

The Black and Green

Word Machine

The newsletter of



Also known as the Thé Bag...

...and once known as Serendipity

December 2010

"From the Chair"

I hope you enjoy this seasonal edition of Black and Green.

As I write this, the temperature outside is minus ten and snow still lies deep on the ground. Whilst we have lost some events, we shouldn't forget that there are many more to come over the coming weeks. Most significantly, our juniors' chance to compete in this year's Yvette Baker final has had to be postponed but, hopefully, a new date will soon be set. Thank you to all of the Juniors who made themselves available for the event. We would have achieved an impressive turn out, had the event gone ahead. I'm sure that we all wish them every success when the event is, eventually, re-run. I hope everyone will be able to join us at Walesby on the Sunday before Christmas where, as well as the chance for a good run in good weather conditions, we will be offering our usual post-event seasonal good cheer of hot soup, mince pies and Yule log.

I hope that you have enjoyed your orienteering this autumn and particularly enjoyed supporting the events laid on by the Club. Our new Winter League programme has started well with events at Burntstump, Holme Pierrepont and Haywood Oaks and will be completed during the New Year. Use of our new SI Kit seems to be progressing smoothly and I hope everyone agrees that it is much better to be able to use it rather than going back to pin punching but I'm still not convinced that we have made it all as user friendly as I would like. With unused Sport England money, we have been able to buy our own laptop which Michael Napier has kindly agreed to develop for us, with the ultimate aim of it being capable of producing the results automatically, in a manner which requires only the most basic level of technical skill. A kind of results for dummies, if you like. This is a challenge to achieve and I'm really grateful to Michael for agreeing to take it on.

Also, we saw a good attendance at our latest East Midlands League event at Bestwood and it was good to put on an additional night event whilst we had the use of Bestwood Country Park. Thank you for all of the members who have played a part in planning, organising, controlling and, on the day, running all of those events.

In the New Year, we have a varied programme of events on offer. I have already mentioned the Winter League but we also have our usual Robin Hood Trophy event (at Sherwood Pines), an East Midlands League event (at Harlow Wood) and we are returning to the University in April to run a local sprint event. This will be a new venture but, with such an excellent location and high quality map, it would have been a shame not to make more use of it. This event is, again an experiment for us and I hope you will all feel able to give it your support.

Prior to next year's Robin Hood Trophy we will be refining and publishing the rules of the competition. We found ourselves in the unfortunate position of not being able to award the trophy last year and are determined that this will not happen again. The Robin Hood Trophy is part of the tradition of the Club and the Committee are determined to preserve its relevance. Mark Webster is putting the finishing touches to this work and will publish the new rules once they are complete.

By the time you read this, East Midlands OA will have held another Development Day. Well done to all those who attended the day. They are excellent opportunities for people to develop their skills and, hopefully, get more out of their enjoyment of orienteering. We are hugely grateful to the Region for making the effort to lay on such a comprehensive day and hope that they will continue in future years.

Whilst I try not to focus too much on this page on the work of the Committee, I would like to mention our last meeting. We focussed, in some detail on taking stock of the current stage of development of our Satellite Clubs and how sustainable they are likely to be into the future. Whilst the funding we have received through EMOA has been vital to the success of this project, the Committee are determined that the eventual ending of those funds (probably next year) will not lead to a decline of the Satellite Clubs. I have to say that work done by the coaches and organisers at West Notts, Bassetlaw and Bramcote is truly impressive. The Satellite Clubs are clearly meeting a demand out there for people to enjoy orienteering related activities in a Club setting with regular social contact with fellow members. The Clubs are able to serve both as a place of development for existing orienteers and also an ideal setting for new orienteers to be introduced to the sport. All three of the clubs are healthy but, it was apparent that numbers at the West Notts Club are not as good as they initially were and we need to re-double our publicity. If anyone can offer any ideas or support to get our

message across in the Mansfield and Ashfield area, please contact Catherine Hughes.

One Committee change to report on; due to work commitments, Ruedi Billeter has had to step down as Fixture Secretary. We are all extremely grateful to him for his sterling contribution over the last two years and equally grateful to Paul Beresford who, at very short notice, offered to step into Ruedi's place. Good luck to Paul in his new role.

