

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 2011

"From the Chair"

Welcome to this latest edition of Black and Green. This edition has been purpose designed to support our AGM in October 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 (if you can call it a 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 22 minutes last year) it should prove to be an enjoyable social event with the highlight of the presentation of prizes to the winners of the Winter and Summer Leagues.

I hope you enjoy the rest of this edition.

Steve Green

"Chairman's Report for 2011"

This is my final report as Chairman of NOC after a spell of three very satisfying years. Whilst the focus of this report is on the past 12 months, it is also useful to reflect on what progress has been made over the past 3 years.

Our Sport England project ended in May with confirmation that we had met the requirements of our grant. Our report to Sport England addressed all of the key performance indicators we had agreed with them but, in simple terms, we achieved one of our two main aims which was to give ourselves the capacity to provide electronic punching at all of our events. This has, undoubtedly, raised the quality of our minor events and, hopefully, made

them even more attractive to all participants. We now have the opportunity to really exploit this capacity by designing even more imaginative events which make maximum use of our new equipment and increase the enjoyment of participants at all of our events.

Our other main aim was to improve the identification and utilisation of volunteers. I sense that we are now more systematic in the identification of volunteers to organise and run events. Coordinating our volunteering will always be a challenging and probably quite thankless task. We need to accept that the nature of our club membership is such that we will only ever succeed in meeting this challenge if we are able to encourage many people to contribute a little rather than expecting a dedicated few to do everything. To this end, the EMOA led Development Days have been a welcome opportunity as they have allowed us to invest in the skills of some of our volunteers. Whilst we may have 'passed muster' for Sport England on this one, I think that we, as a Committee, give our efforts a qualified stamp of approval in that we think we have improved things but think that there is yet more that can be done.

Alongside that, the EMOA sponsored Sport England project to promote Community 'O' (as we must now call it) has continued to progress with the firm establishment of the Bramcote Satellite Club. Without doubt, this project has continued to be extremely beneficial to the Club as it has provided useful local facilities to our membership and brought into the club a number of new orienteers who are now really finding their feet. Maintaining the resilience of the Clubs will continue to be a challenge and we can never take their existence or viability for granted. Clearly, Community 'O' will be a major feature of the BOF forward plans and we need to ensure that we keep 'on the pace' of these developments in order to maximise the benefits for our new and more established members.

I feel that we have, again, offered a strong range of events across year with, in particular, the Winter league now established and healthy and Summer league still thriving but tending to focus more on parks than (usually overgrown) former colliery sites. Our City race now seems firmly established and it was pleasing to see that this year's was as well supported as the last and was, once again, included in the Nopesport League. We have continued to make a valuable contribution to the East Midlands League (which seems to be as popular as ever).

The Committee have continued to pursue the Club Development Plan with vigour, and indeed only recently updated it. It was interesting to see that, as we were doing so, an East of England development plan was also produced by BOF. This plan is ambitious and focuses heavily on the further development of Community 'O'. It is also welcome in that it allows us to see clearly how best we can work with BOF (and EMOA) to exploit the opportunities afforded by them. But it needs us to be really clear about how we want to take the Club forward for the next few years in order to ensure

that we continue to have a Club which commands the support and confidence of the membership.

I mentioned EMOA, and it is proper to mention that our Regional Association has been looking closely at how it should develop for the future. Your committee has been very active in this debate in order to ensure that EMOA continues to be sustainable and strong but also that it has the capacity and funding to provide levels of support for the Clubs which they cannot provide for themselves.

I mentioned earlier the importance of Volunteers and I wish to place on record my (and the Committee's) sincere thanks to everyone who has volunteered in some capacity over the past 12 months. Without your efforts, none of our events could happen and the Club could not function. I hope that the satisfaction you gained from 'doing your bit' gives you the enthusiasm to do a bit more during the next twelve months.

Finally, I would like to make mention of the Committee themselves. Five Committee members come to the end of their terms of office at the AGM; myself, Mark Webster, Jim Clarke, Peter Cholerton and Matt Green. Mark has indicated that he is willing to take on another Committee role and for that we are extremely grateful. The other four will stand down (for now). I wish to place on record my personal thanks to all of these outgoing Committee members. Without their help and support, my role would have been impossible over the past few years.

