

Nottinghamshire Orienteering Club



Black and Green - February 97

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SPEAKING FROM THE CHAIR

WHAT A PLEASURE IT IS to see more people training on Thursdays and to see the Juniors doing their own training on Wednesdays.

WHAT A PLEASURE IT IS to see 30 members spending a weekend in South Wales preparing for the sand dunes of the JK.

WHAT A PLEASURE IT IS to see so much success for the Juniors in the recent night competitions.

Thank you to everybody who helps to plan, coach, transport and arrange these things. Without this entirely voluntary help the club would have no future.

WE ARE GOING FORWARD.

A special word about the British Individual Day at Clumber Park on May 17th. Because NOC is a large club, and our events are well attended, we haven't needed to charge a club membership fee for many years. Furthermore, the Club has been willing to allow helpers at events to have a free run. Other clubs are unable to offer these advantages to helpers. Often it may be only a half price run. I know of one club who charges quite a lot for club membership, but then members have almost free runs at their club events.

BOF has yet another view, because it has to ensure its long term financial security, and cannot change the rules as BOC travels from region to region. That is why nobody will be having a free run at Clumber. As we are used to our own clubs ways, it will seem odd to us. I wouldn't want anybody to feel hurt by a decision that is beyond NOC control.

I know that the club will be able to provide the smoothest running British Championships yet!

WE ARE GOING FORWARD.

Thanks for Listening. Ray Barnes

FORTHCOMING NOC FIXTURES

9 Mar (NUOC) Strawberry Hill

20 April Blidworth (NOT IN EMEWS)

17 May British Champs Clumber Park

8 June Colwick Park (Little John Relays)

MERTHYR MAWR

Thanks to Gill Hatfield for the following report.

Club Training at Merthyr Mawr

or

How to decode brown squiggles

When the new M50 in our household mentioned that he wanted us to celebrate his half century by attending a club training weekend in South Wales, my initial reaction was to ask whether he wouldn't rather go out for a Chinese

Training, to my mind, was strictly reserved for the Serious and the Dedicated, the Great and the Good and the Junior Squad and whilst the other members of my family could quite plausibly belong to one or other of those categories, I considered myself to be one of the Untrainable.

Nonetheless, we joined a NOC contingent of some two dozen juniors, a half dozen coaches and about a dozen other club members and were variously accommodated in a Scout Hall or B&B in the Porthcawl area.

Merthyr Mawr is a large area of sand dunes just to the east of Porthcawl. Its particular interest this year was its similarity to the area being used for the JK at Easter and the fact that it would give us a chance to get used to running through thick spiny vegetation with shoes full of sand. Not to mention all those brown squiggly lines which make up most of the map.

Saturday consisted of 2 training sessions, which were intended to familiarise us with this type of terrain and give us a chance to try things out at our own pace. By the end of the afternoon even the Untrainable amongst us were feeling a lot more confident. It had all been a lot of fun, the sun had shone, the views were good and the coaches had been very helpful.

Sunday's Colour Coded event (following a Saturday night in the pub discussing tactics) was on the same area and was the acid test of how much we'd learned (though there's something immensely reassuring about running on a map that you've spent half the previous day staring at!) It was a truly glorious day, I felt fit and supremely confident in my ability to tackle any brown line that reared its squiggly head I sailed effortlessly round 9 controls and then completely lost it!!

Which probably goes to support my initial assumption.....!

Seriously though, it was a very enjoyable weekend and we look forward to getting trained again! Thanks to everyone who planned and organised and made it possible.

Which leads neatly on to ...

NOC COACHING SESSION

SATURDAY 22nd February between 10:30 and 13:00.

Venue is Bestwood Country Park

This session is open to all. Park at the southern car park (GR 572463) on the road to Bestwood Lodge Hotel and walk up the track to the main wood. Follow the tapes from just past the school playing fields. The session will be situated in the clearing just by post 10 on the permanent course. Turn up anytime. It would be helpful if you let Hilary Palmer know in advance that you are coming and what you might like to practise XXXXXXXXXXXXXXXX. There is no charge for this session and there will be exercises for all levels and abilities.

