

# The Black and Green Word Machine

The newsletter of



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

April 2011

## "From the Chair"

It is now 12 months since we received our Sport England grant and the project is drawing to a close. Whilst we have yet to complete the formal evaluation, I feel pretty clear about what has (and has not) been achieved.

First the positive side.

We set out to increase the quantity of our local events. Undoubtedly, this has been achieved with the completion of our first full Winter League programme and the inclusion of events, such as the Street O in Nottingham City Centre and the recent Sprint event at Nottingham University campus, in our fixture programme.

We also set out to improve the quality of our local events. The acquisition of our own Sport Ident kit, augmented by our share of the former East Midlands kit has been highly instrumental in this. We now have the capacity to mount a Level C event without the need to borrow SI kit from any other club. Hopefully, with a very few exceptions, we can now consign pin punching to the past and electronic punching will be used consistently in all events. Equally, we hope to be able to unleash the creativity of our planners to make more imaginative use of the Sport Ident kit and make local events even more fun. I think that we are making great strides in our ability to use this equipment and would only offer two pieces of advice to club members.

Firstly, please don't be afraid to have a go at using the SI kit when organising an event. There are lots of people around who will provide advice and help you to overcome any problems. Probably the most complicated part of the process is extracting results from the system but Michael Napier has been truly fantastic in providing assistance with this to all organisers.

Secondly, Winter League and Summer League events are intended to be low key and volunteer 'lite'. Please don't feel obliged to 'over-organise' them and require the commitment of a large number of volunteers.

Our next aim was to increase the membership of the club and, whilst I can't yet provide the definitive figures, I'm confident we have achieved this. The challenge remains that, having attracted people into the sport we have to retain their interest and motivation. We see the increased availability of our local events and the accessibility of our Satellite Clubs (or as I should now call it, Community O) as being key to this.

On the negative side, we also set out to increase the participation of volunteers in organising, planning and controlling and also in supporting events on the day. This has remained an uphill struggle, in spite of the sterling efforts of Catherine Hughes and I feel that we still have more work to do on this. We viewed it as a major step, in 2009, to move to a paid official in the club to coordinate volunteers and I cannot see any way in which we can move away from that position in the near future. We will need to work through the budgetary consequences of that in time for this year's AGM. Having said that, I am extremely grateful to all of those who attended the EMOA Development Day last autumn and have gone on to practise their new skills as organisers, planners and controllers. Thank you and well done. In summary, I believe that the project has been extremely worthwhile and will provide lasting benefit to the club.

As the weather is, at last warming up, we are back in the throes of major competitions. Congratulations to all Club members who achieved good results in the Midlands and East Midlands Championships. Especial congratulations to all of those who achieved good results in the British Night Championships, and British Sprint and Middle Distance championships. Good luck to all club members who are competing in the JK and British Championships, in the next couple of weeks.

Finally, one of the major issues occupying the minds of the Committee in the coming months will be the replacement of outgoing committee members in the Autumn. The current Secretary, Treasurer, Training Coordinator and, of course, Chairman are all required by the club constitution to stand down at the end of their three year term. I think we would all say that whilst committee roles can sometimes be frustrating, we have all found them extremely rewarding and would urge anyone who feels the desire to take on a committee role to contact us and discuss it. There isn't as much work involved as people think and, you never know, you might just enjoy it!

Steve Green

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## Permanent Orienteering Courses in Nottingham City

The club has been working with Nottingham City Council to provide permanent orienteering courses in several of the city parks. The council are presently installing the markers. The locations are as follows:

Bulwell Hall Park  
Southglade Park, Bestwood Estate  
The Forest Recreation Ground  
The Arboretum  
Colwick Country Park  
Wollaton Park

The park ranger who is doing the work has done some orienteering training, but we have agreed that once each course has been completed, someone from the club will check all the markers are in the correct place.

We now are looking for volunteers to do this. It is a good excuse for a training run with a map!

If you can help can you please contact Pauline Olivant, tel 0115 9872083, or email p.olivant@btinternet.com

Pauline Olivant

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## Orienteering Coaching Conference, Lilleshall, Feb 2011

Mike Hamilton opened the conference with a talk entitled '**Challenges Facing Coaching in British Orienteering**' concentrating on the topics:

Challenges facing coaches	Challenges training coaches
Challenges supporting coaches	Challenges for British Orienteering

Hilary Palmer and Hilary Quick then went on to reflect on '**Practical use of Level 1 Orienteering cards**'

Dave Rogers considered '**Continuous Personal Development of Coaches**'.

