

Nottinghamshire Orienteering Club



Black and Green - July 99

1. [Between a rock and a hard place.....](#)
2. [Mentoring](#)
3. [Harvester Relay, 11th /12th September](#)
4. [Highland 99](#)
5. [Web Site](#)
6. ['O' Zone Report](#)
7. [BOF Coaching 4th 5th September, South Wales](#)
8. [White Rose Weekend: 28th-30th August \(Bank Holiday\)](#)
9. [Thursday Training](#)
10. [Invitation](#)
11. [Lake District - Club Training Weekend 24/25th April 1999](#)
12. [Orienteering Glossary - A](#)
13. [Junior Section](#)
14. [British Championships, 8th/9th May](#)
15. [Compass Sport Cup Final 1999, Sunday 23rd May](#)
16. [Future Champions Cup Finals, 12th/13th June](#)
17. [Footpath Relay Saturday 19th June](#)
18. [Inside the Back Page](#)
19. [The Back Page](#)

Between a rock and a hard place.....

A slightly different theme for this edition of the B&G.

Firstly a word or two of congratulations to all those who were able to attend the Compassport Cup Final at Burghfield Common. OK so we didn't win but neither were we disgraced with some fine individual performances combined with determination and enthusiasm from all concerned. The image of a coachload of weary orienteers slowly walking, shuffling and limping across the car park at the motorway services (thankfully this was on the way back!) spoke volumes

in terms of the efforts made.

But the big question is how can we do better as a Club. I used to run for the Walton Chasers (they're doing better now I've left) who won the Cup this year and was always impressed with their organisation. I think we can learn from this. One way is to attract more athletes to NOC via schools, colleges, athletics clubs, youth groups etc etc - the O-zone project is designed to do just this. More about this later.

The second way is once you have attracted people to a club is to keep their interest. NOC is a big club with well over 200 members but I've rapidly learnt as Chairman that only a third or so of that number are regular active competitors (and help at events). Therefore it is even more pressing to keep people in the sport if our ability to compete at team events is not to be compromised.

I am wide open to all suggestions to improve things. Here is one of my own.

I would like to reinstate the Club Training night throughout the year when the summer league events are not running. This would be on a Tuesday, Wednesday or Thursday evening (the majority will dictate which day - my preference is for Tuesday 7-9 pm). The venue must be one with changing facilities, showers and a place for a drink and a chat or close enough to somewhere that we can go to for a drink - a sports centre is ideal as our younger members would be welcome.

Benefits to the Club from this type of evening include:

- | meeting other NOC members
- | fitness and technique training
- | sorting out event organisation and teams for competition
- | losing stress and gaining enjoyment.

The evenings could be themed with street orienteering, hashing, handicap events etc.

Consider this a challenge... your suggestions and support are needed for this to work. The choice of time and venue won't suit all but feed back is required to assess what the majority want.

And now to O-zones....

The first event at Carr Bank went superbly with around 60 children and teachers having a good time. Many thanks to all NOC members who helped and especially Pauline Olivant whose efforts made the event happen.

As a Club we will be actively promoting a series of events designed to introduce people into orienteering. As ever the responsibility for making the events happen seems to be falling to the same people time and again. They are an excellent introduction to planning and organising an event as they are low key but massively rewarding for the participants (and helpers). Please contact either myself or any committee member if you would like to help on any event. No matter how small the task your assistance is valued.

Good Orienteering, Tony

Mentoring

Isolation is one of the obstacles new recruits to the sport need to overcome. No, not being lost in the forest, but being unfamiliar with anyone else who goes Orienteering.

The club is a Club, and should befriend all new members. It is hoped to assign a club member to every new member, so the recruit has someone to ask those silly questions. Volunteers are therefore wanted to help bring people into the fold. On the other hand, if you have joined recently and would like to have someone to mentor you, please just let Jad know.

Harvester Relay, 11th /12th September

Will all the usual suspects confirm names ASAP to Janet Evans please. We will be entering:

- a Junior team to get our hat-trick of wins,

- a Women's team to compete for points in the UK Relay League,

- and a Men's team who (just) remember winning the M40 class three years ago.

Of course there might be enough to make up another team, so anyone interested in enjoying the unique atmosphere of the Harvester, please don't hesitate

Highland 99

There are a number of people looking for a lift to Scotland, including some Juniors from non-Orienteering families. If you have spare seats in your car, please contact Ray.

Web Site

The web site has moved to <http://www.cix.co.uk/~raybarnes/NOC/> and is now back in full swing.

