

# Nottinghamshire Orienteering Club



## Black and Green - December 97

1. [SPEAKING FROM THE CHAIR](#)
2. [COMPASS SPORT CUP FINAL 1997](#)
3. [COMPASS SPORT CUP 1998 - FIRST ROUND MATCH.](#)
4. [NOC AGM](#)
5. [SUMMER LEAGUE](#)
6. [NOC KIT](#)
7. [JK RELAYS 1998](#)
8. [RESULT OF JUNIOR INTER CLUB FINAL THIEVES WOOD](#)
9. [SPORTS INJURY CLINIC](#)
10. [NOC CHRISTMAS BASH!](#)
11. [BRITISH SCHOOLS CHAMPS '97 REPORT BY HELEN PALMER](#)
12. [CLUB TRAINING RUNS](#)
13. [HALDEN M/W16 TOUR '97](#)
14. [NOC CLUB CHAMPIONS](#)
15. [COACHING NEWS](#)
16. [FORTHCOMING NOC EVENTS](#)
17. [ODDS N ENDS](#)
18. [DATES TO REMEMBER](#)
19. [AND FINALLY.....](#)

---

## SPEAKING FROM THE CHAIR

We are approaching a landmark for British Orienteering. In August 1999 the World Orienteering Championships will be held around Inverness. The external publicity this will generate gives us the ideal opportunity to develop the sport in Nottinghamshire.

We need to get the existence of a successful club over to the general public, and in particular, the already physically active public, so that when WOC hits the news, people can say 'Oh I saw something about that at ....., perhaps we might try it'.

To this end, during the next eighteen months we must be sure to get our presence known at every sports centre, health club, library, newspaper etc. in the county, with regular checks to be sure the posters are still up and there is a stock of leaflets. If you can adopt a sports centre or the like, please do offer your help.

Furthermore, we will need to be able to offer 'Come and Try It' events both before and especially after WOC99. To this end we are endeavouring to add several smaller areas to our portfolio of maps. Those of you, and there are quite a few, who have been to a mapping course must be champing at the bit to map your local park or wood, well here's your chance.

**Thanks for Listening. Ray Barnes**

P.S. I vote to change the Summer League Rules!

---

## **COMPASS SPORT CUP FINAL 1997**

Well, we did our best. What a great weekend we had. 75 NOC runners competed across the courses. The Final was scored in two parts. Firstly we scored against Happy Herts (HH) winning comfortably 80 to 51. Then the moment of reckoning.... A re-score against Manchester & District (MDOC). The score being 55 NOC, 78 MDOC.

On the day MDOC were just too strong for us, managing to get all their top runners out to run for them.

Still, I hope everyone that travelled up to the Lakes enjoyed the weekend as much as I did.

And now of course, having got to the '97 final there is not much time before we begin the '98 campaign.....

---

## **COMPASS SPORT CUP 1998 - FIRST ROUND MATCH.**

This years draw is a good one for us as we have been put into the SE and East Anglian group, and not with the Northern and Yorkshire clubs.

Our first round match is against LEI (again) and we will play it on February 22nd at Bentley Woods near Atherstone. GR SP/283957.

More details next time.

The second round will be against WAOC or NOR.

---

## NOC AGM

At the recent AGM the following club officials were elected:

CHAIRMAN	Ray Barnes
SECRETARY	Jad Dziadosz
TREASURER	Gill Hatfield
FIXTURES SEC	Richard Torr
EMOA REP	Hilary Palmer
COACHING REP	Eddie Nicholson
TEAM CAPTAIN	Janet Evans
MAPPING REP	Keith Streb
JUNIOR REP	Helen Palmer

Also, in a new departure for NOC, four Life Members were elected. This is an honorary position and it is envisaged that more will be elected in the future. This years nominees were Bert Bradshaw, Alan Gould, John Orton and Keith Picksley.

Keith and Bert were two of the founder members of NOC and are both still active within the club. John is a past Chairman, now living in Swindon and is credited as founder of many NOC traditions e.g. the NOC social weekend at the White Rose event. Alan now lives in Lancashire, but still plays an active role within the club. Many of the early NOC maps were produced by Alan.

---

## SUMMER LEAGUE

Oh what a long time ago it seems!!

Over 80 members competed over the 8 events, but only our erstwhile Chairman scored points at every event.

A brief resume of course winners:

Mens Long	Ray Barnes
Womens Long	Jane Booker
Mens Medium	Robert Parkinson
Womens Medium	Gill Hatfield
Short	A. Bean

Congratulations to all of them, and thanks to Dave Goodwin for organising the League. Next years organiser will be Paul Billam.

---

## NOC KIT

This will be available at NOC events or can be ordered from Gillian Hatfield,  
XX.

SWEATSHIRTS S,M,L,XL	£10.00	dark green or black with white logo.
LONG SLEEVED O TOPS	£12.50	
SHORT SLEEVE (MESH) TOPS	£15.00	
O TROUSERS	£8.50	
NOC CAR STICKERS	50p	

It may be possible to order sweatshirts in other colours - jade green has been suggested. Let Gill know your requirements.