Dr. Richard Keenan discussed '**The Relevance of Psychology in Orienteering**'.

Nick Barrable talked about '**Health Check on Orienteering in Europe. Sweden vs. UK, learning from the Scandanavians**'.

Lynne Walker mulled over '**Mentoring**'.

An interactive session was led by Keith Marsden who questioned '**Coaching strategy for next 3-5 years**'. In the associated workshop all the coaches from the EMOA (Lindsey Brown, Jim Clarke, Mark Hardy, Judith Holt, Hilary Palmer and John Palmer) gathered together to consider this question.

The thoughts of the group were summarized as:

- 1 Recently within the EMOA, there had been reasonable success in recruiting and training new coaches
- 2 The availability of regional co-operation in setting up pre-event coaching to all at regional club events was questioned.
- 3 More support is required for coaches. This requires
  - a) More coaches in all four EMOA clubs
  - b) More coaching / activity sessions in all four EMOA clubs
  - c) Better cooperation and interaction between coaches
  - d) Better assessment of the requirements of members
  - e) Availability of coaching for Adults as well as Juniors
  - f) Improved visibility of coaches at events using some form of coaching kit. New members and or beginners may not know the coaches and so will not approach for help or guidance.
  - g) Development of regional co-operatives to put on improve coaching. These could include:
    - i) Planned progressive sessions
    - ii) Development of regional or club based opportunities for coaches to get together to discuss problems,
    - iii) Organisation of coaching updates and /or /regional conferences

Lindsey Brown

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## Bassetlaw Satellite Club

The Bassetlaw 'hub club' has had a very busy start to the year. An impressive total of 29 Bassetlaw members were involved in some way with the Regional event at Sherwood Pines. Well done to everyone for your contribution to a very successful day.

The annual Bassetlaw Primary Schools Orienteering Festival was held in mid March and this year, for the first time it was followed by a Primary Schools Orienteering Championships. Seven schools were involved and over 70 children competed. Many thanks to Ranby House School for hosting these events and providing the excellent refreshment for both parents and competitors.



Bracken Lane School team receiving their trophy at the Bassetlaw Primary Schools Orienteering Championships. They are pictured with the Head of Ranby House School, Mr David Sibson

Our weekly club evening has been based in the Combined Cadet Force classroom, at Worksop College. A feature of each evening is the micro course that follows the main activity. The juniors have taken it in turn to plan and set up the course. The imagination they show continues to amaze us all. Many thanks also need to be expressed to everyone who helps provide our refreshments on club night. Hot and cold drinks, home made cakes and biscuits along with fruit are always available for everyone.

With the lighter evenings upon us we will soon start to use the mapped areas in and around Bassetlaw for our weekly meetings. The summer term will also see the club working with three of the Secondary schools in Bassetlaw to deliver orienteering to their feeder schools.

Finally, many congratulations (well done) to Jess Beresford for being selected to join the England team at this years Interland, in Germany, to Will Parkinson for winning the LOG Junior Night League, to Ben Beresford for his victory in the Retford Half Marathon Fun Run and to Tom Cooley for his first win on a White course (at Hardwick)

*Robert Parkinson*

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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](mailto:bag_ed@noc-uk.org)

*Mark Webster*

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## Colwick Woods

Back in March 2011, I organised the Winter League event at the relatively small, but well contoured area known as Colwick Woods. Whilst there, I met a member of 'The Friends of Colwick Woods' who introduced me to a wealth of information about the history of the woods. The area, which is a Local Nature Reserve, covers approximately 50 Hectares and is made up of a mixture of fast runnable grassland and steep wooded slopes, some of which are designated as Ancient Woodland. Ancient Woodland is defined as land that has been continually wooded since at least AD1600.

A rocky cliff marks the Southern boundary of the woods and part way along it is a feature called the Colwick Cutting which is designated as a Geological SSSI. The cliff is sheer and approximately 10m high and so was too dangerous for me to use as an orienteering feature. One interesting feature which I did use as a control, however, was the Ice House or Well which is situated about 100m North of the Cutting. This dates back to when Colwick Woods was a Deer Park and part of the Colwick Hall Estate owned by the Byron family. It served as a store of ice and venison for the Hall. It was thought to have had a brick domed roof which has since collapsed. The Hall itself can be seen from the large open central area, about 1km to the South. This large open area is now a wild flower meadow having previously been a golf course. In the 1940s it was the site of several buildings that were thought to have been an army barracks, before being used as a Prisoner of War camp. They were finally demolished in 1955.

