

The Black and Green

Word Machine

The newsletter of
NOC
Nottinghamshire Orienteering Club

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

August 2010

"From the Chair"

Welcome to this latest edition of Black and Green. This edition has been purpose designed to support our AGM, which is to be held in September, and includes my full report for the year. In order to avoid repeating myself, I can only add that I hope that everyone is enjoying a busy Summer and keeping fit and ready for a full programme of competition starting in the Autumn.

A final word about the AGM itself. Whilst there will be a small amount of formal business to transact (we completed it in 9 minutes last year) it should prove to be an enjoyable social event with the highlight being the presentation of prizes to not only Club Champions but also the winners of the Winter and Summer Leagues.

I hope you enjoy the rest of this edition.

Steve Green

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Bramcote Satellite Club

The Bramcote Park Satellite Club was launched April and is already proving popular with both newcomers and experienced orienteers. The club meets on Thursday evenings from 6.30 to 8pm and is open to all ages. Beginners and families are particularly welcome although children under 14 need to be accompanied by an adult. The club is run by Catherine Hughes and Hilary Palmer (neither who need any introduction) but it was a cause for celebration at the satellite club when we found that Catherine had been awarded The Peter Palmer Coach of the Year award in May.

The evening begins with a warm up which is usually followed by a game or two to test map-reading skills. Even long-standing members of NOC have found this useful as there is always something new to learn with orienteering. After this we usually split into two groups depending on ability to follow short courses and hone our skills. Around 8pm we finish with a warm down and chocolate biscuits!

Praise for the club from its members:

"the activities are exceptionally well organized and enjoyable! You forget you are exercising"

"It's more interesting than going for a run"

"It lets me spend time with my parents doing something fun"

"Its good experience for my Duke of Edinburgh Award"

The new term will be beginning in early September. For more information contact Catherine Hughes or visit <http://www.noc-uk.org/noc.aspx>. Please pass this info on to friends or colleagues who might be interested...

Gail Lockwood

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Bassetlaw Satellite Club

Bassetlaw District Orienteering Club recently celebrated its first birthday after starting in June 2009. The club was created with the help of Bassetlaw Sports Development, East Retford Rugby Club, the East Midlands Orienteering Association and Nottinghamshire Orienteering Club to build on the local interest in orienteering that in many cases originated from Bramcote Lorne School, in Gamston, near Retford.

The club holds a weekly club night on a Wednesday evening, 6.30pm until 8.00pm. Throughout the winter the club meetings were based at Ranby House School who kindly allowed one of their gymnasiums to be used as a base for night orienteering.

During the summer months, club nights are being held at various locations to take advantage of the good local areas we have around Bassetlaw. We have three qualified coaches and cater for all ages and abilities. Families are very welcome as well as interested individuals.

The juniors have enjoyed a very successful year with two Firsts and two Runners-Up at the East Midlands Orienteering Championships. Good performances have also led to five Bassetlaw juniors being selected to represent the East Midlands at the Junior Inter Regional Championships, in South Wales and one being selected to join the M14 Regional Squad tour to Scotland, in the Summer.

The adults and families have also enjoyed a very busy year and have attended the Scottish 6 Days event, many urban races, the International JK Festival, the British Championships as well as many Local and National events.

To further their orienteering experience three of the Bassetlaw juniors have joined the East Midlands Junior Squad Summer tour to Sweden.

For information about the club please contact Robert Parkinson, on 01777 871762 who will be pleased to explain what is involved and where the next meeting will take place

Robert Parkinson

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Cairngorm Talent Training Camp 2010

After being injured in the run-up to the major selection races this year and having what I perceived to be average races, I was pleasantly suprised to be

selected for the Talent Coaching Camp organised by BOF. 2010 has seen a change in the junior system within British Orienteering with the introduction of Talent and Academy levels, and with the whole selection system being based on ability not age and percentage time behind the winner in each race. Due to this, the camp that I attended had an age range from 15-20 which worked out better than I would have predicted.

After missing out on summer tour selection last year I felt that my technical ability had not improved in a while however the week this summer definitely changed that.

Although I was planning to write an original and slightly different article, I would actually like to share some of the main things that I learnt with you, because I am hoping that that will significantly change my orienteering for the better.