It only remains for me to wish you all an excellent Christmas and a happy and prosperous New Year for 2011.

Steve Green

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Lagganlia

This year I had performed well enough to be selected alongside 23 other M14 and W14 orienteers to travel up to Lagganlia, in Scotland, for a week of training in various different challenging areas. While we were there, the coaches helped us improve our orienteering and navigational skills like reading contours, simplifying the map, taking bearings and staying focused during a race. We competed in lots of different competitions like relays, sprint, and the classic on the last day. Apart from the training we also did loads of other things together, like go into Aviemore to go shopping, we also had a competition at getting across the rings at Badaguish (With some fun consequences) and go to one of the Lochs for a swim.

Overall, it was a really good experience, the coaches were very helpful and the training was really good, but the best part is you get to meet loads of new people and share experiences. I would recommend trying to be selected in the years to come as you will get a lot out of it. Many thanks to NOC for selecting me and helping me to get to this memorable week.

William Parkinson

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Venice City Orienteering 2010

On the weekend of 13th/14th November, five NOC members travelled to Venice to race in the infamous Venezia Orienteering Meeting and the accompanying park race.

On the Saturday the shorter race helped you to get into the map, even though it was not even half as complicated as the next day was to be, and gave a taste of what was to come. My personal highlight was the prizes, which consisted of wine and biscuits – being on hand luggage this meant drinking it in the hotel room!

On the Sunday, 3700 orienteers, mainly from Europe, descended on Venice's sports centre, taking over three big sports halls. The advantage was probably towards the early starters who had less tourists to contend with, however there was still a lot of gentle pushing needed to get past the throngs of people.

Many of the courses used butterfly loops which worked well, as well as a major route choice about which bridge over the Grand Canal to cross.



Many Competitors commented that they had crossed around 70 bridges in total – a lot of steps! Because of the zig- zag nature of the streets the course distance had to be taken with a pinch of salt too - my 8.7km course ended up being 14.8km!

For my first time Venice O experience it was even better than I had anticipated, and the run-in along the shore of Venice lagoon has to be one of the prettiest that there is. It was one of the most tiring races that I have run, because of the constant concentration needed, but also probably the most fun that I have had with a map.

Jenny Evans

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Bassetlaw Satellite Club

The Bassetlaw hub club has been very busy over the last few months. While there was enough light in the evenings, they have spent their Wednesday club nights at a number of venues. These included Bevercotes, Clumber Park, Ranby and Worksop College. Now the nights have drawn in we have very kindly been offered the use of a meeting room at Worksop College. This has now become our base and gives us excellent access to the mapped college grounds and to Clumber Park.

Club nights always include a micro orienteering exercise. Members take it in turns to plan the courses and we have been challenged in a number of cunning ways by what have been created. The most unusual one was devised by 7 year old George Carley, who designed the course in Lego bricks and Scrabble tiles and then supplied a photograph of his creation as the map.

Refreshment breaks are also an important aspect of our club evening. Many thanks to Helen Parkinson for baking the biscuits and providing the fruit and hot drinks.

Two Bassetlaw Schools attended the British Schools Score Orienteering Championships, that were held at Witton Park, in Blackburn. There were a number of very good individual performances and we picked up three 4th places, namely Sam Godley and James Recaldin (Year 5), Huw Brown and Alan Brown (Year 6) and Liz Parkinson (Year 13). In the team event Ranby House School teams did very well and came 2nd in both the Boys and Girls Middle/Prep School Categories.

The same two schools are making the trip to Broxbourne to compete in the British Schools Championships. Good luck to all concerned. A special mention for Liz Parkinson, who will be running in her final schools championship this year. She has not missed either the British Schools Score Championships or the British Schools Championships for the last 10 years. A total of 20 consecutive races, finishing first five times, second three times and third twice.

Robert Parkinson

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British Schools Championships 2010

Three Nottinghamshire Schools were represented at this years British Schools Championships, held in Wormley Woods, near Broxbourne. In the school team categories, Nottingham High School came 10th in the Large Secondary Schools section, while Ranby House School improved on the 9th from last year to finish 5th in the Middle/Prep school section.

In the School Year Group section for Boys, Nottingham High School came 6th with their Year 7 team, 11th with the Year 8 team and 6th with the Year 9 team.