BRITISH CHAMPIONSHIPS - 17th May 1997

The big day is drawing nearer. Andy Jones and all the team leaders have been putting in a lot of work but more helpers are needed. **ALL CLUB MEMBERS ARE EXPECTED TO HELP.** If you have not yet been allocated a job please ring Andy on XXXXXXXXXXXXXXXX. He will allocate you to a team. It is not necessary to have experience as there will be lots of people to show you the ropes. If you have only ever been to colour-coded events you will be amazed at the atmosphere and excitement of a large championship event.

Andy also needs volunteers to help the day before in setting up the site. All offers to Andy please.

If you want to run don't forget to enter - cheap entries close on 14th February.

JK RELAYS

If you entered this event then you should receive a separate information sheet with this issue giving details.

However, it is now time to enter the

BRITISH CHAMPS RELAYS

Janet Evans needs entries for the British Champs relays by **FRIDAY 7th MARCH**. Classes are as follows:

Open

Women's Open

Open 12-

Open 14-

Open 18-

W14-

W18-

Junior BOF Ages ≤ 40

Open 35+

Open 40+

Open 45+

Open 50+

W35+

W40+

W45+

W50+

M/W 55+ (at least 1W)

M/W 60+ (at least 1W)

Seniors BOF ages ≥ 125

Veterans BOF ages ≥ 165

Mixed length ad-hoc

Medium

Short

Women's short

£8.00 per run for adults. **£3.00** per run for Juniors, except those running Open 12- or BOF ages ≤ 40 where the cost is **£2.00**.

Please make cheques payable to NOC. **NO MONEY - NO RUN!!** State which class you wish to run in and an alternative if appropriate.

Send entry requirements to XX.

Anyone who requires more information on what is involved in running a relay please speak to Janet Evans. XXXXXXXXXXXXXXXX.

COMPASS SPORT CUP - 2nd ROUND

As predicted in the last issue our next round opponents are DVO.

We will play them on 11th May at Hay Wood. (GR SP 206708). This is a smallish OD area between Solihull and Warwick.

We really will need everyone out if we are to win through to the next round. Please put the date in your diaries NOW.

TRAINING IN NORTH NOTTS

Keith Streb has offered to start a Thursday evening training run from his house, in Rainworth, starting on 10th April at 6.30pm. Runs of various lengths. More information from Keith. XXXXXXXXXXXXXXXX.

BOF FIXTURES WORKING PARTY

Those members who read Compass Sport and/or EMEWS will be aware of the above body. They have just reported on the fixtures structure within the UK and come up with some fairly radical proposals.

They are keen for feedback from members but ask that it be channelled through the club system. Please let Jad have your comments so we can communicate them.

If you would like to see a copy of the full report then contact Jad Dziadosz. XXXXXXXXXXXXXXXX.

VOLUNTEERS NEEDED

Notts City Council have asked us if we would like to participate in a 'Look Lively Day' planned for Sunday 6th July at University Park. They would like us to put on a simple orienteering course around the park (which is mapped).

If anyone would be willing to do this please contact Hilary Palmer.XXXXXXXXXXXXXXXXXX

1997 FOOTPATH RELAY

This years event is on Sat 7th June and based on Hartington Youth Hostel. 20 legs of varying length/difficulty. 6 'petals' from and to the YH. Each loop will start when the first runner gets back.

NOC have always done well in this event and it would be nice if we could get a couple of teams out this year for what promises to be a sociable event. Please let Janet Evans know if you would like to run.

HARVESTER (ALL NIGHT) RELAY

This year on 21st June at Longmoor near Liphook. Again, name to Janet please if you would like to run.

ODDS 'N' ENDS

Junior training is on Wednesday nights, 6pm at the Palmer household in West Bridgford. Runs of 4km and 8km.

WANTED for the British Champs:

1) Square or rectangular 2 litre or 1Kg ice-cream or marg. tubs to hold control cards. Please bring to club run at Highfields or contact Angela Lucking to arrange collection. XXXXXXXXXXXXXXXXXXXX.

2) Loan of one 12 page per min (or faster) A4 laser printer. Needed for 17th and 18th May. Insurance can be arranged. Contact Michael Napier XXXXXXXXXXXXXXXXXXXX.

Ray Barnes new phone no: 0802 982253

DATES TO REMEMBER

FEB 22 Coaching at Bestwood.

MAR 07 Deadline for British Champs relay entries.

APR 10 Training in North Notts starts.

MAY 11 Compass Sport Cup match.

Copy date for next Black and Green - 31st March.

Janet Evans (Black + Green Editor).