The first thing that we focussed on, which I have never come across before is the concept of 'remarkable features' and picking them out when planning each leg. The basic idea links back to simplifying and it is about picking out the large, obvious features on each leg and, in general, using compass and these features to guide you into the control, rather than picking off every small vegetation change or rock feature.

Another session we did focussed on leg planning and simplifying and to do this we had to look at the map quickly, pick out the remarkable features and contact points on the leg and then set off. Whilst on the legs (which were between 500-600m) we were only allowed to look at the map 3 or 4 times. The result was that I was running much faster, not faster than I am capable of but faster than I normally would whilst racing. The conclusion was that nearly everyone looks at the map more than necessary on the run, and precise map contact is only needed after the attack point has been reached. To conclude the week we had a sprint race around the nearby Lagganlia complex, with a JWOC style quarantine and a chance to put all the things we had learnt into practice. Although a sprint is not 'classic' orienteering, I think that it was a good way to put to the main things into practice because sprint races are all about choosing a route quickly, executing it with speed and then using fine navigation towards the end of the leg. My confidence increased dramatically after coming 2nd in the race and made me believe that I had learnt and consolidated many new skills.

I hope that some of these tips will help everyone in the club to essentially become better orienteers and maybe encourage some juniors to aspire to be selected for summer tours.

I would like to thank NOC for helping me to fund the trip and for assisting me in learning so much. Hopefully my results for the club next year will prove how helpful the week was.

Jenny Evans

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The Peter Palmer Relays

The Peter Palmer junior team relays will be held over the weekend of 4th and 5th September. This is the opportunity for our juniors to represent the club and at the same time enjoy a fun weekend.

A flyer for the event is here

http://www.britishorienteering.org.uk/live/news/images/news_july2010_pete_rpalmerrelay_flyer.pdf

All standards are catered for from Yellow to Light Green. We can enter up to 3 runners on the Yellow leg so if you haven't done many events at Yellow, don't worry. The first and possibly second leg will be run in the dark, the rest are day legs. [For those juniors wishing to compete in the Lincoln City race you will be finished in time to get there. Ask for a late start.]

The cost will be £8 per runner including meals.

We have to have a minimum of 2 girls in each time so the number of teams which we can enter may depend upon the number of girls who will turn up and run.

There is a full programme of activities on the Saturday night. It looks like a great weekend with lots of other juniors from around the country.

If you can run and want to be part of this please e-mail Jim Clarke at ccf@6bravo.co.uk

Remember it's your club and it needs your support.

Jim Clarke

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The Peter Palmer Relays

As noted above, the Peter Palmer junior team relays will be held over the weekend of 4th and 5th September.

The event, organised by the British Army Orienteering Club (BAOC), will be in our area at Chetwynd Road Barracks, Chilwell.

BAOC would appreciate any help NOC members could give on the night/day.

They are even willing to bribe helpers with a free breakfast!!

If you would like to help please contact Mick Lucking, 0115 9225578, who is liaising on behalf of NOC.

Pauline Olivant

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NOC Winter League 2010 / 2011

The format of the Winter League (and Summer League) events was discussed in some detail at the most recent Committee Meeting. The advent of SI punching means that it should be possible to create more challenging courses on our smaller areas, thus obviating the need to include a score section as part of the Technical course. The fact that a significant number of older members would like a technical challenge but not a physical challenge means that it would be preferable to provide two technical courses, labelled short and long. To minimise work for the planner it is suggested that the first section of the long course is the same as, or very similar to, the majority of the short course. However, the Committee would like to maintain the number of courses offered at four. In view of the lower numbers attempting the white and yellow courses it is suggested that they are combined. Hence the four courses would as follows.

Course	Length	Equivalent to
Introductory	1.5 to 2.5 km	White / Yellow
Medium	2.5 to 3.5 km	Orange
Short Technical	3.5 to 4.5 km	
Long Technical	4.5 to 6.0 km	

The proposed schedule of events for the NOC Winter League 2010 / 2011 is:

Sun 26th Sept 2010	Burnt Stump C. P.
Sun 17th Oct 2010	Holme Pierrepont
Sun 21st Nov 2010	Haywood Oaks
Sun 9th Jan 2011	Silverhill
Sun 6th Feb 2011	Rufford C. P.
Sat 5th March 2011	Colwick Woods

Please note that these date / venues have yet to be confirmed. See the website at www.noc-uk.org for more details.