Individually, there were four top ten finishers from Nottinghamshire Schools with Will Parkinson (Tuxford School) 8th in the Year 10 Boys race, Jordan Webster (NHS) 7th in the Year 10 Boys event, Matt Green (NHS) 8th in the Year 12 Boys and Liz Parkinson (Tuxford School) 2nd in the year 13 Girls event.

Also competing at this event was another NOC Junior, Victoria Littlewood. Victoria goes to school in Derbyshire, at Lady Manners, in Bakewell. She also had a very encouraging run to make the top ten, finishing strongly to take 10th place, in the Year 11 Girls event.

Being in Year 13, this was Liz Parkinson's last run at a British Schools Championships. Over the last 10 years she has run in both the Score Championships and the Schools Championships on every occasion, making 20 consecutive events. During this time she has won 13 Gold



medals (five individual and eight team), five Silvers (four individual and one team) and four Bronzes (three individual and one team).

Well done Liz from both schools (Bramcote Lorne and Tuxford) that you have represented so well.

Robert Parkinson

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CompassSport Cup (Qualifying Round) 2011

Nottinghamshire Orienteering Club needs **you** to represent **your** club!

Date: Sunday 16th January 2011

Venue: Beacon Hill, Loughborough, Leicestershire

Entry fees: Entry on the day only. £7.50 senior; £2 junior / student

You do not need to send me any money in advance.

BUT, please send me your **name and chosen course** if attending.
There will be start time slots allocated by club on each course.

The colour coded course associated with each age group is shown below:

Colour coded course	Men age classes	Women age classes
Brown	Mens Open	
Blue – Women		Womens Open
Blue – Men	M45+, M20-	
Green – Women		W45+, W20-
Green – Men	M60+	
Short Green	M75+	W60+
Light Green	M18-	W18-
Orange	M14-	W14-
Yellow & White	Do not score CSC points	Do not score CSC points

E-mail your details to me:

teamcaptain@noc-uk.org

Or by post to:

NOC Team Captain,
27, Poppyfields Drive,
Mickleover,
Derby, DE3 9GB

Preferably by December 19th

Other 2011 NOC team events for your diaries:

JK relays: Monday 25th April
Tyrella South, county Down,
Northern Ireland

British relays: Sunday 15th May
Tankersley Wood, Sheffield

Scottish relays: Sunday 29th May
Twenty Shilling Wood, Comrie,
near Perth

Harvester relays: Saturday/Sunday 16th/17th July
Ecclesall Woods, Sheffield

CSC final: Sunday 16th October
Longshaw, Sheffield

Andrew Powell

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Black and Green Word Machine

Do you 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 Roll of Honour for 2010

Thank you to our club volunteers who have worked together to put on 23 orienteering events and over 100 coaching sessions in 2010. NOC would not function if it were not for the time and effort invested by people planning courses, organising event locations and controlling them to ensure that they are of a good quality.

This year, I have tried to involve new people in volunteering too, so that we can share the workload. Thank you to the people who have mentored these new volunteers and to Pauline Olivant for organising the training days. Thank you to all the people who volunteer on the day and to the team leaders who coordinate their work ensuring our events run smoothly:

Chris Horsewill, David Winser, Keith Roberts, Lindsey brown, Michael Napier and Richard Llewellyn.

Thanks also go to the coaches who have been working hard with the hub clubs and with the squads:

Gary Peet, Mark Webster, Julie Webster and Lindsey Brown at West Notts, Paul Beresford, Liz Parkinson and Robert Parkinson at Bassetlaw and Hilary Palmer, Mick Lucking, Pauline Olivant and Remi Gauvain at Bramcote

My final thank you goes to our planners, organisers, controllers and their mentors. Here is our roll of honour for 2010:

