



Ben Squire selected for GBR Team at JWOC

NOC member Ben Squire has been confirmed as a member of the M20 GBR Team for the Junior World Championships that will take place in Czechia between the 1st and 6th July 2024. Ben has been selected to all disciplines.

This is a huge and justly deserved achievement. Congratulations to Ben and to his father, Ant, who has been heavily involved in Ben's coaching.

NOC members can also take advantage of Ant's coaching prowess as he is planning some urban/sprint coaching at Nottingham University in June. More details below.

Also in this issue:

Hilary Palmer retains title

Urban training in Nottingham

British Sprint Relays

New MapActive dates

Results and achievements

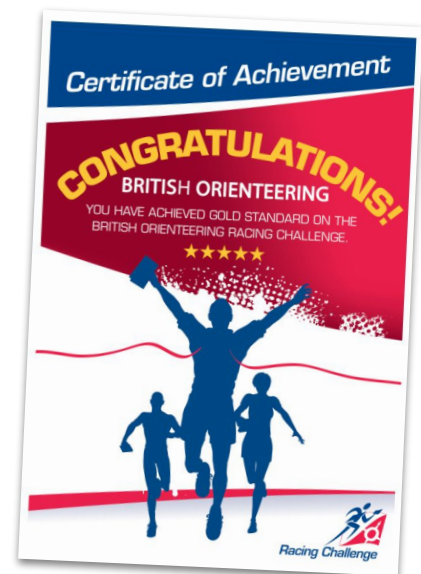
New Members and Member Achievements:

A warm welcome to Rachel Toplis who has recently joined the club. We look forward to meeting her at an event in the near future.

There have been further good performances from NOC members that have been recognised through the [British Orienteering Incentive Scheme](#):

- Natasha Claus - Racing Bronze 5*
- Victoria Hanman - Racing Bronze 5*
- Tina Brindley - Racing Bronze 3*
- Lucy Sherratt - Racing Bronze 3* and Navigation 3*
- Jan Golen - Navigation 5*
- Alan Barclay-Devine - Navigation 5*
- Paul Jackson - Navigation 3*

Well done to all.



Urban / Sprint Training at Nottingham University:

Ant Squire is busy planning an urban event on the campus grounds that will prove excellent training and preparation for a number of upcoming national and regional urban events.

For those relatively new to the sport, don't let the term "Sprint" put you off. The term is more a reflection of the type of course; short and therefore completed in less time than traditional courses. Often, at urban sprint events, participants undertake more than one course.

Ant's training session will take place on 9th June. He will be planning courses in various formats: individual, pairs and relays. This event will help to refine the core orienteering skills needed to succeed in tricky urban environments. Map scales are typically 1:4000 so are very detailed and features come at you surprisingly quickly! Assess how making a 'plan' compares in an urban versus forest surrounding. You'll also appreciate the importance of keeping your thumb on where you are whilst running on the campus amidst all the buildings. It's great fun and doesn't involve getting tripped up by brambles or having to go up/down steep and slippery slopes like we've had to recently!!

The timing of this activity couldn't be better. There are the British Sprint Relays on 22 June (see below), the British Sprint Championships (at Warwick University on 23rd June; two races each - entries close 9th June), and the regional East Midlands Urban League event at Nottingham Trent University at Clifton on 30th June.

Further EMUL events are scheduled for August (Coalville & Lincoln) and NOC is also hosting a national UKUL event on 6th October. You can use the [British Orienteering event finder](#) to discover other urban sprint events in nearby regional areas too.

Final details of Ant's session are being confirmed and will be available in the [Fixtures area of the NOC website](#). So keep a look-out and book your place via The Start Kite when details are finally published.

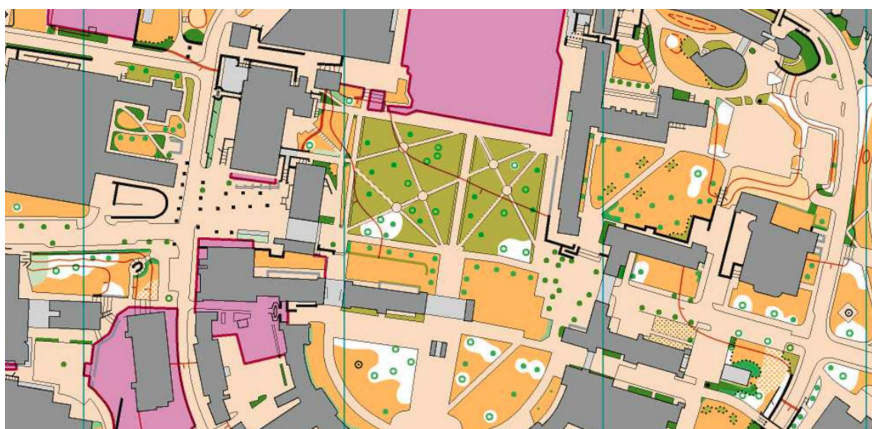
British Sprint Relay Championships - Birmingham - 22 June:

Team Captain Mick Lucking has confirmed that the [British Sprint Relay Championships](#) will be taking place at Birmingham University on the evening of Saturday 22nd June. The first race will start at 5.00pm.

