



The Black & Green May 2015

NOC – Chairman's Thoughts

May 2015

As I write it's pouring down outside and has been for several hours, but hopefully will stop and tomorrow when we stage our Urban event in Nottingham City Centre we'll all remain dry, both competitors and volunteers. It is those volunteers who create our events that I return to in this newsletter. Our Secretary tells me there are now 167 members of our club, and you, as a member, should have recently received an e-mail asking you to confirm your participation in an 'event team' helping on the day of competitions.

Yet there is so much else to be done. The identification of potential competition areas, the obtaining of permissions, the mapping or updating of maps, the co-ordination of competition dates across the region, the development of skills and coaching, the sheer weight of administration, (not the least of which is the 'risk assessment'), the organisation and planning of events and last but hardly least the financial tracking and reporting that must be undertaken. (Please note here the huge amount of work undertaken in this role by our Secretary who is also still the default Treasurer!). That is all undertaken so that 'on the day' you the competitor can take your place in the starting box and your results are posted to the web site later that afternoon.

Elsewhere in this publication you will find the views of an ex-Captain who recounts some of his experiences as a club official, details of training and development opportunities organised for you and advance notice of a major event. No, not another Red Bull promoted novelty exercise (although watch this space for the autumn), but a significant date in the history of our club. In 2016 it will 50 years since the first events took place in Nottinghamshire on photo-copied, black and white maps that had to have the controls inscribed on by the competitors with their own red pen! We think it only right and proper to mark that anniversary with at least some sort of 'badged event' and a celebratory social occasion, (all suggestions gratefully received).

You will also be aware through the East Midlands OA Newsletter and our own web site (there's another task), (*and Facebook page* ed) of the multiplicity of events that it is now possible to attend, almost weekly. They are organised for your benefit and on your behalf yet there is a volunteer deficit and (may one whisper it?), an impending generational time-bomb. Many of those who serve the club have done so for many years and have accumulated a significant set of skills and experiences that they bring to bear in the delivery of your events. However, there will soon come a time when it will be necessary to relinquish those responsibilities and pass on their enthusiasms and knowledge to the next generation. So please, confirm your membership of 'event teams', give some time to event organisation and look to increasing your enjoyment and knowledge of the sport by learning about mapping, controlling, coaching and event organisation, there are things that you will learn that enhance your performance and enjoyment of our sport.

Andrew Breakwell

Ex NOC club-captain successfully escapes over the ~~iron~~ pennine curtain.

Emily and I joined NOC in September 2002; I had been a member of MV for about 10 years before that. I was a student at Nottingham University at the time and had no particular affinity with MV, especially as the club's other junior star (a certain Graham Gristwood) was shortly to be departing for Warwick University. I knew NOC was a good club with a strong reputation in the Compass Sport Cup and not only did I now live in the catchment area, but I had ambitions of individual and relay success with the club. I think my first NOC club competition was the Yvette Baker trophy final at Sutton Park in December 2002, where I think NOC won and I was one of the counting scorers as an M20 running the green course.

I have many happy memories of my time in NOC, and I've tried to list a few of my highlights.

Being club coach (2006 – 2008). The reward of coaching juniors from across the East Midlands and seeing them improve was great. I remember some of the juniors telling me about their runs at subsequent events where they'd practiced what we'd been teaching.

Co-planning the Robin Hood Trophy (2006). Working with Peter Hubberstey was great fun. He taught me a lot about planning, particularly the junior courses, which if you regularly run the hardest course are not straightforward to get the planning right.

The banter during 'the UK Cup years' (2005 – 2008). During these years there was a group of us NOC M21s (principally Richard Robinson, Rob Palmer, Pete Forester and myself but guest appearances were made by Alastair Brunton and Petr Basus in certain years) who were all of a similar standard (yes, I know it's hard to believe that Richard was once as average as me!) and we were all really keen, travelling all over the country to attend the UK Cup races (predecessor of the UK O League). The pre- and post-race banter was a great laugh and the battle to be 'top-NOC' at the end of the season was always fierce! I particularly remember the trip up to Inverness for the WOC trial races and final UK Cup rounds in 2007 where we all shared transport and accommodation and it was a really fun weekend. I even missed a friend's wedding; such was my keenness not to finish 'bottom-NOC'! We also made two trips to the Jukola Relay in Finland – the biggest orienteering relay in the world. The start is something that every orienteer should witness and I remember both trips as great long weekends away.

