

The Black and Green

Word Machine

The newsletter of
NOC
Nottinghamshire Orienteering Club

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

December 2011

"From the Chair"

It's been an interesting couple of months for me as I've settled into my new role as Chairman. I'm not sure it was quite the most sensible thing to do, to agree to plan the forthcoming Walesby event at the same time, but there we go; it means I'm not short of things to keep me occupied once I get home from the day job.

As I've felt my way into the job I must say I've come to fully appreciate the excellent job our outgoing Chairman, Steve Green, did during his tenure. The club is in very good shape as a result of his efforts so thank you Steve on behalf of us all in the club. I have also been impressed by my colleagues on the committee and those who have important roles that are not formally part of the committee. Of course I have known the majority of them for many years, but now perhaps for the first time I am able to fully appreciate at first hand the knowledge base they represent and the excellent work they do on behalf of the club. Things don't just happen on their own; a lot of work and experience goes into driving the activities of the club and developing new initiatives. I expect it will take another month or two for me to play catch up in establishing myself in the role but with the forward looking Development Plan and the army of willing committee and non-committee members, I can feel confident about the future of our club.

One recent event that particularly comes to mind was our Club Championships at Burbage. The gale force winds made it unusual in one particular respect, since very few people were to be seen either before or after my run as everyone was quite sensibly sheltering in their car at every opportunity. Despite a good battering on the 1 km walk to the start, I found the wind was quite forgotten once my course was underway (but what quiet bliss when off the moor and passing through the shelter of the small forest). The other memorable feature was the micro-orienteeing – no excuse here for not being able to find a boulder in a boulder field since the map was drawn at 1:2000 meaning that a 'big' mistake, perhaps overshooting a control by 20 m, was actually 1 cm on the map. I enjoyed it; one had to concentrate and be very careful about map-reading, compass bearings and pacing. And for once this was a map on which I could actually see some detail. (I won't bore you with tales about the many maps that I increasingly find I can't see – so long as you don't mention the French 6-day!). So who can think of a NOC area that would be suitable for 'micro-O'... !

Finally, congratulations to all the hardy members who turned out at Burbage and who are now 'NOC-champions'. See you at Walesby for hot soup, mince pies and the prize giving, and of course Merry Christmas!

Tony Horsewill

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Bassetlaw Satellite Club

Bassetlaw Orienteers are having a busy winter season. With the onset of the darker evenings our club nights have been based around the Combined Cadet Force classroom at Worksop College. Each of our weekly sessions includes an outdoor orienteeing activity using the O map of Worksop College, followed by an outdoor micro exercise. Then it is time for refreshments of hot/cold drinks, home baked cakes, biscuits and fruit. Finally, we do a few indoor activities that typically involve maps, symbols and contours in relay games and memory challenges. The final club night of 2011 saw the club hold a team score relay followed by a pizza party.

Two Bassetlaw Schools competed in the 2011 British Schools Score Championships, that this year were held on the Beaulieu Estate, in the New Forest. {For more details see the article, elsewhere in this issue, entitled 'British Schools Score Championship 2011' by Jon Cooley.} Many congratulations to Will Parkinson of Tuxford Academy on his individual 3rd place in the year 10/11 Boys' event and to Ranby House School who had their Girls team finished 2nd and Boys team 4th in the Middle/Prep. Schools team event.



Will Parkinson at the 2011 British Schools Score Championships.

Photo courtesy Rob Lines, with permission from BSOA.

Bassetlaw juniors also played a big part in assisting NOC to qualify for the Yvette Baker Trophy final. At the final six of our youngsters competed.

With 2012 being Olympic year, Bassetlaw Orienteers have been asked to join in the Bassetlaw Games. At present we are the only non-Olympic sport involved. This will involve presenting orienteering taster sessions on a number of occasions throughout the year, helping carry the Bassetlaw Torch on its journey around all of the schools in Bassetlaw and being able to use the Olympic '2012 Inspired' mark. Look out for the Bassetlaw Games banner when you come to the NOC Winter League event at Bevercotes on 8th January.

