

NOC News - August 2025

Hilary Palmer Wins at the S6D.

Hilary put in a very strong performance at the Scottish Six Days event this year with no less than three wins. Read more about this below as well as:

- Local Sprint event at Clifton in mid August. Sign-up now!
- Successful urban event in The Meadows
- Orienteering research opportunity
- Event Officials Update Day
- Future events

Scottish 6 Days:

A few NOC members travelled north of the border to Royal Deeside for this year's S6D event. On day 1, Hilary Palmer finished 2nd in the W75L class on the Glen Feardar East area and came 4th on [day 2](#). Day three saw her top of the podium at [Creag Choinnich](#) finishing over a minute ahead of the next competitor, and leading the overall class for the six day event. Hilary reinforced her position with a first place on day 4 at [Balfour Forest](#) and yet another win in the final day at [Glen Dye](#). Congratulations to Hilary for such a dominant performance and winning the overall W75L class!

Many other members put in good performances given the volume of competitors at this event. Richard Robinson (M40) came 6th in the M21E event on day 5, and there were top 50 overall finishes for Mick Lucking, Richard Llewellyn, Grace Robinson and Hilary Hodgkinson. Well done all.

August Local Event At Clifton:

The next NOC hosted event will be on the 17th August at the Clifton Campus of Nottingham Trent University. This will be a Sprint training day with multiple short, well planned loops for members to practise their urban orienteering skills. NOC hosted a similar event last year on the University of Nottingham site which was very well received and Clifton itself was used in June 2024. Take a look at the [Route gadget](#) from that event to get a feel for the area.

Dave Schorah is the Planner for this event so the courses are sure to be top notch. Sign-up now using [The Start Kite](#) and study the event details on the [NOC website](#). We also need a few more helpers on the day. If you can help, please contact your Team Leader and they will send you the code to use when you sign-up, so you can claim your free run.

If you are new to orienteering, don't be put-off by the term 'Sprint'. It simply refers to course lengths that are shorter than the usual forest courses. Elite orienteers may complete them in about 20 minutes, but 'recreational' orienteers take as long as they want. This format is often good practise for newcomers as it helps to refine the core skill of keeping the map oriented to the area around you and ticking-off features as you pass them. Newcomers will have multiple loops/courses to try on the day. This will be a fun event around an interesting area, Not to be missed!

Successful Nottingham Urban Event:

On the 11th July, NOC hosted the Saturday urban event which formed part of the City Race Euro Tour weekend - the main Tour event being in Lincoln on the Sunday.

Richard Robinson planned some excellent courses amongst the complex alleys and pathways that make up the Meadows area of Nottingham. Richard also introduced a map scale change for the final controls. Orienteers had to stay fully focussed for the duration of their course if they wanted a successful run. It was hot too! Over 300 participants took part. It's fascinating to see the different [route choices](#) people took to navigate the area.

This was a national event that placed heavy demands on many volunteers. Huge thanks goes to Hilary Palmer (Organiser), Richard Robinson (Planner), Iain Phillips, LEI (Controller), Andrew Ridgway (map updates) and Dave Cooke (Permissions). We really appreciate the many Helpers on the day too across Parking, Enquiries/Download, Start, Finish, and Control Collection. It was hot and only a few had shade to take cover from the sun. We hope the conditions didn't compromise your run too much.

Thanks must also go to Robert Orgill, Ray Barnes and Andrew Ridgway for organising the results and finding a way of enabling two maps of different scales to appear as one on RouteGadget. A special mention and thanks also to Michael Napier who arranged the seeding and input of the start times and did the uploading of results into the various league tables.

Feedback on RouteGadget (under the "?" tab) and the [Nopesport Forum](#) suggests that NOC once again put on an excellent national event. Thanks all for helping to make it happen.

Orienteering Research Opportunity:

Dr. Peter Gröpel from the University of Vienna has been in touch with NOC. He is leading an EU Sport project on orienteering. The project aims to promote orienteering as a good sport for overall health, as the combination of exercise and navigation not only enhances physical fitness, but also stimulates the brain and helps to prevent cognitive decline in older adults.

Dr Gröpel is looking to build an evidence-based platform from which to promote the sport and is looking to run a study amongst orienteers aged 55 or older. If you fall into this category you may wish to take part in his study.

The online questionnaire takes between 7 to 10 minutes. No identifiable personal data is collected. Questions ask about medical conditions, time spent exercising, general attitudes and levels of positivity. All questions are yes/no in nature apart from a few that ask for a time period (e.g., how long have you been orienteering?).

You can check Dr Gröpel's credentials by searching for the University of Vienna and typing 'orienteering' into the website search engine. If you click on Projekt1 and look for the team members, you'll see Peter's background and CV. If you fall into the 55+ category, you can take part in the research using the following link: <https://sosci.univie.ac.at/compass2025/>

New Member:

We have great pleasure announcing that Martin Gush has joined the club and has taken part in our recent events at Colwick Park and The Meadows. A warm welcome Martin. We look forward to getting to know you better soon...perhaps at our local event in Clifton?

Event Officials - Update Day:

EMOA will be holding a conference for Organisers, Planners and Controllers on Saturday September 20th at Rushcliffe Country Park near Nottingham. This conference will update event officials on recent rule changes and alterations to mapping standards. There will also be some time to discuss developments such as MapActive which aim to increase participation.

The Conference sessions will include :

- 2024 and 2025 Rule Updates
- ISOM, ISSprOM and IOF Control Descriptions 2024 Updates.
- Environmental good practice and risk assessment.
- EMOA Event Review (including very short green courses)
- Regional developments (including MapActive)

NOC event officials are encouraged to attend this Conference in person if possible, but it may be possible to make some sessions available online (please let John Hurley know if this option is of interest).

The conference is free to attend and a sandwich lunch will be provided. However, [car parking does attract a fee](#). Allow £3.

Please contact johnhurley870@btinternet.com if you are interested in attending or have any questions about it. Final details will be provided nearer the time but an early indication of numbers would be appreciated, so please contact John as soon as you can.

Future Events:

NOC are planning to host the following events for the rest of this year:

August 17th - Clifton Campus

September 28th - Retford

October 26th - Tbc

November 9th - Wellow Park

December 21st - Strawberry Hill

The Bassetlaw District Orienteers are also expected to recommence mid-week sessions in September. Keep a look out on the [BDO web page](#) for details.

Neighbouring associations are hosting various local and national events during August so make the most of the summer by trying a new area and signing-up for an event. Options include Yorkshire & Humberside (YHOA), the West Midlands (WMOA) and East Anglia (EAOA) . Visit the British Orienteering web site and use the [Event Finder](#) facility.

Enjoy your orienteering this summer!