Mark Webster

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New Members

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

Rebecca Barton,
The Beresford family, Rachel, Paul, Ben and Jessica.
The Burton family, Colin, Karen, Lawrence and Owen
Ali Cheung
The Dean family, Anthony, Millie, Louise and Mabel
Michelle Eden
The Elliott family, Jane, Emma, Lauren and Alan
Patrick Ellis
Pierre Gerard
Barbara Greenwood
Richard Hawksley
Kevin Hill
Paul Hudson
Bill and Emily Jones
The Knight family, Kerry, Amelia, Richard and William
Carlos Fernandez Lence
Paola Signoretta
Peter and Georgia Whitehouse,
Pel Williamson
Helen Wright

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

Mark Webster

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Black and Green Word Machine

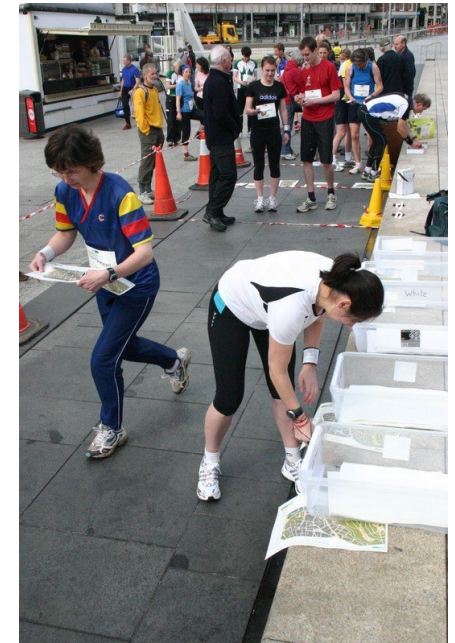
Fancy editing the next issue of the club's newsletter? You are only committing yourself to putting the next edition of the magazine together.

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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Helen Palmer and the 2010 WOC Long Distance Final

Helen says: I made it to the WOC long distance final after a super safe race, taking at times laughably safe routes and thanking the stars (/ planner Johan Ivarsson) that for once I got the "easy" first control and the "easy" 10th control.

What people say to you before a qualifier:-

Treat it like any other race

You don't need to do anything special

You are good enough if you just avoid big mistakes

And my favourite:

Just enjoy it!

This is all great advice, if you are a robot. Actually the last one does work for me, when I get nervous I remind myself that orienteering is not who I am but just something I do, something I supposedly love doing. But the truth is if you aren't a robot and you are anything like me (and especially if you have screwed up qualifiers / selection races in the past) treating it like any other race is almost impossible, it's the World Champs, you have worked very hard for one chance and you know it. It affects your sleep, you struggle to eat and when you warm up your stomach is churning and your legs feel like lead.

Advice that does work: anything focused on the actual orienteering technique, which is the only thing that really matters. Toni Louhisola our coach is very good at helping me get focused on what I'm actually going to do.

I spoke to my personal coach Jon Musgrave by phone several times before the qualifier (the night before and before I went to get on the bus to the start, when you aren't allowed phones). He would never say treat it like any other race, he *knows* the feelings. He told me that when I make a small mistake (which you almost certainly will do) I should say hello to the control when I saw it, to calm me down and bring a smile to my face. I was so terrified round the whole course that I said a grateful hello to every single control.

Terror, relief x 12 + JOY as I crossed the finish line. Satisfied, job done.

It was ugly orienteering, I can't say I flowed, I can't say I had masses of confidence, maybe a quiet inner confidence, the course did feel straightforward, mainly because I made it super easy with my route choices and double checks. It didn't feel like I ran hard, but I probably did for parts.

The final is a totally different beast. I had a good dress rehearsal at Verdal and I'll model my tactics on that race which was a little longer with a little more climb than tomorrow's version. The passage through the arena will be stressful and probably a little different than anything I've experienced but it will be an unforgettable experience and now I've broken through a big mental barrier maybe I can *just enjoy myself*?