'O' Zone Report

Summer Events: Juniors

So far 80 children have started learning the ropes of Orienteering at the two events held in Mansfield. The enthusiasm of 9 year olds has to be seen to be believed! There is one event left on 8th July. Come early (15:30) to help, before the Summer League.

Lottery:

We have been given £4,100 lottery funding to help the 'O' Zone. This will mostly be spent on mapping and permanent courses.

Publicity:

During the last month, the sport of Orienteering has been in three newspaper articles, with one photo, and has had two radio interviews, and mentions in news bulletins. Posters are beginning to appear in Mansfield and will gradually spread across the whole county.

Autumn Events: All the Family

The new season begins with the Come and Try It event at Colwick Park, and will be followed by three Saturday morning events, all near Mansfield. These events are aimed at beginners, although everyone is welcome, and will only have White, Yellow and Orange courses. However, they still need 10 helpers each to run them, so names please to Ray Barnes who is co-ordinating the series.

BOF Coaching 4th 5th September, South Wales

BOF have arranged another weekend of club coaching at Ogof Fynon Dhu, a technically difficult area of intricate open limestone moorland, with almost no line features. Each club may have 15 places, so call Eddie Nicholson immediately if you want to go.

White Rose Weekend: 28th-30th August (Bank Holiday)

It's too late to enter the Robby Knudd relays now, but you could still join the other club members at the Wrelton campsite. Saturday evening is the barbecue, Sunday evening is the cricket match. Please let Hilary Palmer know if you will be going.

Thursday Training

Club training is hosted by the Olivants, xxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxx re-starting on August 12th. Arrive at 18:30, we set off at 18:40. Runs of various lengths and speeds to suit all. Afterwards a cup of tea or glass of orange and a chat.

Invitation

The Hodgkinson family invites all club members at Highland 99 to a 'Pasta Party' on Tuesday 3 August at their pitch (marked by NOC Flag) at the Event Centre campsite. The party celebrates Joy's 4th birthday (born at Strathspey 95!) and - a few days belatedly - Christopher's 18th birthday and Hilary & Steve's 20th wedding anniversary, both on 21 July. Pasta will be cooking from 5pm till late. Drop in at whatever time suits. Please bring a contribution of other food or drink.

Lake District - Club Training Weekend 24/25th April 1999

Last summer the Lakes Five Days was more or less my introduction to orienteering. I came home with many fond memories - abandoning the tent at the flooded campsite (whilst my wife and daughter were toughing out the London heat wave at the Kensington Hilton) and returning home only to be told that the event wasn't cancelled after all and so having to return; losing a toenail; 3km vertical climbs to the starts; seeing the injured taken off in the helicopter; and Grizedale. An hour on one control, within 50 metres of it for more than half of that time. Still, kicking rocks down on other competitors on the steep slope up to the start was fun, though after five days one couldn't stand too close to some of them as they obviously had only one outfit.

It was therefore in total innocence (or was it ignorance or perhaps due to failing memory) that I rang Eddie to say that Nicholas and I were interested in his training weekend in the Lake District in April. It seemed an ideal opportunity to get some practice in before the 8th May. The weekend was to comprise - travel on Friday, training on Saturday organised by BOF, event on Sunday, with the opportunity to try electronic punching.

The weekend started in true Lakes style. Whilst loading the car I found that it had a puncture (not yet repaired!). We therefore arrived a little late at the rather splendid Hawkshead Youth Hostel (last again), which has magnificent views over Esthwaite Water. Next morning we set off to Great Tower, a small, but interesting area with plenty of detail and too many contours. We practised contouring, which proved its worth the following day, and a couple of weeks later, and finding, or not finding, controls with bits of the map obscured.

The afternoon was 'return of the nightmare'; Grizedale. This is an extensive wood, with intricate detail and steep slopes. Having left the brain cell back at the youth hostel I innocently mentioned to Eddie that I had been to Grizedale before - guess which part I was sent to first. Keith Streb came with me so that we could practice getting each other lost (Eddie called it relocation). It was very gratifying that Keith was unable to find the control near to the scene of last summer's disaster. Thanks for the advice on which way up to hold the compass Keith. Training finished with a relay event with Mars bars for the winners. I took the precaution of taking my own along to avoid disappointment. Afterwards we went shopping in Hawkshead, and spent the evening at the pub.

The event the next day was an SROC Badge event at Blawith and Torver Commons - only the second UK Badge event to use Sport Ident electronic punching. For those who haven't yet used the system it comprises an e-card, a plastic key with a finger strap, that is inserted in the control station which then 'bleeps' to indicate successful punching. This provides everyone with splits and seemed generally well received. Has EMOA started saving up yet?