The Harvester relays and our quest for the Sutton Park trophy (2005 – 2007). It all began in 2005 when Richard convinced me to run the dawn leg (leg 4) at the Harvester relays at Pillar Wood. It was *not* a dawn leg, it was dark and I don't do night orienteering! Consequently I put in a very poor performance which arguably put us out of the running for the SP trophy (best club not in the top 3 in the last 3 years). Onto 2006 – Teviothead, Southern Uplands Scotland. Were we really going to go all the way to Scotland for this relay! We'd better come back with the trophy. That year, because it was held in June in Scotland, the relay started in daylight at 10pm or so, then ran through the night and finished in daylight. Sadly I was on leg 2 – daylight into dusk/dark. By control 3 it was definitely dark and despite it being a clear night on an open area with good moonlight, my night navigation wasn't up to it and I put in a very slow time which arguably cost us the trophy. So onto 2007 – Penhale Sands! Were we really going to go all the way to Cornwall for this relay! We'd better come back with the trophy. I think Pete Forester even flew from

London docklands to Newquay airport to be part of the team! My two previous performances meant I had been moved to the definitely dawn leg, leg 5. The early legs went well enough and I took over in 3rd, about 5 minutes behind FVO and a few seconds behind SYO. We knew that both us and FVO were eligible for the SP trophy so we needed to finish 2nd. I reeled in FVO and kept pace with the SYO runner and all three leg 5 runners finished within a minute of each other. SYO had a strong finish with Nick Barrable on last leg, but Pete Forester put in a strong performance to finish ahead of FVO. Our SP trophy winning team and running order was Nigel Mockridge, Mike Napier, Richard Robinson, Mick Lucking, me, Rob Palmer, Pete Forester.

Being club captain (2011 – 2013). By the time I took over from Simon Elliot as club captain, the elite orienteering scene in NOC had changed! Richard was now really good, Andy Llewellyn was running well and had left university (ShUOC) so was available for NOC, Peter Hodgkinson had grown up and was now a top junior and Anthony Squire had moved to Nottingham and joined NOC, and the JK trophy (mens open class) had been cut from 4 to 3 legs. As club captain, these 'transfers' allowed me to do what had needed to be done years ago, but couldn't be – DROP MYSELF FROM THE 1st TEAM!

Suddenly NOC started to regularly feature at the top end of the results at major relays; 2nd at BOC in 2012 and 2014 and 3rd at JK in 2014 spring to mind, but there have been several more top 5's which had previously been seemingly unattainable. At BOC 2013 however, Richard had just become a father late on the Friday night of the BOC weekend and so was unavailable for selection. I had no choice but to promote myself to the 1st team! I was by now a father myself and only running M21S at the major events. I put myself on 3rd leg so that Andy and Anthony could have a competitive run and be 'in the race' before handing over to me on anchor. Because of the clash with Tio Mila, the field was not that strong that year and Interlopers (Ant's former club) had the misfortune to get disqualified on first leg, but Andy and Ant has good runs to send me out in...joint 1st place with Peter Hodgkinson (running for Oxford University). Did the team captain have one good run left in him? I've never run so hard in all my life and as I came through the spectator control I was in 3rd behind JWOC runners Peter and Johnny Crickmore (ShUOC). The chasing pack were hot on my heels and I still had the final loop to go. I couldn't let Ant and Andy down. I dug in and held on for 3rd place – without doubt one of the highlights of my orienteering career. I was really chuffed to stand on the podium at BOC and receive our medals and it was a fitting way to sign off as club captain.

In 2009 we moved from Nottingham (after 9 years as a student for me!) to Derby where I had finally managed to get a job. On finishing my three year stint as club captain and handing over to Andy Llewellyn in 2014, it seemed the right time to change clubs to DVO in 2015. I shall still see you all at events across the East Midlands and will of course come over and chat at the club tent at major competitions.

There are many people in NOC who put in enormous amounts of their time and effort for the club for which, as members, we are all truly grateful. I'd like to thank all those who've helped me and the club and made the last 12 years in NOC such a happy time.

Andrew Powell.



Harvester 2006 Teviothead, Southern Uplands, Scotland.



Jukola 2006, Finland



Harvester 2007 Penhale Sands, Cornwall – the winning Sutton Park Trophy team!