Future Events List: August 2010 - December 2010

Wed 18/08/10	LEI	L	LEI Summer League 20- Oakham	Oakham Woodlands	SK840074
Sun 22/08/10 to Fri 27/08/10		R	Lakes 5 Day Regional Events - Lakes5 Day 2	tbc	SD 304 973
Tue 24/08/10	LEI	L	LEI Summer League 21- Evington park and Arboretum	Evington	SK628021
Fri 27/08/10	EBOR	L	White Rose Sprint	Baxtons Strip	SE600920
Wed 01/09/10	SYO	L	Park Race 7	Gleadless Valley	SK367835
Thu 02/09/10	LEI	L	LEI Summer League 22- Burbage	Burbage Common	SP446953
Sat 04/09/10	SYO	R	Urban Race	Ponderosa, Crookesmoor,Sheffield	SK345881
Sat 04/09/10	PFO	L	PFO Capricorn Long O	Barley Village Hall	SD881405
Sun 05/09/10	LOG	R	Lincoln City Urban Race	Lincoln	SK973719
Sun 05/09/10	WCH	L	Walton Chasers local event	Sycamore Hill, Oldacre Valley	SJ972181
Sun 05/09/10	BAOC	L	Peter Palmer Relays	Chetwyn Bks, Chillwell	SK503350
Sat 11/09/10	DVO	L	DVO Local Event	Littlemoor	SK321578
Sat 11/09/10	AIRE	L	AIRE Airedale Autumn Olite	Penistone Hill	TBC
Sat 11/09/10	NOC	L	Come and Try It local event	Bramcote Hills	SK500384
Sat 11/09/10 & Sun 12/09/10	INT	R	Junior Home International Weekend (Closed Event)	Devilla	NS960885
Sun 12/09/10	LEI	L	Local	Ibstock and Sence Valley	SK406103

Sun 12/09/10	MEROC	R	MEROC Regional Event	Formby Dunes	SD276077
Sun 12/09/10	WRE	L	Shropshire Long O	Long Mynd	SO435967
Sun 12/09/10	LEI	L	Ibstock Urban	Sence Valley and Ibstock	SK406103
Sat 18/09/10	SLOW	R	SLOW - City of London Race	City of London	TQ325803
Sun 19/09/10	AIRE	R	AIRE Regional Event	Conistone (Langcliffe & Scargill House)	SD978711
Sun 19/09/10	DVO	R	DVO Regional Event	Carsington Pastures	SK243553
Sat 25/09/10 & Sun 26/09/10	WSX	R	Caddihoe Chase Regional Event	Wareham Forest	SY895910
Sun 26/09/10	NOC	L	NOC Winter League	Burntstump Country Park	TBC
Sat 02/10/10 & Sun 03/10/10	NATO	R	October Odyssey Regional Event	Beanley	TBC
Sat 02/10/10 & Sun 03/10/10	SBOC	R	Veterans Home International	Whiteford Burrows	SS445955
Sat 02/10/10	OD	L	OD Sprint Event (Afternoon) Stoneleigh Park	Stoneleigh Park (National Agricultural Centre)	SP329712
Sun 03/10/10	OD	R	Warwick Urban Race	Warwick	SP287648
Sat 09/10/10	DVO	L	DVO Local Event	Calke Abbey	SK368227
Sun 10/10/10	NGOC	R	NGOC Regional Event	Knockalls Enclosure, Forest of Dean	SO537124
Sat 16/10/10	NGOC	L	Informal	Symonds Yat	SO572128
Sun 17/10/10	SYO	N	CompassSport Cup Final	Burbage Moor	TBC
Sun 17/10/10	NOC	L	NOC Winter League	Holme Pierrepont	TBC