Event	Planner, Organiser, Controller, Mentor
Rufford Night	Tony Donaldson, = , Alan Beardsley, =
Rufford W.L.	Simon Elliott, Jane Booker , Alan Beardsley, =
Blidworth	Paul Morris, Neil Fraser, Ian Cooper (SYO), =
Silverhill W.L.	Andrew Powell, Eddie Lloyd, Peter Hubberstey, =
Thieves Wood	Peter Carter, Alan Beardsley, Richard Robinson , =
Brierley W.L.	Roger Smith, Helen Parkinson , Hilary Palmer, =
Nottingham City	Tony Horsewill, Janet Evans, Chris Bosley (LEI), =
Bulwell S.L.	Simon Elliott, Pauline Olivant, =, =
Blidworth	Peter Hubberstey, Eddie Nicholson, Tony Buckland, =

Clumber	Alan Beardsley, Hilary Hodgkinson, Mick Lucking, =
Berry Hill S.L.	Gary Peet, West Notts. O. Hub Club , =, =
Bramcote Hills S.L.	Mick Lord, Bramcote O Hub Club , =, =
Wollaton S.L.	Peter Cholerton , =, =, Richard Torr
Bevercotes S.L.	Robert Parkinson, Bassetlaw O Hub Club , =, =
Colwick Park S.L.	Matt Green, Steve Green, =, Tony Buckland
Rushcliffe S.L.	Rhys Roberts, =, =, =
Forest Rec S.L.	Jim Clarke, =, =, = (cancelled)
Bramcote Hills	Mick Lucking, Hilary Palmer, =, =
Burntstump W.L.	Alan Beardsley, =, =, =
H. Pierrepont W.L.	Remi Gauvain , Hilary Palmer, =, Richard Torr
Bestwood Night	Jim Clarke, Julie Webster, =, =
Bestwood Day	Simon Elliott, Julie Webster, Dave Cooke , Mick Lucking
H'wood Oaks W.L.	Tony Buckland, Margaret Buckland, Peter Hubberstey, =
Walesby	Peter Hubberstey, Paul Beresford, Hilary Palmer, =

Bold text – first time in role

If you would like to plan or organise an event in 2011 on your own or with an assistant or mentor please contact:

Catherine Hughes on volun_coord@noc-uk.org.

Thank you to all the NOC members who filled in the survey to tell me what they thought about volunteering in NOC. If you'd like to give me your feedback then the survey is still open. Just paste this link into your browser:

<http://www.surveymonkey.com/s/7SLTNNJ>

*The key to our success rests in people like you,
who embody the spirit of greatness
by saying, "Yes I can, and so can you!"
Thanks for your inspiring dedication
and tremendous example to the world.
Author unknown*

Catherine Hughes

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Helen Palmer and the 2010 WOC Long Distance Final

Tougher, but still not tough enough: My first WOC final.

I've been a member of NOC for over 20 years, since I first started orienteering with my family age ~6-7.

6 years ago, aged 22, I ran a race in Uppsala, Sweden which I felt showed I had the potential to fight amongst the top 10 in a World Championships long distance final. However, until this summer I did not even get my name on the start list of the qualification race.

I train hard and can orienteer so why has it taken me so long to even make the start list? And why, when I finally reached the final, was I still not able to execute a good race and achieve the goal that I proved twice during my preparation races that I had the ability for?

It's taken me about 3 months to work it out. I've come to the conclusion that success in sport doesn't necessarily boil down to talent or hard work. You need some of both of those, especially the persistent hard work part. But it's about toughness. There are about 26 aspects to this "toughness". I score well or OK on almost 20 of these 26. For example I'm highly motivated, committed, disciplined, physically fit, energetic, coachable, focused and good at problem solving. I certainly wasn't all these things 6 years ago. I'm getting there, but we break at our weakest links. And in the WOC long distance final I choked.

But let's forget about that go back to the qualification race! I was fitter than ever before and more prepared for the technical challenges of the terrain than ever before. Most importantly my name was on the start list like never before. Still being a bit of a wildcard in the team, I had an early start. I was excited and terrified in equal measure. In international races you usually get a warm up map. A ~400m² area with a few controls on. As I ran around the warm up map my legs felt heavy and my stomach churned with nerves but everything fitted perfectly and I spiked each control. Often on the warm up map things go wrong and I then have to go through a mental pep talk about why the warm up map means nothing. In the start boxes I was handed my control descriptions by a lady I know from my local club Wing OK. We exchanged beaming grins. Make no mistake, I was looking forward to this.