Over in the North Eastern corner of the wood, are several peculiar linear hedges that look out of place growing in fairly dense woodland. They are thought to have been boundary hedges of long since abandoned allotments that have become overgrown with trees. They make interesting control locations!

For me, the most scenic part of the woods, is the eastern most valley, which is one of the areas of Ancient Woodland, with its South Easterly running stream. There are several pits, depressions and earth banks that make good control sites and it is very open with good visibility. It is easy to forget that you are only 1 mile from Nottingham city centre!

More information and many photographs can be seen at 'The Friends of Colwick Woods' website: [friendsofcolwickwoods.org.uk](http://friendsofcolwickwoods.org.uk)

*Richard Beadle*

## 2011 NOC team events for your diaries:

<b>JK relays:</b>	Monday 25 <sup>th</sup> April Tyrella South, county Down, Northern Ireland
<b>British relays:</b>	Sunday 15 <sup>th</sup> May Tankersley Wood, Sheffield
<b>Scottish relays:</b>	Sunday 29 <sup>th</sup> May Twenty Shilling Wood, Comrie, near Perth
<b>Harvester relays:</b>	Saturday/Sunday 16 <sup>th</sup> /17 <sup>th</sup> July Ecclesall Woods, Sheffield
<b>CompassSportCup final:</b>	Sunday 16 <sup>th</sup> October Longshaw, Sheffield

*Andrew Powell*

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## Facebook

Love it or hate it, the club is gaining free publicity from our Facebook site so if you are a member of Facebook why not join up and even post something on the wall.

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## *Helen Palmer and Ski WOC: a beginner's story.*

The Ski orienteering World Champs were held recently in Sweden, only 3 hours drive from where I live in Trondheim, Norway.

I took part in the relay for Great Britain. I felt it would be a fun, unique experience and that it would be cool to have a GB women's relay team. We were the least experienced team on the start line. Our first leg Sarah Hale is one of the best 16 year old cross country skiers in Sweden (with an English father, orienteering WOC medallist and former double-Swedish Champion Steve "Stan" Hale) but she had only done one ski-O race before the weekend. Our anchor Becky Hoare is also a decent skier, having trained for 6 months last year with the GB biathlon team and Army cross country skiing teams but before Ski WOC she had never done a ski-O race! And me! I have lived in Trondheim for three years and therefore do some skiing in



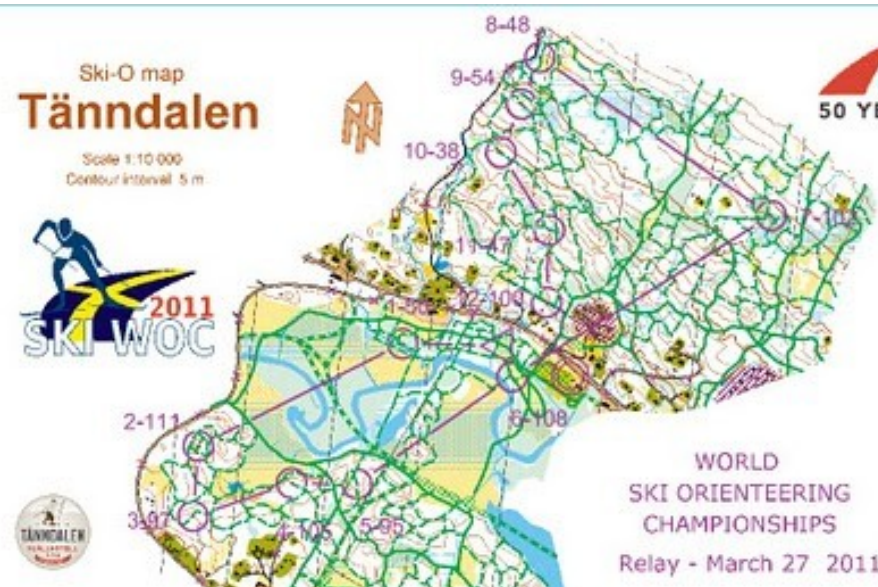
Helen Palmer



GB Women's relay team; enthusiasm over experience!

order to survive Winter training. But it's only the last 2 months I have made a proper effort to improve my skate skiing technique, with the help of Marte Reenaas. I've improved but neglected to do any ski-O races or training on (ridiculous) scooter tracks...