All in all an enjoyable and productive weekend.

I almost forgot - this is meant to be an advertisement. If you want an enjoyable weekend - good training, good orienteering and good company - don't miss next year's thrilling instalment. And last, but not least, thanks to Eddie from all of his victims.

Brian James

(There is an opportunity even earlier than next year on 4/5 Sept..... Ed)

As B&G fitted only 7 sides, I've added this first instalment of the "Orienteering Glossary". Newcomers who wait for the next 25 editions of B&G (up to Oct 2003) will not need mentoring.

Comments welcome, especially better definitions, humorous or otherwise. Included at the foot is the list for letter B. Any missing?

Orienteering Glossary - A

A Course *noun*, For juniors at badge events the A Course is planned to the full technical and physical level expected for that age class.

Access *noun*, Permission to use land for events of any level requires permission from the landowners. This Access is usually specific to an event, and as it says on maps, possession of a map does not give permission to use any area at any time.

Access Charges *noun*, The fees paid to the landowner for use of their land for an event. (The calculation of the BOF levy only allows 50% of charges to be deducted from event income)

Age Class *noun*, Orienteering is one of the few sports to allow competitors of any age to compete. Age Classes divide the population into 2 year bands from 10 to 20, one band covering 21 to 34, and five year bands from 35 to 79. The bands are labelled by the end closest to 21. Hence the classes are 10,12,14,16,18,20,21,35,40,45,50,55,60,65,70,75. Your age class is decided by your age on 31st December of the current year.

Examples for 1999:

Birthday	Age 31st Dec	Class
3-12-93	9	10
5- 9-82	17	18
10- 1-72	27	21
5- 2-53	46	45
31-12-29	70	70

Aiming Off *verb, noun*, technique used to reduce possibility of error. If the control is on a linear feature e.g. 'stream bend', the competitor should always attempt to reach the feature either to the left or the right so that it is known which way to turn to find the control.

Anthill *noun*, control description not often found in the UK.

Artosil *noun*, special paper used for control cards. Superseded by Tyvek.

Assembly *noun*, (or Assembly Area) is the focus of an event. Will normally contain Enquiries, Registration, Control Description display, Results display, First Aid, Toilets, Traders. At major events may also include the Finish, an area for Club Tents, and a Public Address system.

Attack *verb*, the action of getting from the Attack Point to the control.

Attack Point *noun*, an easily found, uniquely identifiable location from which an orienteer uses compass and pacing techniques to find the control. The attack point is typically within 100m of the control. The planner shouldn't choose control sites that have no attack points, as the control then becomes a lottery, known as a Bingo Control.

B Course	BOF	British Championships
Badge	BOF Committees	British Elite Championships
Badge Event	BOF Council	British Orienteering Federation
Badge Scheme	BOF Levy	British Schools Championships
Badge Standard	BOF Number	British Schools Orienteering Association
Badge Times	Boulder	British Squad
Bagged Map	Boulder Field	British University Students Association
Base Plate Compass	Bracken	Broken Ground
Base Time	Bramble	Bronze
Bearings	Bramble Bashers	Buddy System
Bib Numbers	Brashings	BUSA
Bingo Control	Brick	

Junior Section

Congratulations to all the juniors who have worked so hard to get some excellent results for the club in the British Championships:

1st Helen Palmer W18
1st Alison O'Neil W14
2nd Robert Palmer M20L
3rd Brendan Mackrill M18

And the two winning teams at the relays:

M18 Richard Robinson, Chris Hodkinson and Brendan Mackrill

M14 Thomas Billam, Nick James and Colin Olivant

Congratulations are also due to all those who have achieved consistently good results over the whole season, and have gained selection for the summer tours:

U20 Sweden: Richard Robinson, Helen Palmer

U20 Grantown: Stephen Wright, Brendan Mackrill

U18 Norway: David Hodkinson

U17 Glenmore: Tim Blaney

U16 Lagganlia: Alison O'Neil, Colin Olivant and Nick James.

(NOC has more Juniors selected for tour than any other club! ... Ed)

Later News:

Helen Palmer has been selected to run for the UK at the Junior World Championships being held in Bulgaria July 3rd and 4th. And NOC now has two juniors in the GB Squad: Richard Robinson has just been added to the squad !

