144
Sat	24/01/09	C5 SYO	Endcliffe Park SK322859
Sat	24/01/09	C1N Brit Night Champs	Mytchett & Congo Stream, SU924563
Sun	25/01/09	C3 EPOC	Ogden, Halifax SE062308
Sun	25/01/09	O4S LOG	Lincoln "City Race". SK976718
Sat	31/01/09	C5 DVO	Holmebrook, Chesterfield SK360730
Sun	01/02/09	C3 NOC	Clumber Park SK616781
Thur	05/02/09	S5N LOG	Riseholme Park, Lincoln SK981757
Sat	07/02/09	O3S CUOC	Jesus Green, Cambridge TL453592
Sun	08/02/09	C3 WAOC	Croxton Heath, Thetford TL877894
Sun	08/02/09	C5 DVO	Lindop, Bakewell SK259684
Sun	08/02/09	C3 DEE	Delaware Forest SJ558710
Sun	08/02/09	C3 TVOC	Christmas Common SU720910
Sat	14/02/09	C3 SWOC Welsh Champs.	Wentwood, Newport, ST422948
Sun	15/02/09	C5 SWOC Welsh Short Champs	Pk Penallta, Ystrad Mynach ST139956.
Sun	15/02/09	C5 LEI	Willesley Woods, Ashby SK328143
Sun	15/02/09	C3 SMOC	Silverstone, Towcester SP660446
Sun	15/02/09	C5 SYO	Ramsley Moor, Sheffield, SK294780
Sat	21/02/09	C5 HOC	Hollybed Common, Malvern SO781372
Sun	22/02/09	C3 HH	Burnham Beeches, SU952893
Sun	22/02/09	C3 AIRE	Howarth Moor, Haworth SE021364
Sat	28/02/09	C2 BOC	Hampton Ridge, New Forest SU200140
Sun	01/03/09	R2 BRC	Beaulieu & Dibden New Forest SU390040.
Sun	01/03/09	C5 NOC	Annesley Forest SK500500

Sat	07/03/09	C5 DVO	Stanton Moor, Bakewell SK241622
Sun	08/03/09	C3 WCH	Hednesford Camp, Cannock SK006141
Sun	08/03/09	C5 SYO	Wombwell Woods, Barnsley SK374027
Sun	08/03/09	C5 WAOC	Rowney Warren Shefford TL123403
Sat	21/03/09	C5 SYO	Bingham Park, Sheffield SK322859
Sun	22/03/09	C3 HALO	Londesborough Park SE866455
Sat	28/03/09	C5 DVO	Darley Park, Derby SK352372
Sun	29/04/09	CompassSport Cup	Sherwood Pines SK613646
Sun	05/04/09	C3 EBOR	Wykeham, Scarborough, SE941879
Sun	05/04/09	C5 OD	Pooley Fields, Polesworth SK259033
Sun	05/04/09	C5 SMOC	Wroughton Milton Keynes SP877375
Fri	10/04/09	C2S JK Sprint	Newcastle University, NZ248654
Sat	11/04/09	C2 JK Day 1	Kyloe Woods, Berwick NU058396
Sun	12/04/09	C2 JK Day 2	Detchant, Berwick NU083350
922	13/04/09	R2 JK Relay	Dipton, Hexham NY975605
Sat	18/04/09	C5 HOC	Frith Wood, Ledbury, SO719385
Sun	19/04/09	C2 LOC	Graythwaite, Ulverston, SD352922
Sat	25/04/09	R5 Lincs Bomber w/e	Riseholme Park, Lincoln,
Sun	26/04/09	C5 Lincs Bomber w/e	Caister Long-O
Sun	26/04/09	C5 WCH	Rawnsley, Cannock Chase SK028158

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.

Reminder

Members: Don't forget to take your BOF membership card along to events to get the £2.00 discount

"From Andrew Powell "

Original Mountain Marathon
(ex Karrimor International Mountain Marathon)

This years OMM was certainly one to remember. For Tim (Boxford) my team-mate, it was his first one, and what a one to start with!

You have probably seen the news stories (which like all good journalism, do sensationalise things somewhat!) but even so, it was certainly no weekend picnic! The first ever KIMM (previous event name) / OMM to be cancelled in 41 years, the event still started on the Saturday, but was called off on Saturday afternoon, when gale force winds and torrential rain left many rivers swollen and uncrossable, the overnight campsite flooded, several road passes closed, numerous competitors suffering hyperthermia, all mountain rescue units deployed, and the original car park field and road cut off by water!

The organisers knew the weather was going to be bad and so the shortened wet weather courses had been used for all categories. The problem for Tim and I on the C class was that the "cut off" left the only viable route choice as up, over and along a ridge (Dale Head to Robinson) at 750m with a 100 mph crosswind! Tim and I completed the course on Saturday but were forced to crawl along the ridge on our hand and knees for a lot of the time linking arms for stability and dropping to the ground when even stronger gusts occurred! We were by no means the only people up there either with many C class competitors (generally the least experienced) forced into this high route. Other than some major leg cramps for Tim, and the need to hang on to the ridge for dear life, we survived unscathed and were surprised to be told at the finish that the event had been called off (I thought it was a joke!).