The best terrain was saved for the qualification areas and I knew I was in for a treat. The first control looked straightforward but I took an extra safe route just to make sure. Just outside the circle of the 3rd control I made a mistake (~20-30 sec) but corrected and said hello to the control to calm me down and make me smile. The rest of the race passed in a daze, I took safe routes and the terrain fitted my picture almost the whole way. The last controls were on a big green slope down towards the arena and you could hear the speaker. It was challenging to stay focused. I knew it had gone OK. When I

burst into the arena and ran down the run in I was smiling. I noticed the Evans family cheering and even high fived some people. In hindsight that was a bit risky because I'd started so early and had no idea how fast I would have to run to qualify. I was interviewed after finishing and I followed the script, speaking positively in clichés about the beautiful terrain. The interviewer asked me if I thought it was good enough to qualify. I said "I don't know we'll have to wait and see".

It was. I was 8th and the top 15 went through to the final. Then in the final I choked and ended up 39th.

One step closer, still living the dream. The adventure continues. ☺

Helen Palmer

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NOC Winter League 2010 / 2011

The 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

The first three have been really successful events. Make sure you come along to enjoy the remaining three. Courses available are:

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	

See the website at www.noc-uk.org for more details.

Mark Webster

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Which way's North? - Orienteering in South Africa!

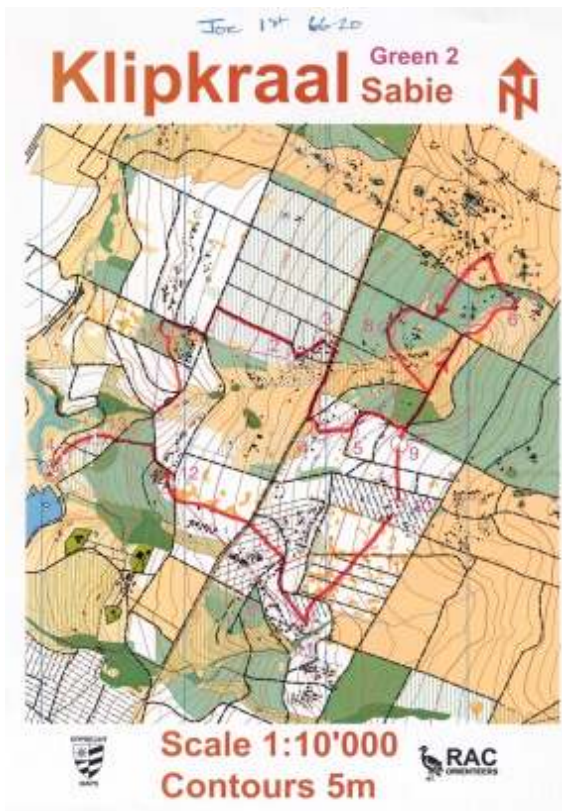
We had been planning a trip to South Africa for quite a while – never having been to Africa or indeed south of the equator. It was a pleasant surprise to find a 2-day orienteering event organised for our middle weekend only 10km north of a town we were already planning to stay at before spending 3 nights camping in the Kruger National park being eaten by wild animals!

The event was at Klipkraal Dam, Sabie, in Mpumalanga province, an area which had been used for the South African Champs in 2009. Sabie is in north east South Africa near to the Mozambique border so we were not only up against the best orienteers South Africa could throw at us but also an elite squad from Mozambique – not sure if they're affiliated to IOC yet?

Sabie sits in one of the largest man made forests in the world – some 600 000 hectares and having been established at the turn of the 19th / 20th centuries provides massive areas of pine and eucalyptus plantation sitting on top of complex boulder fields. The province is steeply undulating making for very physical but, (if you're fit!), very runnable terrain!

Some of the forest was stunningly runnable, other areas were deceptive; deep carpets of pine needles looked beautiful but going up hill on a 45cm deep bed of soft needles really sapped the strength.

Downhill was however a different matter!



What really made the area great, however, was the South Africans' love affair with fire!