Press coverage for the Bassetlaw club's activities is very good with

weekly reports and the occasional photograph in both the Worksop Guardian and Retford Times.

Plans are being made for the annual Bassetlaw Primary Schools Festival that will once again be held at Ranby House School.

Remember that the Bassetlaw Club now has 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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British Schools Score Championship 2011

The British Schools Score Championships took place in early October on the Beaulieu Estate in the New Forest. Nottinghamshire was represented by three schools, Nottingham High School for Boys, Tuxford Academy and Ranby House with a total of 24 competitors, of whom more than half are NOC members.

The course consisted of 30 controls in mainly undulating woodland with a large open area to the finish with a good spectator gallery. The event was brilliantly organised by the Southampton Orienteering Club.

The students from Ranby House and Tuxford travelled together the day before and stayed locally in a hotel. Each school had great successes with some excellent individual contributions.

As ever some of the incidental events will stay with the children for a long time: For example Mia forgot to bring her running shoes, fortunately Ultrasport had some shoes, although two sizes too big they were padded with tissue paper for a perfect fit. A number of the Ranby House children had never slept away from their parents before and the heart warming phone calls home on the Saturday morning brought many a misty eyed moment.

Congratulations are due to Will Parkinson and Chris Cutajar who both finished on the podium in 3rd place in their respective age groups. Also mention should be made of the two 2nd place school finishes in the Upper Secondary category for Nottingham High and the Girls Prep school category for Ranby House.

School Championship Results

Nottingham High School	Upper Secondary	2 nd
	Lower Secondary	4 th
Ranby House School	Girls Prep	2 nd
	Boys Prep	4 th

Individual Results (top ten finishers only)

Yr 12/13	Matthew Green	NHS	7 th
Yr 10/11	Will Parkinson	TUX	3 rd
	Nick Malbon	NHS	9 th
	Rowan Lee	NHS	10 th
	Mia Main & Amy Johnson	RHS	7 th
Yr 8	Chris Cutajar	NHS	3 rd
Yr 7	Eleanor Cooley	RHS	4 th
Yr 6	Ryan Wright	RHS	6 th

Special mention should be made of Calum Wright of Ranby House. The plan was for him to run in a pairing with a more experienced lad. Unfortunately his partner was ill and could not compete. Calum had no orienteering experience and chose to run on his own so that the school would register the required four finishers. He was given intense coaching in the hour before competing. Calum was also the youngest competitor in the whole event and had never spent a night away from his parents. He was given a nominal target and told to go and enjoy himself. He returned only 29 seconds overtime registering 13 controls giving him a score of 125. Overall he had beaten sixty five other competitors. The team was ecstatic for him, and he was awarded a special shield at school assembly for his achievement.

John Cooley

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World Championships 2011

When I first saw some of the training maps for WOC 2011 I have to admit, I was a little bit sceptical as to whether the terrain in Savoie, France would really be something for me. The chaotic rock and contour detail was like nothing I'd encountered before. If you've seen the maps from this year's World Champs, well, it's arguably even more difficult technically than it looks on the maps, if that's possible! At first I was kicking myself that I let the great opportunity of WOC in Trondheim, where I live, slip through my fingers. The terrain in Trondheim played to my strengths and it had become my home terrain. I'm probably even more comfortable in Trønder terrain now than I would be in Thieves Wood! However, I realized that learning to tackle the terrain in Savoie was an exciting, fresh challenge. The question was: Would I have enough chances to train there and learn the techniques? The answer, for almost everyone outside the richest and most organized National teams (Switzerland, Norway, Sweden, Finland and home nation, France), was of course no. But after WOC in Trondheim I'd learnt that performing well on the big day in the World Champs is much more about getting your head in the right place than it is about having the perfect preparation. Of course, preparation has a huge effect on the end result, but even with perfect preparation you still have to be able to summon up great sporting toughness in order to race close to your "ideal state" on that one important day.