Jukola 2008, Finland



BOC 2013 Relay Podium



BOC 2013 Relay Bronze Medallists



Family Powell (December 2014)


IOF Symbols

One of the things newcomers often find difficult is the IOF Control symbols. Most of us at some time find ourselves asking just what does Witch's hat represent ?Oh! it's just me then... Anyway here's a link to the full info for you to download and keep, courtesy of LEI.

http://www.leioc.org.uk/wordpress/lei_members/iof_control_symbols.pdf

IOF Symbols continued....

Talking about symbols there was a brief discussion on our Facebook page both about the IOF Control symbol and the way the crags were represented at the recent Black Rock and Cromford Moor event.

11.14		North east Foot	As above, but where the feature is large enough for the control to be placed in more than one location around it; e.g. Hill, north east foot.
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This is a similar control description as found in column G. It's not often seen because it's not often the feature is big enough. E.g. 6-140-Eastern Crag- 3M- NW foot

The problem was that there were some 3M vertical crags below the main cliffs which are not shown.

Now the Black Rock cliffs have always been represented in this manner using the appropriate Rock Pillar/Cliff and to my mind for a very good reason. These cliffs are far too dangerous to orienteer around the top for obvious reasons but reasonably safe around the bottom. Here is the problem however, as you can see the specifications state that they should be shown in plan shape with no tags....Now if my understanding of plan view and the fact they are truly vertical then this could theoretically result in a 0.35mm narrow line. Now we all know what else looks like that.....a track...hence the extra "thickness" of the symbol which in this case is 2mm (or 20m on the ground) to prevent you accidentally running across it!

To my mind the Impassable cliff option also has issues, in that it is not "dramatic" enough in this scenario. It could however be used with extended tags which would allow you to show the lower 3m crags and the passageway over their tops but I certainly would not care to tackle it on a dark wet day.

I think in this particular instance the control site was dubious as the map it did not accurately represent the ground and that after all is it's prime function. However the limitations of what can be accurately generalised in a small area (yes even in OCAD) are in this case subservient to representing the true danger. Personally I would also like to see some OOB screen on the top as a way of backing up the message. I am sure Mike will already be on it for the next version.

Anyone care to comment?

4.2 Rock and boulders

Note: dimensions are specified in mm at the scale of 1:15 000. All drawings are at 1:7 500 for clarity only.



Rock is a special category of land form. The inclusion of rock gives useful information about danger and runnability, as well as providing features for map reading and control points. Rock is shown in black to distinguish it from other land forms features. Care must be taken to make sure that rock features such as cliffs agree with the shape and fall of the ground shown by contours or form lines.

201 Impassable cliff

An impassable cliff, quarry or earth bank (see 106) is shown with a 0.35 mm line and downward tags showing its full extent from the top line to the foot. For vertical rock faces the tags may be omitted if space is short, e.g. narrow passages between cliffs (the passage should be drawn with a width of at least 0.3 mm). The tags may extend over an area symbol representing detail immediately below the rock face. When a rock face drops straight into water making it impossible to pass under the cliff along the water's edge, the bank line is omitted or the tags should clearly extend over the bankline.

Colour: black.



202 Rock pillars/cliffs

In the case of unusual features such as rock pillars or massive cliffs or gigantic boulders, the rocks shall be shown in plan shape without tags.
Colour: black.



203 Passable rock face

A small vertical rock face (minimum height 1 m) may be shown without tags. If the direction of fall of the rock face is not apparent from the contours or to improve legibility, short tags should be drawn in the direction of the fall. For passable rock faces shown without tags the ends of the line may be rounded to improve legibility.
Colour: black.

Maps, Mapping and Money

Part 1 Time

This paper comes in two parts. This, the first, concerns the time needed to survey an Orienteering map. Imagine a ONE Square Kilometre area of Forest. There are rides every 10m north - south. A diligent surveyor walks up and down every one in his search for detail for use during an Orienteering competition.

HOW FAR WILL HE WALK?

If he walks at 3 KM an hour how long will it take to cover the area?

The answer is 100 Kms. or 99 if he does not go along the last edge and 33 hours.

Now take a small sized Badge Event area say 4 Sq. Kms.

How long will it take to map this - 120 Hours

A good average surveying day is 6 Hours with say an hour or so to draw up ones efforts at the end.