Tue 19/10/10	LEI	L	LEI Winter League	Watermead Country Park	TBC
Sat 23/10/10	DVO	L	Limited Colour Coded Event	Bottom Moor	TBC
Sun 24/10/10	EPOC	R	EPOC Regional Event	Stoodley Pike	SD979243
Sun 24/10/10	LEI	R	LEI Midlands Middle Distance Championships	Irchester Country Park	SP914660
Sun 31/10/10	EBOR	R	EBOR Cup Event	Ebberston Common and Bickley Forest	SE900893
Sun 31/10/10	DVO	R	EM League	Stanton Moor	SK247635
Sun 31/10/10	POTOC	R	West Midland Championships	Park Hall	SJ 928 446
Sat 06/11/10	BAOC	R	Senior Home International Relays	Pamber Forest	SU615615
Sat 06/11/10	NOC	L	NOC Local Night Event	Bestwood Country Park	SK565475
Sun 07/11/10	NOC	L	EM League	Bestwood	TBC
Sun 07/11/10	WRE	R	Bury Ditches Regional Event	Bury Ditches	SO320828
Sat 13/11/10	MV	L	Mole Valley Night Event	Sheeples	TQ084515
Sun 14/11/10	AIRE	R	AIRE Regional Event	Hirst Wood & Shipley Glen	TBC
Sun 14/11/10	HOC	R	HOC Regional Event	Postensplain	SO743791
Sun 14/11/10	MV	R	Mole Valley South East Families and Veterans	Sheeples and Effingham Woods	TQ084515
Sat 20/11/10	WAOCC	L	WAOCC Colour Coded Event	Rowney Warren	TL123403
Sun 21/11/10	SYO	R	Regional Event	Ecclesall Woods	TBC
Sun 21/11/10	NOC	L	NOC Winter League	Haywood Oaks	TBC
Mon 22/11/10	DVO	L	DVO Local Event	Shipley Park	SK432454
Wed	LEI	L	LEI Winter League	Sence Valley Country	TBC

24/11/10			Night Event	Park	
Sun 28/11/10	WCH	R	WCH Regional Event & WM League	South Sherbrook, Cannock Chase	SK001167
Sun 28/11/10	LEI	L	EM League	Burbage Common	TBC
Sat 04/12/10	DVO	L	DVO Night Event	Allestree Park	SK352398
Sun 05/12/10	NATO	L	Full Colour Coded	Dipton Wood	TBC
Sun 05/12/10	DVO	R	DVO Regional Event	Shining Cliff	TBC
Wed 08/12/10	LEI	L	LEI Winter League Night Event	Markfield	TBC
Sun 12/12/10	OD	L	OD Colour-coded Event Oakley Wood & Ashorne Hill & OD Club Champs	Oakley Wood & Ashorne Hill	SP310589
Sun 19/12/10	NOC	L	Local	Walesby	TBC
Tue 28/12/10	LEI	L	EM League	The Outwoods	SK515163

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



ANNUAL GENERAL MEETING
NOTTINGHAMSHIRE ORIENTEERING CLUB
Saturday, September 11th. 2010 at 13:00

Bramcote Park School (entry off Derby road past the Leisure centre)

AGENDA

- 1 Members Present
- 2 Apologies
- 3 Minutes of 2009 AGM
- 4 Matters arising from Minutes
- 5 Chairman's Report
- 6 Treasurer's Report
- 7 Election of Auditor
- 8 2012 Membership Fees
- 9 Election of Officers and Life Members
Current Committee members are prepared (and are eligible)
to stand for re-election to their positions with the exception of
Team Manager and
Junior Captain
for which nominations are required,
- 10 Plans for the Forthcoming Year
- 11 Proposed Items of Business
- 12 Open Forum
- 13 Close of Meeting

Chairman's Report for 2010 and Plans for Next Year

As I look back on the last year, I am pleased to be able to report substantial progress within the Club during the past twelve months.

During 2009/10, the Club has again organised a full range of events with a successful Robin Hood Trophy in February, a good range of East Midland League events throughout the year and a full summer league programme. My thanks to all of the organisers, planners and controllers for these events, I am delighted that your efforts were rewarded by the support of healthy numbers of competitors. In addition, we have made two new ventures in our fixture programme.

The first was to host a City Race around the centre of Nottingham. This inaugural event took a great deal of planning and preparation but was, I believe, a tremendous success which was extremely well supported and favourably commented upon by a wide range of participants. Furthermore, it was seen, by Nottingham City Council, as a worthwhile addition to city life which they are keen to see us repeat in future years.

The second new venture was the introduction of a local Winter League which has been intended to offer a greater availability of events for local orienteers who do not wish to travel far afield. Whilst the support for these events was a little mixed we did, I believe, learn a sufficient amount to justify launching a larger programme for the autumn and I hope that the league will be hotly contested when it begins in a couple of weeks time. After some discussion, we have now settled on a format for the Winter League events which should suit orienteers of all ages and abilities and I know that all of the Committee hope that all members will enjoy competing in the league.