May I also thank those Committee members and Office holders who are still 'mid-term' in their office. Again, their work is vital to the club and I am extremely grateful for the energy and commitment they have each brought to their roles.

Steve Green

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Enid Bradshaw; July 1937 – August 2011

It is with deep sadness that we have to report the sudden death of Enid, Bert Bradshaw's wife.

We wish him and his family our sincerest condolences and best wishes.

Bert, one of NOC's life members, is currently not in the best of health and, much to his annoyance, is unable to get out to enjoy his cycling, running, orienteering and pot-holing pursuits.

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Bassetlaw Satellite Club

This summer the Bassetlaw Hub Club have been making use of the mapped areas around Bassetlaw. Our weekly Wednesday club nights have taken place at Thoresby Hall, Clumber Park (3 different locations), Ranby House School, Bevercotes and Kidney Clump. A feature of our club night is the refreshments that are available for everyone at the end. Hot and cold drinks as well as fruit and homemade biscuits are always available.

The start of the summer holidays brought the opportunity to hold a two-day orienteering training course for Ranby House School pupils. The number was restricted to 8 pupils from the school and the course was run as a school activity. Training was organised at Thoresby, Bevercotes, Clumber Park and Worksop College. The course was a big success and something that we plan to repeat sometime in the future.

Press coverage on sport in Bassetlaw is very good. Both the Retford Times and Worksop Guardian have a weekly news report about orienteering and are keen to put in any news we have.

Once again this year there will be a Bassetlaw presence at the White Rose event. At present it looks like 4 or 5 families will be attending.

Planning will begin in September for the next Bassetlaw Primary Schools Orienteering Festival. This year we are looking to hold it in Kings' Park.

The Bassetlaw Club now have a club Facebook page for news and communication. If you would like to join it please contact someone from the club for details.

Robert Parkinson

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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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Thoughts of a Road Runner

Do you ever get bored of running in circles behind people, and fancy a new challenge to which you can put your hard-earned fitness?

Forever on the lookout for variety I ventured into the realm of orienteering last weekend.

I tried it once before in the 1980s, but the technology has certainly moved on.

Electronic dibbers give split times between controls that pamper for the most obsessive of statisticians, and £2 or £3 per race is well below events in other disciplines.

Speed and fitness no doubt help, but having finished well down in the bottom quarter of the field, it's clear to me that other skills may be more important. Distances range up to 10k, full leg cover is required, and all reasonably independent ages are catered for.

In my, albeit limited, experience, the Notts Orienteering crowd are a friendly and welcoming bunch, and no one laughed at me even when I fell over on the only bit of tarmac on the course.

Orienteering was for me an off-beat and welcome blast from the past.

Dave Walsh

Thanks to Dave Walsh of Redhill Road Runners for this article from their recent newsletter. Hopefully NOC's future fixtures will now appear regularly in their forthcoming fixture lists.

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NOC Club Championships

It is our intention to hold the NOC Club Championships at Burbage Moor near Hathersage Sheffield on Sunday 27th November.

Details on which age groups should pre-enter which courses in order to be eligible will be posted on the website as soon as the list of available courses are known.

Andrew Powell

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Winter Club Nights

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 get some exercise mid week, or have someone else to run with?

Now the evenings are getting darker, all the club nights are now planning activities in the areas around them. There will be a mixture of coaching, physical training, mini competitions, so why not come along and join in. The coaches can plan the activities to suit you.

Do you have friends who might like to try orienteering, why not bring them along to a club night; they can learn the basics whilst you do more advanced training.

Each of our three 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.

Details below.

Bassetlaw Robert Parkinson tel 01777 871762 email bdo@noc-uk.org

West Notts (Mansfield area) Gary Peet Tel 07955183701 email WNO@noc-uk.org

Bramcote Catherine Hughes tel 07940 57 57 58 email volun_coord@noc-uk.org

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2011 NOC events for your diaries:

CompassSportCup Final: Sunday 16th October
Longshaw, Sheffield

NOC Club Championships: Sunday 27th November
Burbage Moor, Sheffield

Andrew Powell

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Wellow Park Plantation

At long last we have managed to hold an event in Wellow Park Plantation. It has taken years of negotiation, mapping and hard work from a lot of past and current NOC members. We owe them our grateful thanks.