British Championships, 8th/9th May

W14A 1st Alison O'Neil	M40S 1st Eddie Nicholson
W18A 1st Helen Palmer	M60S 1st Tony Buckland
W50L 2nd Hilary Palmer	M50S 2nd John Palmer
M20L 2nd Robert Palmer	W10B 2nd Sarah Claxton
M18A 3rd Brendan Mackrill	M12B 3rd Peter Pittson

W60S 3rd Valerie Gebbett

W45 Relay 3rd Jane Booker / Judy Pittson / Hilary Palmer

M14- Relay 1st Thomas Billam / Nicholas James / Colin Olivant

M18- Relay 1st Richard Robinson / Chris Hodgkinson / Brendan Mackrill

Compass Sport Cup Final 1999, Sunday 23rd May

Three successive years in the final, but no second place this time. Well done everyone. Next year? The official result is

WCH SYO SLOW TVOC NOC MDOC

205 183 183 158 158 124

Future Champions Cup Finals, 12th/13th June

Final Placings in the Future Champions Cup 99 are:

W18 3rd Helen Palmer

M18 5th Richard Robinson

M18 12th Stephen Wright

M18 14th Brendan Mackrill

M20 14th Robert Palmer

W18 15th Fiona Munton

Footpath Relay Saturday 19th June

We only entered one team this year, and came first!

Well first of the orienteering clubs, fifth if you include the running clubs.

Thanks to Janet for organising the team, and especially for starting the first leg so early!

Inside the Back Page

For your reference here are the Committee members and their phone numbers:

Chair	Tony Donaldson
Secretary	Jad Dziadosz
Treasurer	Gill Hatfield
Fixtures	Richard Torr
Team Manager	Janet Evans
Mapping	Keith Streb
Coaching	Eddie Nicholson
Junior	Chris Hodkinson
EM Rep + B&G Editor Ray Barnes	

Submit all your exciting stories to 0115 974 6044, r.barnes@diamond.co.uk, or the member's news page on the NOC web site.
<http://www.cix.co.uk/~raybarnes/NOC/>

Copy date will be 31st Jan, 31st Mar, 31st May, 31st Jul, 30th Sep and 30th Nov with publication normally within two weeks.

A Note on Publicity: I have opened new relationships with a number of media organisations. I have agreed to provide news on a regular basis so that they can help us raise the profile of our sport across Nottinghamshire. To make sure I can achieve this required timetable I shall be hanging on to some stories until I need to issue them. Please can you assist me in this strategy by centralising all press contact via myself. *Ray Barnes*

The Back Page

A Handy Reference Guide for your Diary

Actions / Deadlines To Remember

- | Volunteer to be a Mentor
- | Confirm that you want to run at the Harvester
- | Offer spare seats if you are going to Highland 99
- | Book your place on BOF Coaching weekend
- | Offer to help at events
- | Offer to Plan / Organise / Control events marked + below.
- | 31st July Copy Date Black & Green

Fixtures

Date	Venue Parking Grid Ref	Event Status	Organiser Helper Group	Notes + see foot of page
8th July	Peafield Lane SK565648	'O' Zone Schools	(Pauline Olivant)	Helpers only
		Summer League	Stuart Hatfield	
15th July	Sherwood Pines SK607637	Notts Schools OA	Pauline Olivant	Helpers only
		Summer League	Alan Beardsley	
12th Sep	Colwick Park SK603392	C5 Colour Coded	Angela Lucking Helpers - Group B	Come & Try It, 'O' Zone

2nd Oct	TBA	N5 Night		+PC+
3rd Oct	TBA	C4 Colour Coded	Helpers - Group C	+PCO+
16th Oct	Thieves Wood SK544576	C5 W-Y-O	Coord Ray Barnes	+P+ 'O' Zone
13th Nov	Blidworth SK586540	C5 W-Y-O	Coord Ray Barnes	+O+ 'O' Zone
27th Nov	Rufford SK646656	N5 Night	Alan Beardsley	+C+
5th Dec	Byron's Walk SK512534	C4 Colour Coded Galoppen	Helpers - Group A	+CO+
11th Dec	Haywood Oaks SK610559	C5 W-Y-O	Coord Ray Barnes	+P+ 'O' Zone
19th Dec	Berry Hill SK546593	O5 Christmas Event	NOC Juniors	
29th Jan	Thieves Wood	O5 Short Race	Helpers - Group B	+CO+
30th Jan	Haywood Blidworth Sansom	C3 Badge	Helpers - All	+O+ Robin Hood Trophy
4th Mar	Bestwood	O5 Short Race	Helpers - Group C	+O+
5th Mar	Sherwood Pines	C4 Colour Coded Galoppen	Bob & Gill Hatfield Helpers - Group A	
7th May	Thieves	R5 Relay	Helpers - Group B	+PO+ Little John Relays

+PCO+ Need one or more of Planner / Controller / Organiser.