A highlight of this year has been our success in securing Sport England funding to support the development of the Club. This has allowed us to retain the services of a paid Club Development Officer and purchase an impressive range of Sport Ident equipment. The project is intended to increase the frequency and quality of our events, encourage more club members to volunteer to assist with those events and to increase participation in our sport, hopefully leading to an increase in our membership. All is going well with the project so far. We are seeing a better flow of volunteers supporting our events and certainly an increase in the number of people who are trying us out for the first time. The Sport Ident equipment has arrived and has been augmented by our share of the East Midlands stock, meaning that we are now self-sufficient with Sport Ident equipment for all but the largest of competitions. My main concern now is to make the equipment as 'user friendly' as possible for the widest range of organisers and planners in order to ensure that, save in exceptional circumstances, all of our events will be supported by our Sport Ident equipment and pin punching will only be seen as the facility of absolute last resort.

The Satellite Clubs project has continued to progress with the two clubs at West Notts College and Bassetlaw now becoming increasingly well established and a new club set up at Bramcote. This means that we are reaching out to new orienteers in three separate areas and we are also providing three club nights for new and existing members in different parts of the County during

most weeks of the year. This project continues to look very promising for our future and it would be remiss of me not to express my gratitude to EMOA for their continued support and guidance throughout the life of the project.

Given these two major initiatives, it is perhaps not surprising that membership numbers are, comparatively, healthy. They are probably the highest we've enjoyed since the 1990s but the average age of members is still increasing and the number of juniors appears to be falling so we still have work to do!

Once again, this year, we will combine our AGM with the Bramcote CATI event and a prize giving for all class winners in the Summer and Winter League, together with the Club Championships. Congratulations to all prize winners and I hope you will be able to attend and personally receive your prize.

The vast majority of the running of the Club and the running of all of our events depends entirely of the good will of people who volunteer. Once again, may I express my gratitude and that of all of the Committee, for everyone's efforts in this regard. It was extremely pleasing to see so many Club members take advantage of the training opportunities in Planning, Organising and Controlling and also to see a number of new coaches being qualified. These are all vital skills for the Club and I hope that all of those who enjoyed the training will feel able to put their newly learned skills into practice.

May I also express my thanks to two outgoing Committee members, the Team Manager, Simon Elliott and Junior Captain, Samuel Horsewill. Simon, in his three year term, has been a major contributor to the Club and the business of the Committee and Samuel has been the inaugural holder of the role of Junior Captain. I am sure that the whole Club is grateful for their efforts.

Given the achievements of this year, I feel very excited about what we can achieve in the coming 12 months. We are working to a clearly set out development plan which, I believe, addresses all of our main ambitions and will ensure that we maintain the progress we have made. As mentioned above, I believe that our new Winter League will be a success and I am confident that we will complete the Sport England project with real and lasting benefits for the Club. I believe that two of our major challenges will be to sustain the benefits of this project, together with the benefits of the Satellite Clubs, long after the funding has dried up. I suspect that this challenge will be a major focus of the Committee's attention during the coming 12 months as we, of course, keep working on building and maintaining the membership of the club.

I believe that we will be offering a fixture list of huge variety, exploiting the many, varied terrains and settings within which orienteering can take place across the County. Most of all, we hope that we can continue to make the

sport enjoyable and rewarding for all members of the Club and wish you all some great orienteering for the next 12 months.

Steve Green

Chairman, NOC

August 2010

Secretary's Report For 2010

Wow, I've just looked up our current membership and it stands at 328 members! I knew we had passed the 300 mark but I thought we were only just above it. Last year our membership was 283 and in the two previous years, 306 and 311. So that particular downward trend has been stopped.

We are now officially an upwardly mobile club! We are also the third largest club in the country behind Southdowns and Bristol.

Can we keep increasing our membership? I hope so but with the recent economic downturn and the ever-increasing choice of leisure and sporting activities on offer, it won't be that easy. Although I would like to think that Orienteering is a very cost effective sport.

It's not all about new members though, existing members need to be willing to renew, and those stalwarts of the club should not be taken for granted.