I, and many others, thought it to be a very interesting and runnable area with top quality courses!

A very interesting innovation, which we ought to consider for all our local events, was the provision of individual certificates for children who successfully completed their courses. A typical certificate, generated by the Bassetlaw Satellite Club members, is shown below.

Catherine Hughes



CompassSport Cup Final.

The final of the CompassSport Cup, the annual inter-club competition, will be held at Longshaw Estate on Sunday 16th October. NOC has qualified. Anyone can represent NOC in the final and, what's more, the results depend on the number of members attending so, if you can turn out, please do so.

Please email your name, BOF number, SI card number and age class to Andrew Powell (teamcaptain@noc-uk.org). Entries need to be in by 25th September and I will let you know costs as soon as the organisers let me know them.

Andrew Powell

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NOC Winter League 2011 /12

The **provisional** schedule of events for the NOC Winter League 2011 / 12 is:

Sun 11th September 2011	Bestwood C P	SK 565475
Sun 1st October 2011	Brierley C P	SK 481598
Sun 8th January 2012	Bevercotes Pit Wood	SK 697734
Sun 4th February 2012	NTU Clifton Campus	SK 550350
Sun 4th March 2012	Haywood Oaks	SK 609547
Sun 22nd April 2012	Holme Pierrepont	SK 612386

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	

Check nearer the date on the website at www.noc-uk.org for more details.

Mark Webster

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NOC's Great Outpost



I'll bet that you didn't know that NOC has a clubhouse in the U.S.A .!

It was seen by the Parkinson family this summer while they were on holiday in the Great Smoky Mountains.

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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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Rich Robinson - The Rise from Pie Eater to Elite Athlete!



Rich in 2007 and 2011

Maybe a bit harsh a title but it sounds impressive?!?!

From 2007 BOC relays to crossing the line at this year's JK having just run the fastest leg of the day on JK Trophy.

Nick Barrable

The photos of Rich are courtesy Nick Barrable/www.CompassSport.co.uk

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Future Events List: September -December 2011

Sun 04/09/11	LOG	B	Lincoln City Race	City Centre	SK976712
Sun 11/09/11	CLARO	C	CLARO - Colour Coded Event	Harlow Hill	SE287548
Sun 11/09/11	BAOC	B	Peter Palmer Junior Team Relay	MOD Stafford	SJ939244
Sun 11/09/11	NOC	D	NOC Winter League 1	Bestwood	TBC
Sat & Sun 17- 18/09/11	DEVON	B	Caddihoe Chase Weekend - Caddihoe Chase Day 1 & SWOA Champs	Burrator	SX555691
Sat & Sun 17- 18/09/11	AIRE	B	AIRE Dales Trophy Weekend - AIRE Regional Events Weekend	Attermire & Conistone	SD829653
Sun 25/09/11	HALO	C	HALO Regional Event	Driffield Airfield	TA001560
Sun 25/09/11	DVO	C	EM League	Carsington Pastures	SK251546
Sat & Sun 01- 02/10/11	NN	B	October Odyssey Weekend	Edges Green	NY723686
Sat 01/10/11	NOC	D	NOC Winter League 2	Brierley	TBC
Sat 01/10/11	LEI	D	LEI BEE Orienteering Races	Wistow Maize Maze	SP639959
Sun 02/10/11	SYO	C	SYO Regional Event	Wincobank	SK375908
Sun 09/10/11	EBOR	B	EBOR Regional Event & UK Cup Final	Pickering Forest	TBC
Sun 09/10/11	BL	B	NWOL event including an Yvette Baker Trophy Heat	High Pike, Caldbeck Fells	NY345358
Sun 09/10/11	LEI	C	EM League	Outwoods	SK522148