South Africans love the outdoors and like nothing more than sitting around and cooking on open fires. Our campsite, on a public holiday weekend, resembled Guy Fawkes night from years back. However, it's not just braziers and barbeques that they like burning. In order to stop the whole country catching fire, they undertake vast areas of controlled burning of grassland to prevent the inevitable spontaneous wild fires from spreading out of control. This controlled burning extends to the forests with the result that you have 40m mature pine trees with minimal ground cover and certainly no bramble (only the odd old electric fence to trip over). I haven't seen such runnable forest for a long time. It did occur to me to see if any of them fancied coming over to sort our East Midland forests out – a couple of matches at Blidworth and they'd have the job done in a weekend!!

Weather-wise, South Africa has extremely dry winters with virtually no rain from May until November - hence the planned burning taking place up until the end of July. Summers are then very hot and wet with short heavy downpours of 20cm plus at a time. August is heading towards Spring and true to form we saw no rain in our two weeks. Indeed the event and most of our time was spent under clear blue skies and temperatures in the high 20s.

The races were organised by the orienteering section of Rand Athletic Club – Racorienteers (www.racorienteers.co.za), a small club based in Johannesburg which is a 5 hour drive away. Every competing member of the club (total 25!) was present at the event helping and most running. Indeed Albert Epprecht not only drew the map, which was excellent but also planned the courses,. He only got back from the WMOC and the Swiss 5-days the day before the



event. Hopping off the plane and driving 5 hours, that's dedication.

The whole event attracted only 200 competitors (including us and the Mozambique squad) and this seemed to be a typical attendance – I think there are other clusters of orienteers down in the Cape Town region but that's a flight away. The race was attractive because most of RACO areas around Johannesburg are intricate open fell – South Africa is one of the least forested countries in the world.

As in England the age range was skewed towards the more senior age groups, many of whom clearly saw the courses as a personal challenge and were happy to walk round rather than running. There were some promising looking juniors, indeed the Brown was won by Bradley Lund, an M20 who ran at the JWOC. The Mozambique lads certainly ran fast (in lightweight plimsoles!) but didn't feature on the podium.

So, how'd we get on? Well on the advice of Albert the planner, I did Blue and Joe, Christine and Max did the Green. Although the distances on the pre-entry seemed short, I'm glad we took his advice as the physical nature of the terrain and the high temperatures meant that doing faster than 10 minute km's was hard work. The races were labelled as a Middle Distance and Long Distance. However, technically they were standard cross country courses and would have been better labelled 'Tough' and 'Tougher'!!

Joe had two good fault-free runs to win the Green courses on both days. The rest of us found ourselves in the situation of 'different continent, same old mistakes', Christine going to number 9 instead of 6 on day one and me looking in completely the wrong block of forest and boulder fields on day 2! Despite this Christine won the women's Green on both days and Max won the light green on day 2 after finding the terrain a bit too physical on day 1 (despite being repeatedly told by the locals that the Light Green was for girls!). I sneaked a win on day 1 before 'blobbing' badly on day 2.

Certainly no complaints about the quality of the map – some very nice (no brambles) low visibility tricky boulder fields to trip you up if you didn't take enough care.

The one excuse we unfortunately / fortunately couldn't use was the compass – a chance conversation with Mick Lucking and Peter Hodgkinson at a road

race the evening before we left came up with the idea that compasses are different for the North and Southern hemispheres. I have to admit I was sceptical but it's true – apparently the needle is weighted differently and certainly on playing with a standard Northern Hemisphere compass at the event revealed the needle taking ages to settle and pointing in a bemusing variety of different directions! Fortunately the locals rummaged in their o-bags and provided an interesting variety of well used old compasses for us to use.

So we won a number of prizes ranging from a six pack of beer for me, wine for Christine and chocolate for the kids! Although undertaken in a very informal atmosphere, the organisation was extremely professional (Emit punching). Post race refreshments were provided both days by the ladies of Sabie Retirement Village – "potjes" (local stews and rice) on day 1, and "jaffles" (toasted sandwiches filled with spicy mince) on day 2. Both are local delicacies and were accompanied by both soft drinks and beer – eat your heart out Wilfs!

So yet again, orienteering allowed us to have fun, meet some great people and win some beer and chocolate – what more could you want from a holiday?!



P.S. With regard to the rest of our holiday – it was fantastic! People were universally friendly and helpful. We spent the first week in the southern Drakensberg Mountains and the period after the orienteering looking for animals in Kruger. The main advice would be don't underestimate the size of the country – it's huge!