Hopefully the club evenings, the coaching opportunities on offer, the extra events on the fixture list, electronic (SI) punching, *etc.* will satisfy brand new members as well as those that have been members for a few years and those who have been members for many, many years.

Last year I hoped for an increase in membership numbers, this forthcoming year I'm hoping to report on an increase in retention of existing members.

Mark Webster

Annual General Meeting of Nottinghamshire Orienteering Club Minutes		
Subject	2009 Nottinghamshire Orienteering Club AGM	
Date	Saturday 19 th September 2009	
Time	13:45 p.m.	
Location	Sherwood Lodge, Police HQ, Burntstump	
Members Present	Peter Cholerton. Charlotte, Julie, Mark, Jordan & Thomas Webster. Simon, Christine, Joe & Max Elliott. Mick, Ben & Jack Lord. Peter Hubberstey Margaret & Tony Buckland. John & Dorothy Woodall. James Clarke. Hilary Palmer. Kevin, Jo, Lizzie & Patrick Sheridan. Steve Littlewood & family. Robert Parkinson & family.	Keith Streb. Lindsey Brown. Pauline & David Olivant. Ruedi Billeter. Dave Cooke. Gary Peet & family. Brian James. Bob Alderson. Hazel Rice. Keith, Caroline, Jamie & Finlay Lowthian. David & Elisa Wayles. Steve Wright. Steve, Chris & Matt Green. Nick Malbon. Michael Napier.
Summary	1.	Apologies for absence
	2.	Minutes of 2008 AGM
	3.	Matters arising from the minutes
	4.	Chairman's report
	5.	Treasurer's report
	6.	Election of Auditor
	7.	2011 Membership fees

	<div>8. Elections of Officers & Life Members. The following club members are standing for election: <table><tr><td>Chair</td><td>Steve Green</td></tr><tr><td>Secretary</td><td>Mark Webster</td></tr><tr><td>Treasurer</td><td>Peter Cholerton</td></tr><tr><td>Fixtures Secretary</td><td>Ruedi Billeter</td></tr><tr><td>Mapping Co-ordinator</td><td>Peter Hubberstey</td></tr><tr><td>(New)</td><td></td></tr><tr><td>EMOA Representative</td><td>Pauline Olivant</td></tr><tr><td>Coaching Representative</td><td>Jim Clarke</td></tr><tr><td>Team Manager</td><td>Simon Elliot</td></tr><tr><td>Junior Captain</td><td>Position Vacant</td></tr><tr><td>Volunteer Co-ordinator</td><td>Catherine Hughes</td></tr><tr><td>(New)</td><td></td></tr></table></div> <div>9. Open Forum</div> <div>10. Close of meeting</div>	Chair	Steve Green	Secretary	Mark Webster	Treasurer	Peter Cholerton	Fixtures Secretary	Ruedi Billeter	Mapping Co-ordinator	Peter Hubberstey	(New)		EMOA Representative	Pauline Olivant	Coaching Representative	Jim Clarke	Team Manager	Simon Elliot	Junior Captain	Position Vacant	Volunteer Co-ordinator	Catherine Hughes	(New)	
Chair	Steve Green																								
Secretary	Mark Webster																								
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Team Manager	Simon Elliot																								
Junior Captain	Position Vacant																								
Volunteer Co-ordinator	Catherine Hughes																								
(New)																									
Item	Notes																								
1	<u>Apologies for Absence</u> <ul style="list-style-type: none">▪ Mick & Angela Lucking▪ Hilary & Steve Hodkinson▪ Peter Hodkinson▪ Richard Robinson▪ Jo, James and Catherine Block▪ Graeme & Kieran Huggan▪ Louise Sandell▪ Helen Palmer▪ Janet & Nick Evans▪ Simon & James Taylor▪ The Roberts family▪ Catherine Hughes																								
2	<u>Minutes of 2008 AGM</u> <ul style="list-style-type: none">▪ The minutes were accepted as a true record of the meeting.																								
3	<u>Matters arising from the minutes</u> <ul style="list-style-type: none">▪ There were no matters arising from the minutes.																								