It will therefore take some 20 surveying days to complete the whole map

The average Club mapper may be able to go out one day every weekend say 20 weeks in all

To allow for weather and other family commitments and to go orienteering as well it might be better to allow for 60 weeks to finish the project. Unless our surveyor also has OCAD then you will need to allow the cartographer some time say 40 hours perhaps 2 or three weeks.

Planners need some time as well as controllers so let us give them 12 weeks. And there will be some time to overprint the map say 3 weeks.

The printer will ask for another 3 weeks but may well deliver in less time.

A total of about 80 weeks (18 or 20 months).

The first point that I would wish to make is that any Club must consider its mapping plans well in advance of the first event on a map so that there is no rush.

Now the best time to do a ground survey is between November and May. Much can be done at other times in parts that are not covered by undergrowth. For quality work you need to get out in the winter when the bracken and brambles are lowest. The disadvantage is that the daylight is shorter and the temperatures are down.

The second point I am trying to make is simple, the Club should, to get the best quality of maps plan sufficiently far ahead so that quality can be maintained.

It does not pay to rush the surveyor if you want quality maps. It does not pay to rush the planner if you want quality courses at your Events.

Part 2 Money

In Part 1 I detailed how long I thought a map might take to produce, particularly the survey. In this part I will detail what thoughts I think the Club should have when considering paying for its maps to be produced.

The Club should and must continue to encourage its members to map. It could be said that anyone who has some mapping experience will almost certainly be a better orienteer. It will need to supply those members who wish instruction as to how they should proceed to make the process as efficient as possible. It will need to make sure that members will be supplied with the best equipment for the task. This might include PG Plots or any of the new electronic aids that are coming onto the market.

One of the most important resources the Sport has is the time of its members. This must be used efficiently.

It may be that the Club should suggest mapping smaller areas for members particularly for new mappers. Large maps can be a bit like the Forth Bridge. As soon as you finish you may well go back to the beginning and start again because the Foresters have changed the Forest or even in a couple of years there can be a surprising amount of growth. At some stage the Club has to decide that its manpower resources are insufficient to map an area. It will have to employ a mapper.

How much should it pay?

As little as possible! This might at first sound a sensible option but I should like to suggest that this could be a short sighted policy. The Sport needs to have a number of Professional Mappers within its ranks to provide the maps, particularly of the large areas it needs for major events. The Professional Mapper needs to feel that they can make a living and I hasten to say they would also wish to provide a first class product. They can only do this if they can spend time on your map rather than get onto the next task. How much should they be paid.? NO surveyor knows exactly how long a map will take. My figures in Part 1 are a rough estimate. In an ideal world the surveyor will come down to look over the area. They could still make a mistake because they did not see that very complex area. They will take a guess based on the description of the terrain that the Club will, hopefully, have given those who have been asked to quote and the size of the area. I would like to suggest the following criteria:-

1 Surveying and cartography are skilled occupations

2 They like the rest of us should not be expected to work more than the average week say 40 hours. It may well be that this is flexible i.e. in good weather they will work longer in a given week

3 That a good average day is 6 hours plus an hour or so to draw up the results. Again there may be some flexibility.

4 They like the rest of the working population need to take holidays.- 4 to 6 weeks a year seems a fair average. I am not certain if we would include or add statutory bank Holidays? If we take a working year to be 45 weeks and a working week to be 40 hours we have the potential for 1800 hours of work. This I hasten to add makes no allowance for time not available due to weather. What do we think is a reasonable salary? Let us start with a newly qualified teacher or NQT (I know about them) probably £23,000 a year. Give or take about £11.50 hour or £92 a day. *You may wish to suggest alternative occupations and salaries.* This rounded figure would perhaps take into account the additional expenses of going to work not experienced by most workers If we take the figures from Part 1 of 120 hours for the survey of 4 Sq. Km. we might expect our Professional to be more efficient. Say 100 Hours. We get a figure of £1150 for the survey. We need to add to this some time to complete the cartography. To put in the peripheral detail of the map can take a surprising amount of time. Let us say 25 hours. One of the advantages of OCAD in the production of modern maps is that the drawing up of the survey produces, well nearly, the final map. We have a figure of £287 for the additional time for cartography. The point of all this- if the Club asks for a quote for a map of this size and it is substantially less than £1450 it should ask the question - is it going to get value for money and is accepting a low offer it going to do the Club and the Sport a disservice in the long term.

