

NOC News - April 2025

Clean Sweep for Richard Robinson at the JK

Following on from his success at the British Night Championships, Richard Robinson won all the M40 individual classes at this year's JK Festival; the Friday Sprint, the Middle Distance on Saturday and the Long on the Sunday. Read the report below.

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The 2025 Jan Kjellstrom International Festival:

This year's JK saw some strong performances from NOC members. Here's a quick summary (with special thanks to Team Captain Mick Lucking for providing input so promptly!).

The JK took place over Easter in areas near Sheffield and Leeds. Good Friday saw sprint races in the middle of Sheffield where Richard Robinson won the M40 age class and other top ten finishes included; Dave Schorah (M35) 4th; Jane Booker (W70) 5th; Anthony Squire (M45) 8th; Rose Schorah (W35) 9th, and Hilary Hodgkinson (W70) 9th. Some of our newer members travelled up to Sheffield to see the impressive spectacle of the sprint race and provide support at the finish, which was just outside the Town Hall in the middle of the city.

Saturday was a Middle Distance race in Tankersley Woods just north of the city which was very tricky with a complex mixture of paths, spurs, re-entrants, pits and depressions. Richard Robinson won the M40 age class again and other top 10 finishes on long courses were: Dave Schorah (M35) 2nd; Anthony Squire (M45) 3rd; Hilary Palmer (W75) 6th; Jane Booker (W70) 8th, and Rose Schorah (W35) 9th.

In the Sunday events, Richard Robinson won the Long M40 class more than 2 minutes faster than his nearest M40 rival. Other top ten finishers were: Ant Squire (M45L) 4th; Monica Henderson (W35L) 9th; Helen O'Neil (W70S) 4th; Grace Robinson (W12A) 10th and sister Lily Robinson (Yellow) 8th.

Monday saw the Relay events and here too NOC put in an outstanding performance in the Senior Men competition to finish second out of 26 teams. The NOC team, Robin Hood, consisted of Dave Schorah, Ant Squire and Richard Robinson.

Grace Robinson also put in a strong performance at the JK. Grace teamed-up with friends from DVO and LEI to enter the Junior Relay event on Monday. This proved to be a good way for orienteers to experience the fun of the relay format and is likely to be explored again in the future. Grace's two individual forest performances on Saturday and Sunday culminated in her finishing 9th overall in the W12A class at the JK. A great result.

Congratulations to all the NOC participants for putting in such strong performances, and especially to Richard Robinson for being awarded the male performance of the weekend for his clean sweep. You can [view all the results and study the courses on RouteGadget](#).

Latest Incentive Scheme Awards:

Two NOC members have recently been awarded certificates for their performances. Congratulations go to:

- Richard Beadle - Navigation Challenge - 5 Star
- Sam Clements - Racing Challenge - Bronze - 3 Star

More information about the [Incentive Scheme Awards is available on the British Orienteering website](#).

Sign-up for the next EMOA Regional event at Bramcote on 18th May:

NOC are hosting the next event in the East Midlands League in just a few weeks time. David Sissons is organising the event whilst Ant Squire is busy planning the courses. We'll need a good turnout of volunteers on the day too, so please get in touch with your Team Leader, or drop a line to Membership@noc-uk.org if you can help-out on the day.

Many courses will include the Hemlockstone area which offers some extra contours and technicality! Take a look at [RouteGadget](#) to see how this area was used previously.

Entries will be via [The Start Kite](#). Free entry for volunteers helping on the day. Speak to your Team Leader to get the code before you sign-up!

Did you take part in this year's East Midlands Championships?

After a discussion at the recent EMOA Committee meeting about the allocation of age classes to courses at the East Midlands Championships, it was agreed that a survey should be carried out to determine the views of EMOA participants. The survey is being conducted by John Hurley and Iain Phillips on behalf of the EMOA Committee.