My preparation for WOC in Savoie was far from perfect but in my head I told myself I had done enough. Looking back I really only had one very relevant training session for the WOC long distance in the lead up to the Championships. A simulation race I did with the Norwegian National team about a month beforehand. Telling myself I was well prepared was rather delusional! Sometimes a little overconfidence (smattered with healthy respect for the challenge ahead) goes a long way.

Having said that, I had a shaky start to the Championships. I felt that my qualification race was reasonably solid and would easily qualify me for the final. I didn't think my stupid mistakes at the beginning (nerves?) would have much impact because I thought I'd handled the tricky parts of the course quite well. By chance I was in the toughest heat and ended up qualifying by only a scarily small margin. In the other two heats I could have run the same length course 10-12 min slower and still made it. But that's part of the sport, you just have to finish in the top 15 in your heat to make the final. I

somehow managed to turn this into a positive and got genuinely excited about starting first in the final. What a privilege to be the first one to see the course! What a treat to have this amazing terrain all to myself! And afterwards: what a reception I got at when I reached the finish first!

My end result was 23rd place in the long distance. A vast improvement on 39th place in my "home" terrain in Trondheim. I put 95% of the improvement down to getting tougher mentally. I'm pleased to finally get a solid result in an international race but my race itself was still a little disappointing. I still have not been able to race at quite the same level as I have done in Norway in an international race. I'm now 30 years old and probably don't have many chances left but I'm enjoying the sport more than ever and am determined to keep going and see where it takes me next.

I'd like to thank NOC for their continued support over many years in the sport. It was lovely to see some NOC members cheering at the World Champs the last two years and I literally would not be enjoying this brilliant sport if it wasn't for many of you, especially of course my parents but also plenty of other coaches like the Olivants, Dave Smalley and Jim Clarke. The reason I'm writing this special thank you now is that after 22+ years as a NOC member I've decided to join the Scottish club INVOC. I will still be based in Norway for the time being so there is little I can offer to a UK club environment these days but Inverness is where I spend the most time in the UK these days due to my other / "better" half and after lurking in the INVOC tent a few too many times I feel that I should join their little gang officially. I will look back fondly on all the years in NOC, Compass Sport Cup and Peter Palmer Relay triumphs, mince pies at Walesby and generally being part of such a great orienteering club, despite the questionable merits of our local terrain – I'm sure I will be back for more bramble scratches! See you out there!

Helen Palmer

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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 that we are in the depths of Winter, all the clubs 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 07955 183701 email WNO@noc-uk.org

Bramcote Catherine Hughes tel 07940 575758 email volun_coord@noc-uk.org

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2012 NOC events for your diaries:

CompassSportCup Heat: Sunday 19th February
Brereton, Rugeley

JK Relays: Monday 19th April
Newtyle Hill, Dunkeld

British Relays: Sunday 6th May
Heslington Burrows, Kendal

Andrew Powell

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Reminiscences of an erstwhile orienteering widow.



Andrew Powell and Peter Hubberstey discussing the Brown course at the recent NOC Byron's Walk event.

Photo courtesy Emily Powell

How different orienteering was when we started in the olden days more than thirty years ago. No Porta loos but a toilet tent if you were (un)lucky. No prima donna fellows in Lycra revealing their muscular frames. No bottled water but weak orange juice stored in (un)hygienic cumbersome water carriers and dispensed in paper cups. Health and Safety eat your heart out! No SI /Emit electronics but simple pin punches. No fancy computer at the finish but a team of numerate, yet exhausted, orienteers. Could today's organisers cope if the event computer failed as well as we did with our horde of helpers gazing skywards through cards with micro sized holes?

Judith Hubberstey

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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 Winter League 2011 /12

There are still four events to come as part of the NOC Winter League 2011 / 2012 for which the schedule of events is as follows:

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

Is the village of Shek O, located at the bottom of Hong Kong Island on the Dragons Back walk, good potential for street O ?



