

NOC News – August 2022

Details of numerous NOC events and activities this month. Read on for details.

Recent Results and Activities

Being the holiday period, events often take on a different look and feel in July and August. For example, Ant and Ben Squire went to Sweden for the annual O-Ringen multi-day festival, the world's biggest orienteering event with upwards of 15,000 competitors. An amazing experience on terrain very different to what we're used to here in the UK.



O-Ringen, Sweden

August usually sees a multi-day event in the north of the UK and this year it was the Lakes 5 Days. Three NOC members made the trip; Andrew Ridgway, Richard Llewellyn and Richard Robinson who managed a top 10 finish every day!

Here in the East Midlands, the focus was on the Lincoln City Urban Race hosted by LOG on 21st of August. Several NOC members took part with the stand-out performance being Head Coach Hilary Palmer who won her class by more than six minutes!

Future NOC Events & Activities:

The Meadows – Nottingham – 18 September

This is a UKUL and EMUL event around the parkland, gardens and complex residential area of the Meadows. Start and Finish will be next to the New Pavilion on Victoria Embankment. [Details are now available on the NOC website](#) and you can sign-up and reserve your map via [The Start Kite](#). Helpers/volunteers can get a discount and enter for free. Email org20220918@noc-uk.org for details.

NOC Championships – 25th September

The club championships will take place at the regional DVO event at Calke Park, near Ticknall in Derbyshire, DE73 7JZ. The class champions will be recognised at the NOC AGM at Rushcliffe on 9th October with the overall club champion being decided on a handicap basis. See below for a summary of courses/age classes.

Course	Classes
Brown	M18, M20, M21, M35, M40
Blue	W20, W21, W35, W40, W45 M16, M45, M50, M55, M60
Green	W16, W18, W50, W55, W60 M65, M70
Short Green	W65, W70, W75, W80, W85, W90 M75, M80, M85, M90
Light Green	W14 M14
Orange	W12 M12
White	W10 M10

[Entry via the DVO website](#) so sign-up now. As this is a National Trust venue, parking charges may apply. See DVO website for latest information about this.

Club Event and AGM – 9th October – Rushcliffe

Hilary is busy planning courses for all ages and abilities for the morning of the 9th October. When finished, join us for a free buffet lunch and discover who the club champions are for the year. Then take the opportunity to contribute to the club's future development as new faces are appointed to the NOC Committee. This is open to all paid-up club members, active orienteers or otherwise.



Rushcliffe Country Park

EMOA Development Conference – Access and the Environment – 29th October

Many clubs are having difficulty gaining access to areas they have used for many years or are having new restrictions put on access, partly as a result of environmental concerns.

Emma Monkman, the British Orienteering Access and Environment Officer, has agreed to join us to outline the national picture and discuss the issues we are facing. If this is an area that interests you and you would like to be present on the 29th October, please drop a line to emoarep@noc-uk.org

NOC Coaching Programme:

Plans are being developed to launch an eight-week coaching programme. The course will assume no prior orienteering experience and systematically take participants through all the fundamental steps to the point where they can complete a Light Green course.

Sessions will be held on Saturdays in October and November and include mid-week online reviews and feedback. More details will be announced in September but if you know someone who may be interested or would like to get involved in the volunteer support side of this programme, drop a line to coaching@noc-uk.org.

Enjoy your late summer orienteering!