The plan was to send competitors back to the start but the flooding had cut off the road! Knowing my Dad was around (in nearby-ish Kendal) we blagged our way onto a bus(!), still just about running, to Buttermere to use a public phone box. There was no mobile reception and we had no money at all (something I won't be forgetting again), so we chose to ride the bus (for free) all the way to Keswick! We begged for money in the supermarket there,

and left an answerphone message with my Dad, who we got through to directly a few hours later and he came and collected us.

His journey to us and our journey back to Kendal in the car was by no means easy either as the continued rain and high winds had caused further road closures and flooding. Our final approach by car into Kendal required a Toyboata (from Top gear) but fortunately the Audi just managed it by creating a bow wave, and swerving to avoid the two abandoned, broken down vehicles ahead! So in the end we got a proper nights sleep in a bed, but if I'd not had parental rescue, we'd have been in the Slate Mine as featured on the news!

Sunday was operation "recover my floating car", but fortunately most of the floodwater had subsided, and enough roads were passable that we could get there. Dad attempted to drive the Mondeo out of the field but even with 3 pushers, it ground to a halt in Glastonbury-esque mud, and we needed the farmer and his tractor to tow it out! So eventually we were able to return and all missing competitors are now accounted for and there were no serious casualties.

Personally I think the organisers were right to hold the event as all participants are well equipped and experienced but that doesn't make a good news story so the BBC *et al* write and report any old rubbish. Still it was quite novel being the major news story of the weekend, and it certainly hasn't put me off entering the event in future (if it isn't stopped by the health and safety lobby). I'm sure you'll all be rushing to be my team-mate for next year already!

Andrew Powell

-0-

"From the Editor"

Posting hard copies of the B & G to members has a significant negative effect on the Club's finances. Consequently, at a recent Committee meeting it was decided that e-mail should be used to publicise that the issue is available to be downloaded from the NOC website via a hyperlink.



"From Pauline Olivant"

Interesting in Coaching??

The East Midlands is planning to put on the new UK Coaching Certificate Level 1 Coaching Course during this year.

These courses are designed as the entry level to coaching and equip you to coach up to Orange standard skills for both adults and children in the club. You don't need to be an expert orienteer to attend the courses; Light Green standard is all that is needed. Full training will be given and NOC has several coaches who willing mentor anyone who is interested in learning more about coaching beginners, it is also an ideal way to find out more personally about the basic skills involved in the sport. The training will be free to anyone who is then willing to do some volunteer coaching for the club.

Would you interested in finding out more?

Contact Pauline Olivant: Tel: 0115 9872083
email: p.olivant@btinternet.com

Pauline Olivant

-0-

"Snippets; compiled by Mark Webster"

NOC Clothing Stock

The Walesby event proved to be a bumper event for the clothing department. Over £300 of stock was sold on the day.

Need a top? Then get in touch ASAP as we are now running low on stock. We have only have the following left

14 new style tops

6 long sleeve old style tops

1 short sleeve old top

7 trousers

We still have a selection of sweatshirts left but they are limited in certain sizes (See the website forum for pictures of the styles available)

New Members

Several new members joined NOC in November and December. We hope they have a long and successful association with the club.

Tom Banks	Graeme Barker
James Dunajko	Kam Khalil
Rowan Lee	Fraser Lim
The Milner family, Sean, Caroline, Isabel and Samuel	
James Mellor	Benjamin Moore
Sanjay Puri	The Smith family, Amanda, Jack and Paul
Danny Teesdale	Sarah Thurnell
Camron Tongue	

Compass Sport Cup 2009

We need to start thinking about the qualifying round.

Put the date - Sunday March 29th - in your diary. It is to be organised by NOC at Sherwood Pines

Midland's Night Championship 2008

Congratulations to Peter Hodkinson (M18) on winning the Midland Night Championship title at Rowney Warren at the end of November.

Other good runs included those by Nigel Mockridge (2nd - M45L) and James Clarke (3rd - M50S).

Do you fancy giving night orienteering a try?

NOC is staging an event at Shirebrook Wood on Saturday 17th Jan. 2009. LEI also have an event on Wednesday 21st Jan. 2009 at Beacon Hill

Another NOC winner

There was success at Walesby last Sunday for NOC member Hugh Atkin for winning the Central Notts Scout District competition. Hugh won the 12 and under class. Many congratulations.

Fiona Claxton makes headline news

NOC member Fiona is top news in the Matlock Mercury (see the NOC website forum). "Notts Youngster stuns field at Whitesprings : Fiona Claxton, from Nottinghamshire, astounded all by completing the green course in just 45 minutes and 44 seconds" If you see any other interesting articles on the world wide web involving NOC members then please let us know or just leave a message on the forum. The article gives great coverage to DVO, well done to them, don't forget NOC are still looking for a volunteer for the role of publicity officer, one of their tasks could be to write similar articles for the Nottinghamshire local press. If you fancy the role, then please get in touch.

New NOC Treasurer

Congratulations (?) to Peter Cholerton on his appointment as the new club treasurer. The formalities hope to be completed at the next committee meeting. Also a big thank you to Pauline Jones for continuing as treasurer since the last A.G.M.

Mark Webster

NOC Training Thursdays January - April



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-