Becky skied all the races at Ski WOC and got better every day. Sarah and I skied the model event and public race on Saturday. We felt that if we all skied our best and avoided making orienteering mistakes we would have a chance to beat at least one of the other teams and finish top 12 (27 nations participated in Ski WOC but only 13 complete Women's relay teams were entered). Our main rivals were Japan all of whom were good skiers with efficient technique on the big ski tracks.



Sarah skied a great first leg. She had some trouble getting her map into her map board. At the mass start you get 15 seconds to get the map in and then everyone starts double poling like hell out of the start...but after that she had a great race and came back mid pack ahead of some good teams like Lithuania. We did a textbook exchange - Stan had instructed me to start poling gently to get rolling and then double pole hard once Sarah had tagged me - luckily I have watched a few ski races on TV. Once I'd got my map in the map board (and destroyed the map tree - lifting the whole thing out of the snow by accident) I started skiing really hard on the big track towards the first control. I was trying to dance along keeping my hips stable and I couldn't even see the scooter track I had planned to take to the first control, it seemed to be covered in snowdrift so I tried another route. The next

The last part of the course was a bit kamikaze, teeply downhill on tiny scooter tracks with lots of twists and turns! The only thing to do was go for it, stay on your feet and try not to overshoot any turns or controls! It went OK but I hadn't seen the other girls, maybe they had different forking? I chased Marte down the last hill and over the bridge - she came in to take silver for Norway as I exchanged to Becky - ahead of Japan and close behind Belarus. I nearly stacked it right before the changeover in my excitement but managed to regain my balance and avoid humiliation. Becky had a great ski on last leg, it was her favourite course of the week and best race and she extended our gap ahead of Japan so we finished in 11th place!

Almost all the others in Team GB were much more experienced skiers than me, most of them having raced cross country skiing before and I got some abuse for my dodgy equipment and lack of interest in wax. My heavy, bendy poles seemed to be their main concern. Apparently I really ought to splash out for some decent carbon poles. Maybe. I'm keen to keep skiing and maybe do a bit more ski-O since there is a growing ski-O scene in Trondheim. But for now it's time to put the skis away and dust off my running shoes.

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Would you like to practice skills like using your compass well, being able to pick a good route to find your attack point to locate the control quickly, just

A group of students and a coach are standing on a grassy field. One student in the center is wearing a red shirt with the word 'COACH' written on the back. They appear to be engaged in a physical education activity or lesson.

Each of our 3 club nights may vary their meeting point or area so check the web site or if you would like more details contact the lead coach.

**Bassetlaw** Robert Parkinson tel  
01777 871762 email [bdo@noc-uk.org](mailto:bdo@noc-uk.org)

**West Notts (Mansfield area)** Gary  
Peet Tel 07955183701 email  
[WNO@noc-uk.org](mailto:WNO@noc-uk.org)

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## NOC Winter League 2010 / 2011

The schedule of events for the NOC Summer League 2011 is:

Sun 12th June 2011	Forest & Arboretum	SK 565410
Sun 26th June 2011	Rushcliffe Country Park	SK 575320
Sun 10th July 2011	Berry Hill Park	SK 550595
Sun 24th July 2011	Bulwell Hall Park	SK 536465
Sun 7th August 2011	Wollaton Park	SK 533393
Sun 21st August 2011	Wellow Park	SK 686672

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](http://www.noc-uk.org) for more details.

Mark Webster

## Future Events List: May - August 2011

Thu 21/04/11	LOG	D	Summer Series 2/9	Ostlers Plantation	TF216628
Wed 27/04/11	DVO	D	DVO Summer Series	Darley Park	SK355380
Thu 28/04/11	LEI	D	Summer League Treasure hunt	Watermead Park	SK604087
Sat 30/04/11	DVO	D	DVO Summer Series	Rosliston F. C.	SK242174
Wed 04/05/11	DVO	D	DVO Summer Series	Repton School	SK300270
Thu 05/05/11	LOG	D	Summer Series 3/9	Chambers Farm Woods	TF158743
Thu 05/05/11	LEI	D	LEI Summer league 5	Stanton Under Bardon	SK466101
Sat 07/05/11	DVO	D	DVO Summer Series	Ilam Country Park	SK130515