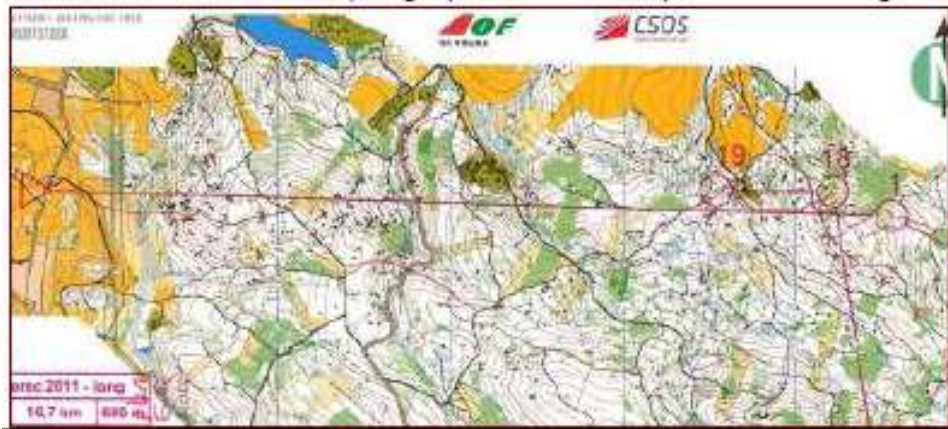
Photo courtesy Simon Elliott

World Cup Round 3 - Long Distance Chasing Start

Liberec, Czech Republic!

We turned up at quarantine Sunday morning ready for the World Cup Chasing start long race. The chasing start was based on the time from the World Cup middle race the previous day. For quarantine, you do not get to see the finish or start area before hand and you have to prepare for meeting any situation such as spectators and TV cameras. Once called up we were sent through a long taped route to the pre start where we split into three start lanes ready to be started. We were started in the main arena in front of a crowd of a couple of hundred people and TV cameras. I just concentrated on the things we had spoken with team coach Toni Louisola the previous evening; making good plans. My aim was first to build a picture of the contour shapes around the control and then add rock and vegetation detail on top.

We set off and picked up our map from a map tree on the run out. Immediately we were faced with a 2.6km leg to the first control. I had discussed this with team made Hector Haines the day before and we had predicted a long leg and were pretty close with our expectation of the control and start positions. Of course we had also



looked at the potential route choices (*Log legs are particularly popular at the start of relays to try and split up runners early*). I quickly analysed potential routes and quickly decided on the slightly straighter southern route. The Danish runner who started in front of me chose the left route (roughly the Red route). I was running with a Portuguese runner for the 2nd half of the leg but came out on the track just short of control 1 just behind the Dane so was happy with my route at the time (*Later comparing splits and analysing routes it appears the northern route was probably a minute or so quicker than the route I took although I probably could have taken better lines in the early and later part of the leg*). A small pack of 4 of us had formed already with an Italian also joining us. I had a small miss at 1 but only 20s or so.



I was struggling to keep the pace with the others with me at this stage as I didn't feel I could keep that pace up for 16.5km (~800m climb). I then remembered Toni saying you will probably feel tired early on but don't worry about it – I realised at this point we were climbing most of the way at this point to the top of the area, so put tiredness out of my mind and pushed on.

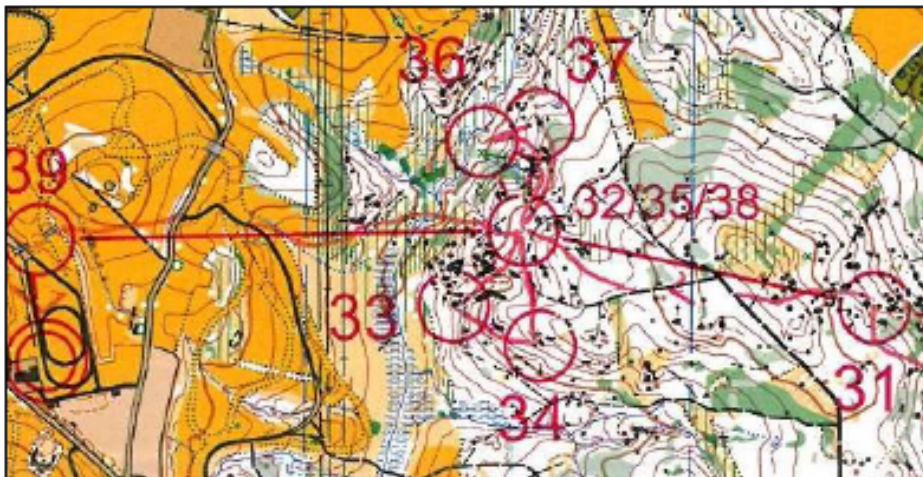
At number 5 we had our first forking in the shape of a phi loop and punched 5 just as a large train of faster runners who started ~7mins in front of me past through, just starting my loop having completed the other. I joined the train but made sure I maintained map contact. Surprisingly I had no problem keeping pace with them. I ended completing the phi loop with the Portuguese runner as we passed a couple of other runners though made another small error at 11 losing 30s due to a poor bearing on a short leg – this would be my biggest navigational error of the race.