If the mapper feels that he cannot make a living he may well take short cuts. Even if the outcome is a perfect job we may end up by the mapper taking his talents elsewhere because he cannot make a living. One last point to remember is that the re survey of an older map takes just as long. You have to cover the ground just as the same

as before to check all the features that are on the existing map. It may well be that areas of vegetation have changed.

Addendum

I have been asked to make the point that Commercial companies will have additional costs to run the organisation which will be reflected in the price they ask.

Article courtesy of Erik Peckett DEVON OC. *Updated to 2015 prices...Ed*



Plans are currently underway to find a social way of celebrating our 50th birthday that definitely does not involve any brambles! We are hoping to arrange a dinner somewhere on Friday 26th February 2016 with hopefully with as many current and past members attending as is possible. If you think you know a suitable venue please pass it on to someone on the committee.

So make a date in your diary now because it's a long wait until the next one 😊



• Mike's eNews – 24 April 2015

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As always, feel free to forward this eNews to your members; it's going to be published on the eNews page at <http://www.britishorienteering.org.uk/page/enews> on Monday so if you would rather send them a link please feel free to do so.

BOC Sprint & Middle

Can you let your members know that entries close at midnight on Sunday 26th April entry is via www.fabian4.co.uk.

Victory in Europe Day 70

The Government through Nick Pontefract, Deputy Director, Sport at the Department for Culture, Media and Sport have made a request concerning the forthcoming celebrations for VE Day 70.

"VE Day 70 represents an important milestone in the history of the UK and world. It is an opportunity to remember the sacrifice and sheer determination of the people who saw us through this dark period, to give thanks to those who so bravely played their part and to celebrate peace and reconciliation."

The Government and its partners, including the Royal British Legion, will be arranging events to mark the occasion. These events include the lighting of beacons across the UK, the Army versus Navy Rugby match at Twickenham and a service of thanksgiving and parade in central London. Details can be found at www.gov.uk/veday70.

Sports clubs across the country are being asked to play a role in marking this commemoration and we are being asked to take part. Saturday 9 May is deemed the Day of Celebration and Government is asking sporting organisations to recognise the Day by holding a moment of applause at the beginning of their events during that weekend.

If your club thinks this is appropriate – recognizing this is not that easy in orienteering – can you let me know? If you think of any other way you can more easily support this commemoration to recognize VE Day 70 I'm sure it will be most appreciated; please do let me know.

The government is also providing a detailed repository for activities recognizing VE Day 70 and these can be entered on a map at www.defencehq.tumblr.com/post/115284856685/veday70-event-map.

AGM 2015

The AGM was held immediately after the JK Sprint at Lancaster University and the minutes have now been published [here](#).

There were no contentious matters dealt with at the AGM although the Hon Treasurer, Bob Dredge, did provide a warning to members about the likelihood of a significant deficit being made in the financial position of British Orienteering in 2015 when it is report at the 2016 AGM. His warning to members has now been published and can be found [here](#).

The Vice Chair, Judith Holt, also explained to attendees that work has commenced to review and update the vision for the sport. The content of Judith session is dealt with in the next section.

Vision for the sport

The work to review and update the vision has now commenced and a summary of the briefing provided at the AGM follows.

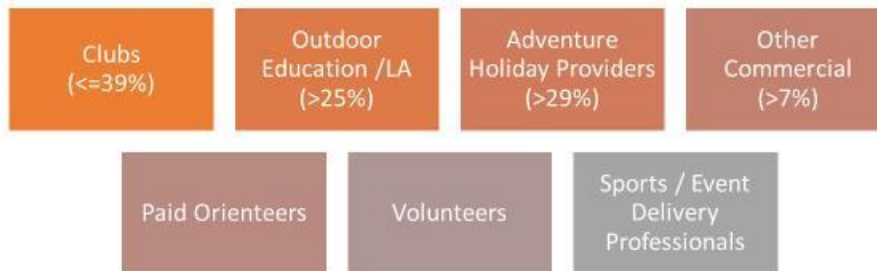
Why do people orienteer?



Most of the attendees at the AGM were probably at some time, if not now, motivated to orienteer because they enjoy the competition. But there are plenty of people participating in orienteering who are motivated by other aspects of orienteering including people who at one time might have been referred to as wayfarers. In our vision we need to be clear whether we want to concern ourselves with all these potential benefits of orienteering or whether our vision for the sport should be narrowly focused on Competition.

If our focus is almost exclusively on competition rules and the standards of competition this will become our major preoccupation. If we are equally concerned with one or more of the other aspects then we will want British Orienteering to invest energy (and resource) in those areas.