Sat 15/10/11	SYO	C	SYO Regional Score Event	Eccleshall Woods	TBC
Sun 16/10/11	DVO	A	CompassSport Cup Final	Longshaw	SK265799
Tue 18/10/11	LEI	D	LEI Winter League 2 Ratby	Martinshaw Woods	TBC
Sat 22/10/11	LEI	D	LEI Winter League 3 Sence Valley	Sence Valley	TBC
Sun 23/10/11	EPOC	C	EPOC Regional Event	Storthes Hall	SE185125
Sun 23/10/11	SWOC	B	Senior Home International Weekend	Clydach Terrace	SO178133
Sun 23/10/11	WCH	C	Walton Chasers Regional Event	Shoal Hill, Cannock Chase	SJ970117
Sun 23/10/11	NOC	C	EM League	Bramcote Hills and The Hemlockstone	TBC
Sat 05/11/11	LOG	D	LOG Winter Series #1	Branston	TBC
Sun 06/11/11	LEI	B	LEI Regional Event	Fineshade	SP990985
Sun 06/11/11	SYO	C	SYO Regional Event	Ramsley Moor	SK290755
Tue 08/11/11	LEI	D	LEI Winter League 4 Bagworth night score	Bagworth Woodlands	TBC
Sat 12/11/11	HOC	C	HOC event including an Yvette Baker Trophy Heat	Lickey Hills	SO998754
Sun 13/11/11	NOC	C	EM League including an Yvette Baker Trophy Heat	Byron's Walk	TBC
Sat 19/11/11	LOG	D	LOG Winter Series #2	TBA	TBC
Sat 19/11/11	LEI	D	LEI Winter League 5 Groby	Groby Village and Martinshaw Woods	TBC
Sun 20/11/11	DVO	C	EM League	Calke Park	SK367226
Sun 27/11/11	SYO	B	SYO Regional Event	Burbage Moor	SK272808

Sun 27/11/11	WCH	C	WCH Regional Event	Beaundesert, Cannock Chase	SK028152
Sat 03/12/11	DVO	D	DVO Local Night Event	Allestree Park	SK352398
Sat 03/12/11	LOG	D	LOG Winter Series #3	Stapleford Woods	TBC
Sun 04/12/11	HALO	B	Yvette Baker Trophy Final	Mausoleum Woods	TA138104
Sat 10/12/11	LOG	D	LOG Winter Series #4	Lincoln City	TBC
Tue 13/12/11	LEI	D	LEI Winter League 6 Leicester night sprint	Leicester Grammar School	TBC
Sat 17/12/11	NOC	D	NOC Night Event	Walesby	TBC
Sat 17/12/11	LEI	D	LEI Xmas Novelty event	Snibston Discovery Park	TBC
Sun 18/12/11	NOC	C	EM League	Walesby	TBC
Wed 28/12/11	LEI	C	EM League	Willesley	TBC

TBC: To be confirmed

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

Compass Sport Cup 2011 – Final

Date: Sunday 16th October 2011

Venue: Longshaw Estate, Sheffield

Entry fees: To be announced

You do not need to send 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 given 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 send them by post to: 27 Poppyfields Drive, Micklegate,
Derby, DE3 9GB

Preferably by September 25th

ANNUAL GENERAL MEETING
NOTTINGHAMSHIRE ORIENTEERING CLUB
Saturday, October 1st 2011 at 1:30 p.m.
All Saints Centre (Main Hall), Common Road, Huthwaite,
Notts. NG17 2JT

AGENDA

- 1 Members Present
- 2 Apologies
- 3 Review the Minutes of the 2010 AGM
- 4 Matters arising from Minutes
- 5 Chairman's Report
- 6 Treasurer's Report
- 7 Election of Auditor
- 8 2013 NOC 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 Secretary, Treasurer, Coaching representative, Chair and Junior captain for which nominations are required.
- 10 Plans for the Forthcoming Year
- 11 Open Forum
- 12 Close of Meeting

The minutes from last year's meeting (2010) are available at

<http://www.noc-uk.org/Documents/minutes/agm10.doc>

Huthwaite's new community centre, the All Saint's Centre, (<http://www.allsaintshuthwaite.co.uk/>) opened in April 2006, is now providing modern, multi-use and futuristic facilities to the local community.

Built on the old All Saint's Church Hall site, on the corner of Common Road and Blackwell Road, the new community centre offers a very broad range of facilities including a large hall, meeting & conference rooms, a consultation room and a community cafe. There is also parking for up to 30 cars.