Also, if anyone has still not paid for kit they have received please send a cheque to Gill ASAP.

(With Thanks to Gill for taking this on.)

---

## JK RELAYS 1998

Oh no, it's not even Christmas yet! Sorry, but I now need entries for next Easters JK relay event. The weekend is April 10 - 13th with the relays on the Monday. The relays will be held at Garthwyllt, nr Dolgellau. The competition area is fast run, mainly deciduous woodland, on well contoured terrain broken by rock features. Longer courses extend into coniferous plantation and semi open rough grazing. There is good parking adjacent to the assembly/change over area.

This year sees a departure from the normal age group classes with a subsequent decrease in the number of classes and an increase in the number of teams in each class. The idea being that there should be more competition to make it more exciting. The age used is your orienteering age group and not actual age. The legs will always be run in the order shown.

CLASS	LEG LENGTHS
A JK TROPHY	7.5, 5.0, 5.0, 7.5
B W TROPHY	5.3, 3.5, 5.3
C MEN SHORT	5.0, 3.5, 5.3
D W SHORT	3.5, 2.4, 3.5
E M AGE 120+	5.9, 3.9, 5.9
F W AGE 120+	4.5, 3.0, 4.5
G M AGE 165+	5.0, 3.3, 4.5
H W AGE 165+	3.5, 2.4, 3.5
J M AGE 48-	5.6, 2.8, 3.4 green, orange, lt green
K W AGE 48-	4.5, 2.3, 3.4 green, orange, lt green
L M/W 12-	yell, yell, yell
M Mix ad-hoc	Long (qr), Med (lt qr), Sht (orge).

Entry fees - £6.00 senior, £3.00 junior, (unless running class L - £2.00).

[illegible]

## RESULT OF JUNIOR INTER CLUB FINAL THIEVES WOOD

The recent Thieves Wood event was used for a junior inter club match, with 1 team representing each geographical region. The results, after much re-calculation were as follows:

```
=1 NOC A 379
49 A. Footitt (B)
48 R. Palmer (B)
48 T. Blaney (O) *
48 N. James (Y) *
47 C. Hodgkinson (LG)
47 E. Talbot (G)
46 S. Wright (LG) or N. Olivant (G)
```

46 T. Billam (Y) \* or D. Hodkinson (O) \*  
=1 WCH A 379  
3 EBOR A 366  
4 SLOW 354  
5 NOC B 353  
46 N. Olivant (G)  
46 D. Hodkinson (O)\*  
44 T. Filby (O)  
44 S. Hatfield (LG)  
44 F. Munton (G)  
42 M. Cox (Y) \*  
41 A. O' Neil (G) \*  
40 C. Olivant (Y) \* or M. Winser (O) \*  
6 WAOC 311  
7 SOS 309  
8 WCH B 298  
9 EBOR B 273  
10 NOC C 263  
40 M. Winser (O) \*  
39 R. Rose (Y) \*  
35 M. HainesYoung (O)\*  
35 R. Hodkinson (Y)\*  
33 H. Barton (Y) \*  
32 B. Lester (LG) \*  
28 A. Jones (LG) \*  
27 S. O' Neil (LG) \*  
11 MERO C 279

\* Denotes M/W 14 or under

Congratulations to all the Juniors.

---

## SPORTS INJURY CLINIC

NOC have once again registered with the Sports Injury Clinic. As a member of a registered club you are entitled to: priority appointment service and upto 15% reduction in treatment fees.

They now have 3 locations: phone for more info or appointments. Beeston 943-1230, Mapperley 960 6408, Woodthorpe 960 9553.

## **NOC CHRISTMAS BASH!**

Sunday 28th December Rushcliffe Country Park, Ruddington. (tourist signed from A60 southern edge of Ruddington). Special Christmas novelty event planned and organised by the junior members of NOC.

Starts from 10:30-11:15.

Includes short white/yellowish course plus medium and long courses with a Christmas flavour!

Come and run off those Christmas pies and then eat some more afterwards! Bring a selection of tasty morsels for sharing in the tent after your run at the NOC Christmas club tent buffet - the social event of the year.

---

## **BRITISH SCHOOLS CHAMPS '97 REPORT BY HELEN PALMER**

The British Schools this year was at Farley Mount near Winchester and NOC had loads of good results. Proving that we are one of the best clubs for junior orienteering in Britain.

Large Secondary Schools Team Class  
3rd Nottingham High School  
10th West Bridgford School

Primary Schools  
8th Jesse Gray School

New class!! Middle/Prep Schools  
5th Bramcote Lorne School

Individual Highlights

M18	1st Alistair Footitt (3rd consecutive win!)
	7th Robert Palmer
	16th Andrew Holland
M16	2nd = Chris Hodkinson

## CLUB TRAINING RUNS

The run will be suspended for Dec 25 and Jan 1, and the final run from Michael's will be on Jan 8th. This will be a HASH, which is a great way to get to introduce yourself to other club members, whatever your fitness or age. Usual start at 18:30.

We hope to do occasional beep tests so you can monitor the improvement in your fitness.

From March 5th, the venue will change again, watch the next Black and Green.