The packs had stretched out by 12 and I found myself largely running on myself for long periods although small group of runners were frequently forming and then breaking up again due to the excellent planning.

It was approaching 18 when I found myself back in a group of around 5 runners. At 19 we had a map exchange where we were physically handed our second map while running down a taped funnel. We didn't realise until after that this was 'dynamic gaffling'. Your second part map is determined by your current position rather than being predetermined in order to separate runners. Again I found myself running alone with glimpses of runners ahead but was feeling confident still and hitting all the controls cleanly.

It was leaving 31 where I found myself back in a group of runners which had quickly formed; this time around 5-6 of us. The end of the course was close and I started getting a bit of cramp in my calves but was determined to beat the runners in my group. At 32 there were lots of orienteers running in all directions at the centre of the final short but technical butterfly loop. I concentrated hard on my plans to each control and caught sight of another runner ahead of me. Most of the runners in my group seemed to have headed off on the opposite butterfly loop first. On 36 I decided to stay right to avoid the green but got stuck above some large crags and ended up having to scramble and losing ~30s. As I exited the butterfly for the last time I knew I was ahead of the majority of the pack I was in bar an Italian who I could see ahead through the open heading for 39. This was a long painful slog up the hill and felt like running in treacle. It was made worse as we had run a very similar leg in the middle the previous day so knew what a struggle it was when in oxygen debt. I wasn't able to catch the Italian who had pulled out a significant margin but held my position to finish in 62nd on the day and 65th overall.

I was happy with my performance, technically particularly as I had concentrated for over 2 hours of racing and limited my time loss due



to technical errors to less than 2mins. However, there were 3 long legs and on each of them I had failed to select the quickest route with an accumulative time loss.

Rich Robinson

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Bramcote Satellite Club

Would you like to get better at orienteering?

Bramcote orienteers have moved location for the winter. They're very grateful to Nottingham University for giving them permission to base their weekly training session at Sports Centre on University Park Campus.

This means there's a winning combination of technical terrain with street lighting and a top quality sprint spec map. Both beginners and experienced NOC members are impressed with the facilities and the range of exercises that coaches Hilary, Catherine and Mick have been setting. They have covered fine navigation, compass work, map memory and fun relay races.

Occasionally, they try out something completely different. This term the group of 12 relished the chance to try out Nordic walking for the first time. They were treated to a lesson from National Coach Catherine who taught them the basic technique then showed them how to raise their heart rate to running level intensity whilst still walking and avoiding any impact on their joints.

The group look forward to seeing more new faces so if you would like to join in one week please meet us in the foyer of the University Sports Centre. Car parking is free and coaching fees are only £2/£1 for some top quality instruction.