Who stages orienteering?



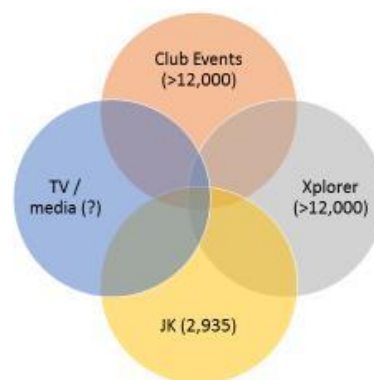
Most of us know what clubs do, it is probably almost 100% known and evidenced; the remaining organisers of orienteering activities are known only to some extent - we do know there is a lot going on about which we know little. The data we have on club activity can be evidenced whereas we only have evidence from some of the activity from the other sectors.

It is easy for people who go to Orienteering events staged by clubs to underestimate just how many other organisations are providing experiences which they call orienteering. In our vision of Orienteering in 2025 do we want British Orienteering to have an influence on these providers, just some of them, or just the events that our clubs stage?

While our unpaid volunteers are key to putting on club events, some officials are already being paid to do some tasks that need to be done. Volunteers provide passion and commitment. In a local area they may build up long term experience but paying people can bring consistency over a wider area or set of tasks and take some pressure away from volunteers.

The events staged by Local Authorities, National Trust, and other organisations are increasingly likely to involve a paid person, maybe someone with relevant expertise working alongside an orienteer. Should our vision take account of the possibility that paying event officials might become the norm?

Where is our public image created?



Figures are individual participants in 2014; JK is known and just less than 3,000; other numbers are minimums;

adventure holidays and outdoor education combined provide at least 250,000 people with their 'first experience' per year. Then there are schools which introduce an unknown number of children to orienteering related activities each year.

Where are most people likely to hear about or experience orienteering? Should British Orienteering be influencing that first experience?

The final question is the big one: ***Whatever our vision for British Orienteering, how will we resource the work required to bring the vision about?***

Vision Consultation

We need our members' views on the future of the sport.

Keep your eyes on the news items as there will very shortly be a survey for members to capture their views on some of these aspects of our vision for the future of the sport.

World Orienteering Championships

Organisation of the Championships and the Scottish 6-Days event which sits alongside the Championships continue and Paul McGreal, Event Director, says there is now a great feeling amongst the people involved in staging the event.

Please promote the event with your members whenever you get chance. You can see the details on the [WOC 2015 web site](#); the [Scottish 6-Day](#) details are also available.

It now seems highly likely that there will be at least orienteering highlights from WOC 2015 on the TV but we'll give you more details when they become available.

We are now entering the final 100 days before the championships commence and 4 athletes have been selected early to represent GBR at the championships. This early selection is to ensure that the athletes that have demonstrated they deserve early selection can focus all their efforts on performing to their best at WOC 2015.

JK Mapping Survey

Many of you will be aware that a survey of competitors was completed after JK 2014 to try to understand members' views on the maps used and to find out a little about their eyesight. The same survey is being used after JK 2015 to see if and how the information derived from the survey has changed.

Although the [JK 2015 Mapping survey](#) remains open it is already clear from almost 450 people who have completed it that we will need to investigate further a few of the outcomes. For instance there are questions about the preference for map scale used that the current survey does not address.

A further survey will be published shortly that will enable us to collect member views on the scales used.

Insurance & Night Events

After the last eNews was published there was considerable activity to resolve some issues related to [Appendix E: Safety](#), some conflicting information and the requirements of our insurers.

You can see at the link above that these issues are now resolved favourably and clubs can go ahead in organising and staging events knowing that insurance cover is assured, providing the rules and appendices are being implemented.

Risk Management

Risk management continues to be a significant matter for me and guidance will be circulated when it is finalised that should clarify what event organisers are required to do to ensure insurance cover is in place and effective. The risk register and the way in which risks are dealt with is key to our on-going insurance cover.

Whilst we wait for the guidance to be circulated it is important that:

Risk management is documented and available.

Risk management commences early in the organisation of an event.

Risk management continues through to the event being staged and whilst risks may be mitigated this should be shown on the risk register.

All risks should be kept on the register; even if they have been dealt with.

Our insurers are now asking for more event risk registers – this is not of my doing, but as a response to their concern that when they have requested information about risk registers it has, unfortunately, not always been forthcoming.