If you attended the East Midlands Championships in February, please could you complete the Google form at this link : <https://forms.gle/1QV2QwjbZvwAUjpZ8>

This survey should take less than five minutes to complete. The survey will close on 16th May and the results will be published once all the responses have been collated and findings analysed.

NOC Member gets a taste of Spunch:

NOC member Jan Golan took part in the first Spunch event of 2025 held near Leek in Staffordshire and finished 6th out of 57 participants in the 120 minute Score event - a great achievement.

Spunch (satellite punching) is a form of orienteering that uses MapRun, the smartphone app, to "punch" virtual checkpoints in a rural setting, in this case, the Peak District. Participants use a paper map and compass to navigate to designated locations, with their phones indicating when they have successfully "punched" a checkpoint. It's a fun, accessible way to explore the countryside, suitable for a wide range of ages and fitness levels, and has been promoted by Andy Thornton (a member of MDOC).

Jan found the event really enjoyable and is a keen advocate of the Score format. This is also a format that many newcomers to the sport find useful as it allows the participant to decide which controls to aim for and get back in time to avoid penalties for being late. For information on future Spunch events, search for Spunch on Facebook.

MapActive - Summer 2025:

The next iteration of NOC's MapActive programme gets underway in June with activities aimed at beginners in Rushcliffe Country Park (7th June) and Bramcote Hills Country Park (14th June). If you know of anyone who would like to learn how to confidently read a map from Hilary and Ant, please point them in the direction of the relevant [NOC web page](#).

Hilary will need lots of help and support during these sessions. Having a high helper to participant ratio really helps newcomers learn the basics and feel welcomed. ***So, if you can help out, even for one of the MapActive sessions, please get in touch with Hilary as soon as possible at Coaching@noc-uk.org.***

As before, the second stage focuses on more advanced skills which some NOC members might find useful. The cost of Stage 2 is shown in the [course brochure on the web page](#) but existing members may qualify for a discount if they are prepared to help-out in Stage 1. Please contact Hilary for details.

Perceptions of volunteering:

We all know that orienteering is highly dependent on volunteers but it seems that no-one knows what issues are faced by our volunteers (which vary by role), the reasons why some orienteers do or don't volunteer, etc.

As part of a wider project, the Orienteering Foundation is conducting a survey to inform future actions that will help recruit, train and develop orienteering volunteers and make their jobs easier and more enjoyable. The survey has the full support of British Orienteering and some NOC members may have already completed the survey (thanks very much to those that have!). NOC encourages all members (whether currently volunteering or not) to complete the questionnaire. [The survey can be found here.](#)

There is a prize of a £200 voucher at www.sportsshoes.com and six prizes of Kickback coffee bags that will be randomly awarded. Any questions about the survey should be directed to the Orienteering Foundation on survey@orienteeringfoundation.org.uk.

BDO restart mid-week orienteering activities:

Robert and Helen Parkinson have restarted the Bassetlaw District Orienteers bi-weekly mid-week activities in the north of the county. These are great value sessions where you can practise and refine your orienteering technique around a set course without being under the pressure of competition. There is no winner as such, just an opportunity to practise and have some fun. There are usually refreshments after your course and it's a good opportunity to chat with like-minded others. All for just £2! Take a look at the [BDO page on the NOC website](#) for details of the next session.

Upcoming Fixtures:

May 18th - Bramcote Hills & the Hemlockstone (EML)
June 7th - MapActive at Rushcliffe Country Park
June 14th - MapActive at Bramcote Hills Country Park
June 22nd - Colwick Country Park (Local level D event)
June 28th - MapActive at the University of Nottingham
July 5th - MapActive at Hardwick Hall with DVO
July 12th - Euro-City Weekend (Nottingham, then Lincoln on the 13th).
August (16th or 17th; Sprint training - to be confirmed)
September - (Possible local Level D event - to be confirmed)
September 28th - Retford (EMUL)
November 16th - Wellow (EML)
December 21st - Strawberry Hill (EML and Christmas event)

The Urban orienteering season is about to get into full swing. Let's continue our successful start to the year!