4	<p><u>Chairman's report</u></p> <ul style="list-style-type: none"> The report had been circulated in the previous edition of the club's B&G newsletter and were available to download from the website. Copies were also available in the room.
5	<p><u>Treasurer's report</u></p> <ul style="list-style-type: none"> The Balance sheet as at 31st August 2009 and the income and expenditure account were available in the room for all NOC members to view.
6	<p><u>Election of Auditor</u></p> <ul style="list-style-type: none"> Steve Wright had been asked by the club as to whether he would be willing to audit the accounts. Steve was willing to do this. <p>Steve was proposed by Peter Cholerton and seconded by Bob Alderson.</p>
7	<p><u>2011 Membership fees</u></p> <p>It was agreed that the membership fees for NOC for 2011 would remain at nil.</p> <p>No members were against this proposal.</p>
8	<p><u>Elections of Officers & Life Members. The following committee members are standing for election:</u></p> <p>Keith Streb and Fiona Claxton had served their allotted term and were thanked for their time on the committee.</p> <p>The existing members of the committee were happy to stand again. No members apposed this.</p> <p>Two new members elected were Peter Hubberstey (proposed by Bob Alderson and seconded by James Clarke) and Catherine Hughes (proposed Keith Streb, seconded by David Olivant)</p> <p>Steve Green urged any willing juniors who were interested in the Junior Rep. Position to come forward.</p>

	<p>The following officers were elected to the 2009/10 committee:</p> <p>Chair : Steve Green Secretary : Mark Webster Treasurer : Peter Cholerton Fixtures Secretary : Ruedi Billeter Mapping Coordinator : Peter Hubberstey EMOA Representative : Pauline Olivant Team Manager : Simon Elliott Coaching Representative : Jim Clarke Juniors Representative : Position Vacant Volunteer Coordinator : Catherine Hughes</p>
9	<p><u>Open Forum</u></p> <ul style="list-style-type: none"> Dave Cooke asked about the Winter League. Steve Green answered that the club were considering a Winter League similar to the format of the Summer League format. Final details were still to be put in place, fixture clashes were hoped to be avoided.
10	<p><u>Close of meeting</u></p> <ul style="list-style-type: none"> The AGM closed at approx 13:54 p.m. Presentations followed with awards for the Summer League winners, Club Champions and recipients of British Orienteering special awards. Prior to the meeting, food was available and many members had enjoyed an informal lunch.

The 2010 NOC Club Champions are

M10: James Lowthian	W10: Elisa Wayles
M12: Ben Harwood	W12: Charlotte Webster
M14: William Parkinson	W14: -
M16: Jordan Webster	W16: Victoria Littlewood
M18: Samuel Horsewill	W18: Elizabeth Parkinson
M20: James Taylor	W20: -
M21: Richard Robinson	W21: Emily Powell
M35: -	W35: Jill Barker
M40: Anthony Donaldson	W40: Catherine Hughes
M45: Mark Webster	W45: Janet Evans
M50: Kevin Lomas	W50: Christine Elliott
M55: Michael Napier	W55: Jane Booker
M60: Alan Beardsley	W60: Hilary Palmer
M65: Peter Hubberstey	W65: Margaret Buckland
M70: Tony Buckland	W70: Valerie Gebbett
M75: Eric Gebbett	W75: -

Summer League 2010

White Course			
1	Ethan Shepphard	M10	NOC
2	Finlay Lowthian	M10	NOC
3	Annabelle Helme	W10	IND
Yellow Course			
1	Jamie Lowthian	M10	NOC
2	Lisa Shephard	W21	NOC
3	James Peet	M10	NOC
Orange course			
1	Laura Hindle	W12	MDOC
2	Brian Ward	M75	DVO
3	Alison Slater	W55	NOC
Technical course			
1	Ben Beresford	M16	NOC
2	Richard Robinson	M21	NOC
3	Nick Malbon	M14	NOC
3	William Parkinson	M14	NOC

NOC Winter League 2009-2010

White Course

1	James Peet
2	Rhiannon Emery
3=	Severn Family
3=	J. Goode

Orange Course

1	Alison Slater
2	Christine Elliott
3	Juliet Severn

Yellow Course

1	Ethan Shepherd
2=	Samuel Elliott
2=	Olivia Utting

Technical Course

1	William Parkinson
2=	Andrew Brakewell
2=	Simon Bradbury
2=	Simon Elliott

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