

Two NOC Overall Winners at the JK



JK 2024 – Overall Winners: Richard Robinson (M40L) and Hilary Palmer (W75)

This year's JK was held in The Midlands and hosted jointly by WMOA and EMOA.

The event started on Good Friday with some sunny sprints at Loughborough University.

There were more challenging conditions at Beaudesert for the Middle and Long events, and at Stanton Moor for the Relays.

Richard Robinson (M40L) and Hilary Palmer (W75) both won their overall competitions.

There were strong performances too from Ben Squire who came 4th in the M20 Elite competition and Jane Booker who finished 10th in the W70L competition.

See article below for further details.

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JK 2024: Main Headlines

Easter saw 36 club members take part in the annual JK Festival which was based at locations in The Midlands. Many participating NOC members also helped with the organisation on Day 3.

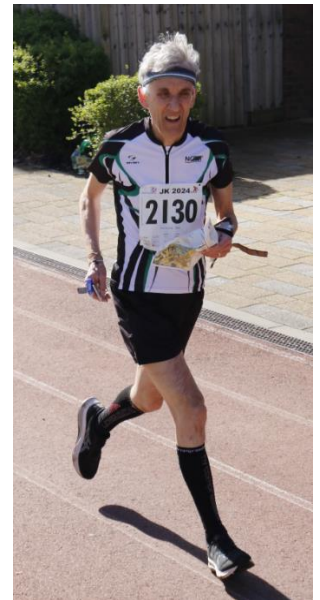
Thanks to Angela and Mick Lucking who provided much of the input for this article.

For some members, this JK was their first experience of an international level event and, no doubt, would have been a marked difference to the regional events they have been used to. Here are the highlights:

Day 1: Sprint at Loughborough University:

The sprint was quite challenging, and most people found they could not map read the detailed routes round buildings as fast as they could run!

Hilary Palmer 1st on W75
Ben Squire 3rd on M20 Elite
Mick Lucking 8th on M65
Jane Booker 10th on W70



Days 2 & 3 at Beaudesert:

These days were quite tough as the forest was very muddy and the courses covered much of the same area on day 3 after 2,000 competitors had run round it the day before.

Mick Lucking on his way to 8th place at the JK Sprint on Good Friday.

NOC results in the Overall competition were:

Richard Robinson 1st on M40
Hilary Palmer 1st on W75
Grace Robinson 2nd on W12B
Ben Squire 4th on M20 Elite
Jane Booker 10th on W70

Day 4: Relays on Stanton Moor:

The relays were exciting and challenging with a final 800 metre loop through an old stone quarry testing navigational skills when tired.

Richard Robinson, Dave Schorah and Anthony Squire finished 2nd on M120+ Grace Robinson, with Imogen and Alice from DVO, came 6th on the Mini Relay. This was a significant result as it is 20 years since NOC members last ran in a girls relay team.

Full results, Routegadget and photos are available on the [JK 2024 results page](#).

Member Achievements:

A number of members have been successful in securing [British Orienteering Challenge Incentive awards](#):

- Tim Booker, Racing & Navigation Challenge Gold 5*
- Victoria Harman, Navigation Challenge 5*
- Stephen Hodgkinson, Navigation Challenge 5*
- Liz Walton Navigation, Challenge 5*
- Natasha Claus, Navigation Challenge 5*
- Sam Clements, Navigation Challenge 3*
- Tina Brindley, Navigation Challenge 3*
- Ben Wallis, Racing Challenge Bronze



It's great to see so many members being recognised for their recent strong performances.

Bassetlaw District Orienteers:

With the lighter evenings upon us, Robert and Helen Parkinson have re-commenced the mid-week orienteering activities. They typically run these sessions every other week and are ideal for members to practise their orienteering and map reading skills in a non-competitive environment.

Maps are printed on waterproof paper as usual and courses are usually completed in under an hour. These sessions are suitable for those looking to master Orange and Light Green courses, and are great fun for those used to TD5 courses too!

Costs are just £2 per adult session (£1 for juniors) and that includes refreshments afterwards. Sessions start between 6 and 6.30pm.

If you'd like to attend or just get more information, please contact Robert Parkinson at bdo@noc-uk.org and keep a look out for details of the next session on the [BDO webpage](#).

An old map of Bevercotes Pit Wood – the venue for the first BDO mid- week session in 2024.



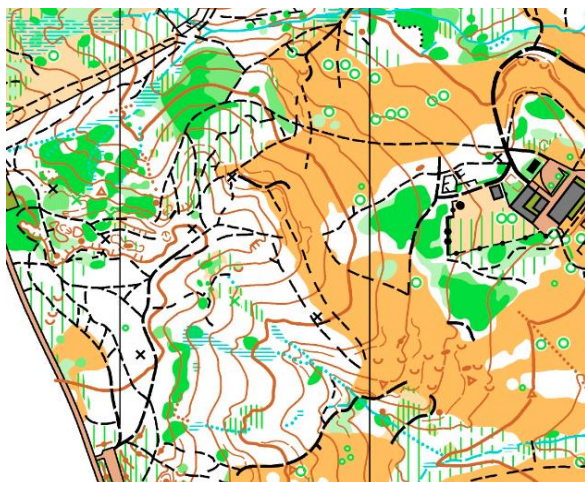
Regional Coaching at Allestree Park:

The 2nd March saw a regional coaching session involving club members from across the East Midlands region. The adult session piggy-backed the scheduled EMJOS training session and both sessions shared controls.