Ordnance Survey

My apologies but I have not yet published the guidelines for mappers I promised a number of weeks ago. There remain a couple of significant issues to resolve with OS and as soon as I am able to finalise these the guidance will be published.

SPORTident Air+ touch free punching system

The IOF Council has granted final approval for SPORTident Air+ touch free punching system to be used. This means the system can now be used in IOF major events.

An updated list of IOF approved electronic punching systems is available on the IOF website at <http://orienteering.org/electronic-punching/>, and organizer and athlete instructions for touch free punching systems have been made available at <http://orienteering.org/instructions-from-vendors/>.

If you have any queries or comments regarding the content of this e-news please e-mail me at mhamilton@britishorienteering.org.uk.

'More People, More Places, More Podiums'

For further information about orienteering please visit www.britishorienteering.org.uk

Physical Conditioning for club orienteering coaches (of any level)

On 31/10/15 A workshop lead by Paul Murgatroyd.

Paul is a member of LOG, an active Level 3 Coach, a senior lecturer in Sport & Exercise Science at the University of Lincoln and is currently working in a consultancy role as the physical conditioning coach to the GB Talent Squad.

During the day there will be a mix of theory and practical examples so that coaches will feel more confident leading physical training in their clubs.

This workshop will be very good personal development for coaches and participants will receive a British Orienteering attendance certificate. For those who may want to progress to Level 3 at a later date; this will count towards your prior learning.

There will be some pre-workshop reading for all participants which will be sent by email 2 - 3 weeks before the day.

N.B. There will be other volunteer workshops on offer as well

Welcome to our New Junior Rep...Simon Warrener



New Members

A big welcome to the following new members of the club

Geoffrey Brown, Paul Brownhill, Andrew Clark, Kathryn Clark, Andrew Kilpatrick, Sam Lennon, Gabriel Moreno and Jayne Williams

Congratulations.....

Anthony Squire for winning the M35L class at the British Championships and to the relay team of James Mellor, Rowan Lee and Jack Smith for 2nd in the M18 class.

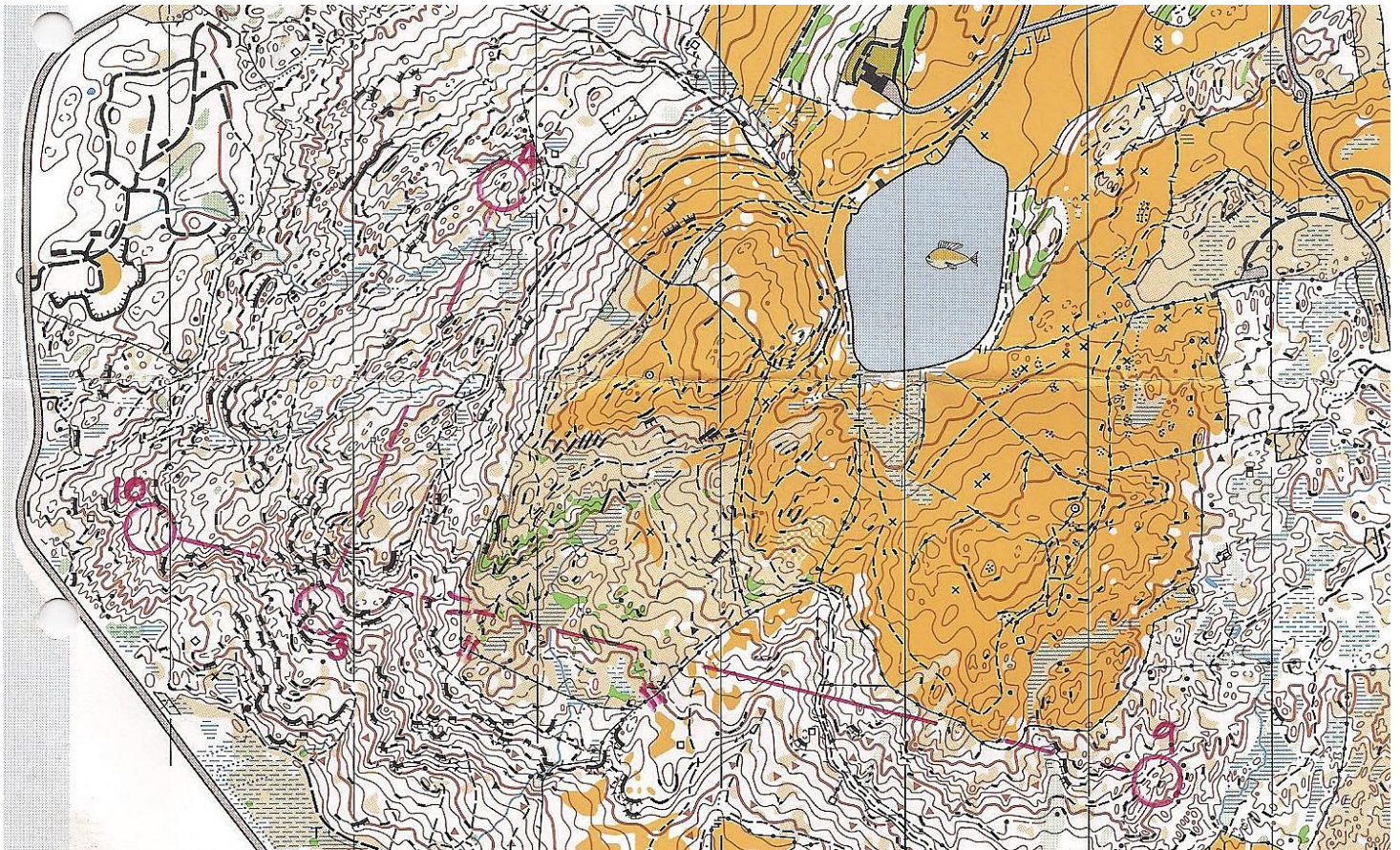
Bigland: Which route would you take?