Sun 08/05/11	NOC	C	EMOA League	Harlow Wood	SK550568
Tue 10/05/11	LEI	D	LEI Summer League 6	<a href="#">Snibston</a>	SK417144
Fri 13/05/11	DVO	D	DVO Summer Series	Oakwood	<a href="#">SK382386</a>
Sat 14/05/11	SYO	A	British Orienteering Champs - Individual	Wharnccliffe and Greno Woods	SK323956
Sun 15/05/11	EPOC	A	British Orienteering Champs - Relays	Tankersley Woods	SK343980
Wed 18/05/11	LEI	D	LEI Summer League 7	Aylestone North	SK578017
Thu 19/05/11	LOG	D	Summer Series 4/9	Belton Park	SK934385
Fri 20/05/11	DVO	D	DVO Summer Series	Axletree Park	SK350415
Sat 21/05/11	LOC	B	LOC NWOL Weekend	Bigland; Holme Fell	SD358835 NY315016
Sun 22/05/11	DVO	C	EMOA League	Kedleston	SK312405
Thu 26/05/11	LEI	D	LEI Summer League 8	Cademan Woods	SK440166
Sun 29/05/11 - Mon 30/05/11	WRE	B	Springtime-in-Shropshire Weekend	Mortimer Forest	SO474733
Mon 30/05/11	EBOR	C	EBOR York Park Race	York	SE605518
Tue 31/05/11	LEI	D	LEI Summer League 9	Bagworth Heath	SK457067
Wed 01/06/11	DVO	D	DVO Summer Series	John Port School, Etwell	SK260317
Thu 02/06/11	LOG	D	Summer Series 5/9	Stapleford Woods	SK850554
Sun 05/06/11	NOC	C	Nottingham City Race	Nottingham City	SK572399
Sat 11/06/11 - Sun 12/06/11	MDOC	B	MDOC Town and Country Weekend	Macclesfield Forest	SJ970720
Sun 12/06/11	NOC	D	NOC Summer League	Forest and Arboretum	TBC
Wed 15/06/11	DVO	D	DVO Summer Series	Hall Leys Park	SK297600
Thu 16/06/11	LOG	D	Summer Series 6/9	Grantham Town	SK918361
Fri 17/06/11	DVO	D	DVO Summer Series	Buxton Pavilion Gardens	SK050730
Sat 18/06/11	DVO	D	DVO Local Event	Shipley Country Park	SK432454



Sun 19/06/11	HOC	C	HOC Regional and WMOA League 4	Breakneck Bank	SO714768
Sun 19/06/11	LEI	D	EMOA League Event	Burrough Hill	SK762118
Wed 22/06/11	DVO	D	DVO Summer Series	Markeaton Park	SK335370
Fri 24/06/11	DVO	D	DVO Summer Series	Markeaton Park	SK335370
Sun 26/06/11	NOC	D	NOC Summer League	Rushcliffe C. P.	TBC
Thu 30/06/11	LOG	D	Summer Series 7/9	Riseholme Park	SK984757
Fri 01/07/11	DVO	D	DVO Summer Series	Elvaston Castle	SK407330
Sat 02/07/11	DVO	D	DVO Summer Series	Swadlincote Woodlands	SK305193
Sun 10/07/11	NOC	D	NOC Summer League	Berry Hill	TBC
Thu 14/07/11	LOG	D	Summer Series 8/9	Stamford Town	TF028071
Sat 16/07/11	DVO	D	DVO Summer Series	Queens Park, Chesterfield	TBC
Wed 20/07/11	DVO	D	DVO Summer Series	Abbot Beyne	SK262234
Sun 24/07/11	NOC	D	NOC Summer League	Bulwell Forest	TBC
Sun 24/07/11	LEI	D	LEI Summer League 16	Irchester C. P.	SP912658
Thu 28/07/11	LOG	D	Summer Series 9/9	West Common	SK961722
Sun 31/07/11- Sat 06/08/11		B	Scottish 6 Days - 2011	Oban area	NM865325
Fri 05/08/11	DVO	D	DVO Summer Series	Holmebrook C. P.	TBC
Sun 07/08/11	NOC	D	NOC Summer League	Wollaton Park	TBC
Thu 11/08/11	LOG	D	Midsummer Madness	Lincoln University	SK973719
Sun 21/08/11	DVO	D	DVO Local Event	Shipleigh C. P.	SK432454
Sun 21/08/11	NOC	D	NOC Summer League	Wellow Park	TBC
Sat 27/08/11- Mon 29/08/11	EBOR	B	White Rose Weekend	Stony Marl Moor; Harwood Dale	SE989967

TBC: To be confirmed