The morning adult session was led by Hilary Palmer with support from a number of coaches from across regional clubs. The focus was on pacing and compass work as well as building confidence navigating using contours (i.e., using a map devoid of marked paths). The session was well attended and feedback was very positive. Indeed, one participant commented "*I didn't realise how much paths complicate map reading!*".

The EMJOS training was an all-day affair and was facilitated by Anne-Marie Duckworth (DVO) and Ant Squire (NOC). It was good to see so many of our juniors taking advantage of the coaching skills and expertise available.

It is hoped to hold further coaching sessions throughout the year so keep a look-out for dates in future newsletters. Alternatively, if you would like to be advised of future sessions, drop Hilary an email (Coaching@noc-uk.org) so she can include you when announcing the next session.



Map of the area used for coaching at Allestree Park.



Some of our EMJOS participants at Allestree Park.

Other Results:

Shipley Park (DVO):

Some 28 NOC members took part in this regional event in what proved to be muddy conditions in parts. Hilary Palmer was first woman back and 2nd overall on the Short Green and John Woodall was third on the new Very Short Green course. There were top ten finishes too for Tricia Neal (Very Short Green) and Tina Brindley (Orange).

Midlands Championships - Sandringham (SUFFOC):

Ten NOC members made the trip to Sandringham for the 2024 Midlands Championship. Richard Robinson won the M40L class. Jane Booker was 3rd in the W70L class and David Booker came 3rd in the M70S class. Adam Knirsch came 9th in the M21 Elite competition.

NOC Juniors delivered good performances too on the Yellow course with Lily Robinson finishing 4th and Grace Robinson coming 1st in the W12B category, finishing 6th overall. Well done all for representing the club at these championships.

Byron's Walk (NOC):

The March NOC event was supported by some forty members, many of whom also volunteered on the day to facilitate the smooth running of the event. The rain started some twelve hours before the start and provided some challenging terrain on the day!

Alastair Ferraro was 2nd on the Green course and Richard Robinson was 3rd in a close battle on the Brown course.

The Very Short Green course attracted eight entries in what is proving to be a popular course option and John Woodall took good advantage by coming 3rd. Across the courses, there were top ten finishes for Tim Booker, Sam Clements, Tina Brindley, as well as Grace and Lily Robinson.

Huge thanks to all the people who organised and delivered this event, from permissions, map updates, planning, organising, controlling, setting-up start, finish, as well as download & results: Dave Cook, Simon Elliott, David Sissons, Kevin Lomas, John & Hilary Palmer, Pauline Olivant, Robert & Louise Orgill, and of course all the on-the-day helpers.

Upcoming Events:

From April onwards - [Bassetlaw District Orienteers](#) (Mid-week local activities roughly twice per month (except August). See NOC website or Facebook page for next session).

April 7 - [Boundary & Tippings Woods \(NOC\)](#) EM League

April 13 - [British Orienteering Championships](#) (with **Relay Championships** on 14th - Whitby)

April 27 - [British Middle Championships](#) (Otley)

April 28 - [Northern Championships](#) (Grassington)

LOG will be starting their [Spring Series](#) in early April, running for six weeks (Thursday evenings). Courses for all abilities.

The LEI [Summer Series](#) will start at Groby on the 17th April. The series runs mid-week until mid-August.

May 12 - [West Midlands Championships](#) (Leek)

May 19 - [Hardwick Park](#) (Chesterfield), EM League

June 15th - Belvoir Castle Score Course Event. This event is being staged by Belvoir Cricket & Countryside Trust as part of its Fun Day Festival and is being actively supported by LEI. Score courses are great fun and ideal for both newcomers and experienced orienteers. [See the event flyer for further details](#) or take a look at the [Trust's website](#).

There are numerous other events taking place in neighbouring regions. Take a look at the [British Orienteering website](#) for details.



Future NOC Events and Activities:

Here's a summary of NOC events & activities being considered. Obviously, much depends on obtaining permissions and securing the support of key event officials, so not all of these may happen:

May 12 2024 - Local event Colwick Park or Compton Acres (to be confirmed)

June 9 2024 - Urban training activity in University of Nottingham (to be confirmed)

June 30 2024 - Clifton - EM Urban League event (CONFIRMED)

July 21 2024 - Local event at Holme Pierrepont (to be confirmed)

Oct 6 2024 - UKUL and EM Urban League - Nottingham (CONFIRMED)

Nov 17 2024 - EM League - Shirebrook (CONFIRMED)

Dec 22 2024, EM League - Walesby (CONFIRMED)

For 2025:

Feb' 23 2025: CompassSport Cup Heat - Clumber park (in progress)

July 12 2025: Euro City Race - Nottingham (in progress)

Keep an eye on the [Fixtures page of the NOC website](#) for the latest status.

Good luck to all those attending the various upcoming national events. Enjoy your springtime orienteering!