Simon Elliott

Future Events List: December 2010 - March 2011

Sun 19/12/10	NOC	L	EMOA league event	Walesby	SK669702
Tue 28/12/10	LEI	L	EM League. The Outwoods	The Outwoods	SK515163
Sat 01/01/11	LEI	L	LEI Winter League Event	Donisthorpe	TBC
Sat 01/01/11	DVO	L	DVO Street O	Ripley	SK396498
Sun 02/01/11	SYO	R	SYO Regional Event	Blacka Moor	SK296790
Sat 08/01/11	LOG	L	LOG Winter Series 5/6	Stamford Town	TF028071
Sat 08/01/11	NOC	L	Local Night Event	Silverhill Wood	SK473622
Sun 09/01/11	AIRE	R	AIRE Regional Event	Temple Newsam	SE360323
Sun 09/01/11	NOC	L	NOC Winter League	Silverhill Wood	SK473622
Sun 16/01/11	LEI	R	CompassSport Cup 1st Round	Beacon Hill	SK510147
Wed 19/01/11	LEI	L	LEI Winter League Night Event	Linford	TBC
Sat 22/01/11	DVO	R	DVO Regional Event & EM League	Eyam	SK200780
Sat 22/01/11	LOG	L	LOG Winter Series 6/6	Bourne Woods	SK860595
Sun 23/01/11	EPOC	R	EPOC Regional Event	Marsden Moor	SE029121
Sun 23/01/11	WCH	L	Walton Chasers Local event	Marquis Drive and Brindley	SJ999158
Sat 05/02/11	OD	N	British Night Championships Bentley Wood	Bentley Wood	SP282957
Sun 06/02/11	NOC	L	NOC Winter League	Rufford Country Park	SK652653

Thu 10/02/11	LOG	L	Night Score Cup 1/4	West Common	SK961722
Sat 12/02/11	DVO	R	EM League Event	Shining Cliff	SK326530
Sun 13/02/11	NOC	R	Robin Hood Trophy	Sherwood Pines	SK612646
Thu 17/02/11	LOG	L	Night Score Cup 2/4	Hartsholme Park	SK946697
Sun 20/02/11	SYO	R	SYO Regional Event	Treeton	SK437868
Sun 20/02/11	WCH	L	WCH middle distance event	Pelsall Common	TBC
Tue 22/02/11	LEI	L	LEI Winter League	Aylestone	TBC
Thu 24/02/11	LOG	L	Night Score Cup 3/4	South Common	SK979699
Sat 26/02/11	DVO	L	DVO Local Event	Elvaston Castle	TBC
Sat 26/02/11	LEI	L	LEI Spring Series 1	Brookvale High School, Groby	TBC
Sun 27/02/11	LEI	L	EMOA League Event - Willesley	Moria Furness	SK315155
Thu 03/03/11	LOG	L	Night Score Cup 4/4	Riseholme Park	SK984757
Sat 05/03/11	NOC	L	NOC Winter League	Colwick Woods	SK598399
Sat 05/03/11	LEI	L	LEI Spring Series 2	Heatherbrook	TBC
Sun 06/03/11	HALO	R	HALO Regional Event	Sledmere	TBC
Sun 06/03/11	DVO	R	DVO Regional Event & EM League	Hardwick	SK460635
Sat 12/03/11	LEI	L	LEI Spring Series 3	Beaumont Lodge	TBC
Sat 19/03/11	LEI	L	LEI Spring Series 4	Castle Hill	TBC

Sun 20/03/11	SYO	R	SYO Middle Distance Regional Event	Hugset	SE305065
Sun 20/03/11	LOG	L	EM League Event	Belton Park	SK934385
Sat 26/03/11	LEI	L	LEI Spring Series 5	Groby	TBC
Sun 27/03/11	WCH	R	The 1st CHASE Annual Event, Regional & WMOA League Event	Sherbrook and Wolsley, Cannock Chase	TBC
Sat 02/04/11	NOC	R	Nottingham University Sprint	Nottingham University	SK540385
Sat 02/04/11	LEI	L	LEI Spring Series 6	Martinshaw	TBC
Sun 03/04/11	LEI	R	LEI Regional Event	TBC	SK435175

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