Apart from the elite class, teams of three across many age bands may participate. The only stipulation is that each team must include at least one woman. There are classes where all team members have to be over 40, over 55 and over 65.

Birmingham University is a good venue for sprint orienteering and it is one of the few opportunities to run in a NOC team. The club will pay the entry fees.

Those new to urban orienteering may find a [video of last year's competition](#) useful to watch.



If you are interested in running at this event, please let Mick Lucking know at teamcaptain@noc-uk.org **by 13th May**. Mick may be able to suggest team combinations as there is also a (non-competitive) Ad Hoc category, so just get in touch with Mick if you would like to participate. It promises to be a fun packed evening.

New MapActive Programme - June & July 2024:

NOC is staging another iteration of the successful MapActive programme. Dates and venues will be::

Date	Venue
15 June	Bridgford Park, West Bridgford, Nottingham, NG2 6AT
22 June	Rushcliffe Country Park, NG11 6JS
6 July	Bramcote Hills Park, NG9 3JT
13 July	Burntstump Country Park, NG5 8PQ

The June dates will cover Stage 1 of the programme and introduce core skills. Stage 2 will cover more advanced skills including visualisation, contours, pacing and fine-compass work.

The sessions will be led by Hilary & Ant as before and pricing is the same as before. Access permissions have been confirmed and details are available on the [NOC Coaching web page](#) as well as the [Map Reading Course](#) page. Details will also be published on Facebook shortly.

If you know of anyone who may be interested in taking part, please make these details known to them. Also, if you are free on any of the proposed days and are able to help-out / support Hilary and Ant, please drop Hilary an email at Coaching@noc-uk.org.

Previously, many existing members signed-up for Stage 2 - re-visiting the more advanced skills sessions. If you are interested in doing this, please be aware that your Stage 2 course fee will be fully discounted if you can act as a helper during the Stage 1 sessions. Again, please let Hilary know if you are interested in this option.

Recent Results:

Boundary & Tippings Woods (NOC):

The April NOC event was part of the EM League and attracted 178 participants on the rather windy Sunday (Storm Kathleen this time).

There were wins for Hilary Palmer (Very Short Green), Grace Robinson (Yellow) and Elodie Booker (White). There were a number of other podium places too including Richard Robinson (Brown), Isaac Rosewell (Light Green) and Tina Brindley (Orange).

It was also encouraging to see many others who had top ten finishes: Neil & Emma Rosewell, Andrew Ridgway, Tim Booker, Victoria Hanman, Louise & Robert Orgill, John Woodall, Paul and Christine Jackson, Lucy Sherratt and Evan Llewellyn.

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 Cooke, David Olivant, Robert & Helen Parkinson, Paul Morris, Hilary Palmer, Pauline Olivant, Robert & Louise Orgill, and of course all the on-the-day helpers. A special mention to Ant Squire who planned the engaging courses on limited terrain. Many participants gave positive feedback when they downloaded at the end.

British Orienteering Long Distance Championships:

Report from Team Captain, Mick Lucking:

Thirteen NOC members travelled to Mulgrave Woods near Whitby on 13 th April for the 2024 British Orienteering Championships. Three runners secured podium finishes and received prizes from Steve Cram. Ben Squire came second on the M20 Elite course, Richard Robinson came second on the M40 Long class and Hilary Palmer came second in the W75 Long class.

On the shorter courses Grace Robinson won the W12B class, Evan Llewellyn came second on the M12B course and John Palmer came third on the M75 Short course. As usual the courses were long and hard, which were exacerbated by the inevitable muddy conditions.

British Middle Distance Championships:

Hilary Palmer successfully defended her W75 title at this year's championships which were held at Danefield, near Otley in West Yorkshire. The [map on RouteGadget](#) suggests this was another hilly affair and that Hilary's race was a tight one. Richard Robinson came second on the M40 course, and there were top ten finishes for Ben and Ant Squire. On the Yellow course, Grace Robinson came 3rd and sister Lily finished 5th.

See next page for upcoming events & activities. Also, you may also find the 2023 Annual Report by the Orienteering Foundation interesting reading. You can access this from the [Foundation's website](#).

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).

LOG [Spring Series](#). Courses for all abilities.

[DVO](#) are running local events over the coming months.

The LEI [Summer Series](#) runs mid-week until mid August.

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

June 2 - [Ibstock Urban](#), EM Urban League

June 9 - Nottingham University, Local Sprint Event

June 22 - Birmingham University - British Sprint Relay Championships

June 30 - [Clifton, Nottingham](#), EM Urban 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.

Upcoming Events:

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:

Between April and September (once or twice per month (except August)) Bassetlaw District Orienteers

MapActive: June 15 & 22, July 6 & 13 (CONFIRMED)

June 9 2024 - Urban training - University of Nottingham (CONFIRMED)

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

July 21 2024 - Local event at Wollaton Hall (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.

The club is always looking for additional members to have a go at organising or planning an event. Full support is provided including a mentor who will always be available to offer guidance. Undertaking these roles will increase your orienteering confidence as you learn to appreciate some of the more technical implications of a location and its terrain. For more information, please contact Pauline Olivant by email at Membership@noc-uk.org.