Do you know of any friends or colleagues who might enjoy our sociable evening sessions? If so, please pass on our website to them or ask Catherine for some flyers. Contact her via 07940 57 57 58 or

catherine@midlandsnordicwalking.or

Catherine Hughes

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Future Events List: December 2011 - April 2012

Sat 17/12/11	NOC	D NOC Night Event	Walesby	SK664703
Sat 17/12/11	LEI	D LEI Xmas Novelty event	Snibston Discovery Park, Coalville	SK418145
Sun 18/12/11	NOC	C NOC EM League & Christmas Event	Walesby	SK669702
Wed 28/12/11	LEI	C LEI EM League	Willesley Woods, Ashby	SK329155
Sun 01/01/12	DVO	D Wirksworth Urban Event	Wirksworth	SK286537
Sun 01/01/12	LEI	D LEI Winter League 7	Castle Hill, Leicester	SK555082
Sun 08/01/12	NOC	D NOC Winter League 3	Bevercotes, Retford	SK697734
Tue 10/01/12	LEI	D LEI Winter League 8 (night event)	Beacon Hill	SK523141
Sat 14/01/12	LOG	D LOG Winter Series #5	Chambers Farm Woods, Wragby	TF147739
Sun 15/01/12	DVO	C DVO Regional Event & EM League	Shining Cliff	SK325531
Sat 21/01/12	LEI	D LEI Winter League 9	Melton Mowbray Country Park	SK756208
Sun 22/01/12	NOC	C NOC EM League	Blidworth Woods	SK590536
Sat 28/01/12	LOG	D LOG Winter Series #6	Sudbrooke Park, Lincoln	TF034762
Sun 29/01/12	LEI	C LEI EM League	Welbeck DFS and Beaumanor Hall	SK538155
Mon 30/01/12	LEI	C LEI EM League	Beacon Hill	
Sat 04/02/12	NOC	D NOC Winter League 4	Clifton Campus, Nottingham	
Sun 05/02/12	SYO	B YHOA Superleague	Big Moor, Chesterfield	SK254754
Tue 07/02/12	LEI	D LEI Winter League 10 (night event)	Market Bosworth Country Park	SK407030
Thu 09/02/12	LOG	D LOG Night Score Cup #1	West Common, Lincoln	SK961722
Sat 11/02/12	NOC	D NOC Night Event	Thieves Wood	

Sun 12/02/12	NOC	C EM League Event	Thieves Wood	
Tue 14/02/12	LEI	D LEI Winter League 11	Outwoods	SK515160
Thu 16/02/12	LOG	D LOG Night Score Cup #2	Hartsholme Park, Lincoln	SK946697
Sun 19/02/12		B EAOA CompassSport Cup & Trophy Heat	Thetford Warren	TL833853
Sun 19/02/12	WCH	B WMOA CompassSport Cup & Trophy Heat	Brereton, Rugeley	SK040146
Thu 23/02/12	LOG	D LOG Night Score Cup #3	South Common, Lincoln	SK979699
Sat 25/02/12	LEI	D LEI Winter League 12 (final)	Beacon Hill	SK521148
Sun 26/02/12	DVO	C DVO EM League	Lindop, Bakewell	SK259686
Thu 01/03/12	LOG	D LOG Night Score Cup #4	Riseholme Park, Lincoln	SK984757
Sat 03/03/12	NOC	D NOC Winter League 5	Haywood Oaks, Mansfield	
Sun 04/03/12	SROC	B NWOL Event	Whitbarrow, South Lakes	SD450870
Sun 04/03/12	LOG	C LOG EM League	South Common, Lincoln	
Sun 18/03/12	HALO	B YHOA Superleague / YHOA Championships	Pillar Woods, Caistor	TA127032
Sun 18/03/12	NOC	C NOC EM League	Thoresby North	SK626675
Sat 24/03/12	EBOR	A British Sprint Orienteering Championships	York University	SE620504
Sun 25/03/12	EBOR	A British Middle Distance Orienteering Championships	Srensall Common, York	
Sun 01/04/12	LEI	C LEI EM League	Ratby Burroughs & Martinshaw Woods	SK51870
Fri 06/04/12		A JK Weekend - Day 1 - Sprint	Livingston	NT048667
Sat 07/04/12		A JK Weekend - Day 2	Dunalastair, Tummel Bridge	NN712594
Sun 08/04/12		A JK Weekend - Day 3	Craig a'Barns, Dunkeld	NO021433
Mon 09/04/12		A JK Weekend - Day 4 - Relays	Newtyle Hill, Dunkeld	NO065412