2 legs from JK 2015

3 (spur) – 4 (NW crag foot) on W65L

9 (crag foot) – 10 (NW crag foot) on W21E

Lots of contours here! Can you pick out the big valleys and obvious re-entrants? Would a route using paths be easier / quicker? What would be your attack point near the control?



Hilary is currently arranging some member coaching in the Southern Lake District (*which I can highly recommend*) so if you are at all interested and would like to put your theory into practice then please email her on coaching@noc-uk.org

East Midlands Orienteering Association
Regional Training and Development Day
Saturday 31st October 2015
At Charnwood College, Thorpe Hill, Loughborough.

As part of the EMOA's commitment to the initial training and development of event officials, coaches and those wishing to refresh their knowledge and experience we will be putting on another series of workshops and courses on Saturday 31st October 2015.

Courses on offer.

Event Safety & Welfare Module (Morning)

This qualification is now mandatory for all events officials.

Event Organiser Level C/B (Afternoon)

Primarily of interest to those Organising Level C and D events for the first time but a re-cap for all organisers.

Event Planner Level C/B.

For all interested in Planning at whatever level, though primarily of interest to those starting at Level C and D. Use will be made of the British Orienteering Appendix to the Rules of Orienteering on Planning.

Controller Level C.

For experienced event officials who wish to take on the role of Controller, primarily at Level C and D. Participants must have planned and organised at Level C within the last 5 years.

Mapping - Basic Course.

This is the first part of a two-day course intended to get novice mappers up to the level where they can carry out initial surveying and cartography, including the use of mapping software.

Physical Conditioning for Club Orienteering Coaches (of any level)

See page 16 for flyer

Lunch, teas and coffee will be provided for all participants. Please let me know if you have special dietary needs.

To book a place contact Chris Phillips, Regional Development Coordinator. Email onecp47@gmail.com

Closing date for entries 30th September 2015

Clubs are asked to make a contribution of £5 per club member attending the Regional Training Day.

It is hoped that should enough copy be received the next edition will hopefully be ready for the Autumn season.

Most file formats accommodated (though preferably not Microsoft Works!) email to bag_ed@noc-uk.org or
keith dot streb at ntlworld dot com

Thanks

Keith

Want a New Outdoor Challenge?



TRY ORIENTEERING WITH RUSHCLIFFE ORIENTEERS

Learn to Orienteer
Improve your Fitness
Navigation and Map Reading
Adventure Running
Park Orienteering

**Tuesdays Summer Term from 28 April
6.30-8pm**

Rushcliffe Country Park NG11 6JS
Family £3; Adult £2; U21 £1

For further information contact:

Hilary Palmer
Email: ro@noc-uk.org
Tel: 0115 9820651
website for each week's location

www.noc-uk.org