The Wednesday Junior run has been discontinued, but anyone under the age of 90 is welcome at the Thursday run.



## HALDEN M/W16 TOUR '97

This summer Chris Hodgkinson and I set off for Norway with a group of 14 other Juniors and an expert coaching team comprising ex GB Junior squad coordinator Killian Lomas, ex GB Junior International Sarah Noot, current GB Junior squad member Ben Chesters and elite fell running superstar Mark Seddon. Not forgetting superb tour manager Merlyn Vyner.

For the majority of the two week tour we stayed in a charming little wooden hut (with two saunas and stuff) in the middle of Venasshytta (a complex forest not far from Halden).

We trained on several nearby areas during the tour including Ramtjern, Lintjern, Roccafella, Hoias and Velund. I was very familiar with all of these; mainly due to the amount of time I had spent getting hideously lost in them on last year's Halden tour.

Much to my surprise I managed to navigate fairly successfully around most of the exercises this year. These included control picking, straight 'O' (taking as direct a route as possible), relocation exercises, line courses, talk 'O' (telling a partner everything you are thinking as you run a leg) and several courses combining lots of skills.

We spent the evenings discussing routes with coaches, going on moose hunts, supporting Sheffield United as they took on TTF Tjernoff and doing other silly tour type activities.

The tour championships were contested during the second week. I had two fairly good runs to win the classic by quite a bit and the short by a few seconds. However Chris was a little less fortunate, while having a storming run in the classic on Lintjern he stumbled on a large quantity of magnetic rock and his compass sent him in completely the wrong direction.

On the second Friday we travelled to the Junior Tio-Mila in Sweden. This is a bit like the Peter Palmer (night-day) Junior Relays but on a much larger and more competitive scale. It is for M/W18 teams so we were just hoping for a top half finish. The boy's race had 10 legs and started at 2 am with about 200 teams participating, the girls, with just over 100 teams, had 5 legs starting at dawn.

After leg three, the short, parallel leg (up to three runners could go out, the first finisher handing on to the waiting leg four runner) we were amazed to find ourselves placed in the top 10! I was on the long last leg with two radio controls and a map exchange. On 4th leg Ruth Forrest came in 7th place and unfortunately the pressure and the shock of a 1.5km first leg got the better of me and I had dropped us to 40 something th place by the early radio control. After a terrible start I settled down to have a steady run and we finished 33rd.

Some of the lads had very good runs but the speedy Swedes were lapping our team towards the end. We ended up a creditable 79th . Although I was

very disappointed with my run the Tio-Mila was a great experience and both teams did surprisingly well considering our ages.

The tour was hard work but I learnt a lot, got to run in some amazing forests like Lintjern and had a great time. Thanks to NOC, EMOA and Notts County Council for your help. HELEN PALMER

---

## NOC CLUB CHAMPIONS

This years Championships were held at Longshaw in September. Trophies were presented at the AGM:

1 Hilary Palmer

2 Tony Buckland

3 Chris Hodgkinson

Best Newcomer Alison O'Neil

---

## COACHING NEWS

There will be a NOC coaching session for ALL members on Saturday 10th January. Venue is Bestwood Park. Time 10-12 am. Meet at the classroom at Alexandra Lodge. Park at the north carpark and walk along the road for apprx 800m. More details from Hilary Palmer xxxxxxxxxxxxxxxxxxxx

ALSO

LEI are holding a training session open to all EMOA members on Saturday 3rd Jan at Benscliffe. Organised by Dai Bedwell. Phone Dai if interested, to find out more details, times, carparking etc. xxxxxxxxxxxxxxxx.

---

## FORTHCOMING NOC EVENTS

## NOC NIGHT EVENT -10th JAN

Please note that this event is using Haywood Oaks. Carparking at GR 610559. Signed from A614 just N. of the junction with A6097. More details from Jim Clarke xxxxxxxxxxxxxxxxx

The Sunday colour coded event uses Blidworth , carparking at the South carpark.

On the 7th & 8th FEB NOC are hosting the Midland Night Championships and the East Midlands Championships (badge event) at Sherwood Pines. Lots of help will be needed to make this a success. Organiser Bob Alderson has recruited team leaders who will be calling members to ask to help. Please help when asked. All helpers will get free runs. If, nearer the time you have not been contacted, offer your help to Bob xxxxxxxxxxxxxxxxx.

---

## ODDS N ENDS

Please let Jad know if you change your address or telephone number. A new membership list will go out in the New Year. xxxxxxxxxxxxxxxxx

David Olivant is planning to put on a mapping course in the Spring. Please contact David xxxxxxxxxxxxxxxxx for more details.

This issue has a decidedly 'Junior' feel to it. Thanks for all your contributions.

---

## DATES TO REMEMBER

DEC 28 NOC Christmas event

JAN 10 Club training day at Bestwood Park.

JAN 15 Training run moves to 4 Bridge Grove.

JAN 31 Closing date for JK relay entries

Feb 22 Compass Sport Cup match v LEI, Bentley Woods

Copy date for next Black and Green - 31st January 1998

---

## **AND FINALLY.....**

A Very Merry Christmas to all members.

---

***Janet Evans (Black + Green Editor).***