

2008 ISSUE 2



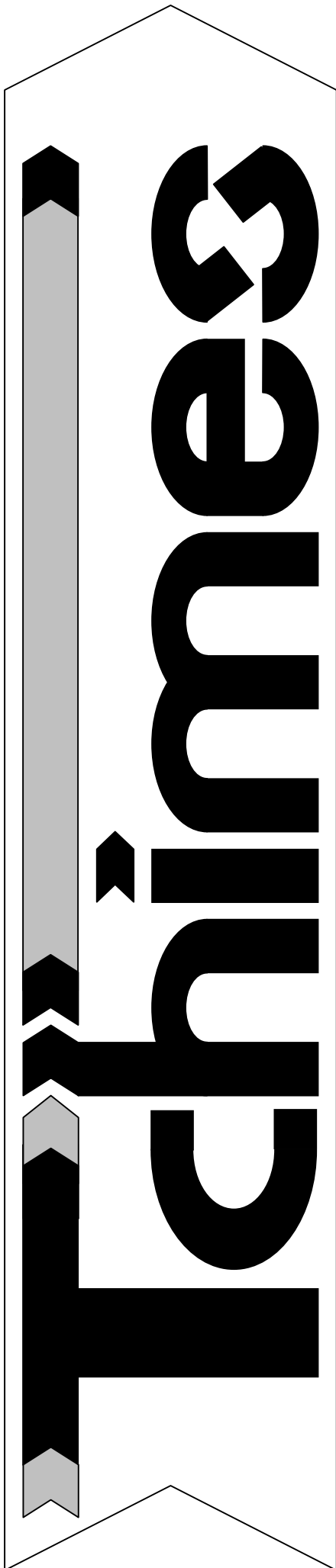
CLOK's LADIES RULE BRITANNIA



British Sprint Champion 2008
Pippa Whitehouse CLOK

British Champion 2008 W20E
Jenny Thornton CLOK

British Champion 2008 W21E
Rachael Elder CLOK



CLOKWorklemons pipped at the post

Reports Thomas Julian

Results from the BOC Mixed Ad Hoc relay.

1	503 WSX Peditions	1:40:01
2	494 SROC Absorbers	1:45:26
3	485 RR Quivers	1:45:30
4	477 MDOC Twin Peak2	1:46:57
5	448 CLOK worklemons	1:48:22

	Leg Time	Leg	Position on leg	Total Time		
	Paul Taylor	46:45	41 A	11	46:45	41
	Lucy Taylor	38:48	16 B	22	1:25:33	24
*	Thomas Julian	22:49	1 C	1	1:48:22	*

It was my first time at the BOC. I hadn't done too well on the first day because of the scale which I wasn't used to. But I made up for it on the second day when our relay team came 5th. I had a very fast run over good terrain – the only downside was nearly being run over by a mountain bike going the opposite way!

(Thomas's time was the fastest on his leg and significantly shorter than the time it took me to figure out what a worklemon was).

First Aid Course a Hit

By Paul Thornton

In mid-March, Chris Wright and I went along to a 2 day first aid course. For Chris this was a refresher but for me, though I went along a bit reluctantly, it turned out to be one of the most worthwhile bits of training that I have ever taken part in.

Red Cross trainers took us through a series of classroom sessions covering all conditions from head-to-toe, from minor to life-

threatening. But the most valuable parts of the course were practical accident scenarios devised and enacted by volunteer paramedics and staged in the terrain that we are familiar with – a muddy, wet forest at Gibside. We had the chance to practice in a safe environment while they winced, screamed, struggled for breath and covered us with artificial blood.

We have recently had one of our own members taken ill at an event and subsequently helped by first aiders. Some of us at a recent regional event witnessed St John's personnel attend someone who collapsed after his run; it's probably fair to say that they saved his life and also to say that any of the trained first aiders in that car park could have done the same. It's not everyone's cup of tea but after this experience I'd definitely encourage anyone to complete some 1st aid training.

Many thanks to John Crosby of NATO for arranging it and to British Orienteering for financial support.

Can you spot the dummy in among the pupils? (rude answers direct to Paul and not the editor please!).



Orienteering Development Project

By Mike Hardy

Regional Development Officer

The Sport England application for £11000 funding over 3 years to develop orienteering in Richmondshire has now been replaced by a less committing project to apply for an Awards for All grant for a sum up to £7500 to be spent in one year on mapping and developing orienteering in the region. Prior to applying we will need to submit a grant application for the mapping of Hardwick Hall Park, an area useful to the club and also to the Sedgefield, Durham School Sports Partnership.

A club member is now teaching at a Richmondshire Primary School, which will assist.

Further afield, we have supplied some permanent control markers to a charity working in Romania with local children. We may (or may not!) be requested to do some mapping for them.

Coaching is well in hand at six primary schools in Durham, in Shildon and Newton Aycliffe, preparatory to an inter-schools competition scheduled in the newly mapped Hackworth Park, Shildon, in June. We are currently involved with the design of the local plan for the new Extended Hours initiative, having attended an inaugural meeting with Tees Valley Sport and one Local Authority meeting in Hartlepool. The plan is due for submission end May.

Phill Batts, with support from Mike, ran a Level 1 course at Lanehead OEC in Coniston during the month, which was well appreciated. Lanehead is funded by Hartlepool LA, but one participant was from a neighbouring OEC working with South Tyneside, and appropriate links have been provided.

CLOK Development Project

Three applications have been received for the vacant post of Professional Officer – Special Needs, and it is planned to make a selection in May.

Tees Valley Sport has allocated a sum of up to £1500 to the club from their Workforce Development budget as a 50% contribution to training costs, to be spent up to end March, 2009. The initial project will be a controllers' course, and offers have been received to run a first aid course and an OCAD course.

There were 256 participations in orienteering in the month, with introductory coaching at 5 primary schools. Eleven juniors attended a training week-end at Lakeside, and an initial session was held with 20 "hand-picked" year 7/8s from Hurworth Comprehensive.

This is part of an experiment to encourage children to move from the school environment to the club, and a programme of after school sessions has been agreed with the school PE staff, who have selected the children. The initial session was on an extended map of the school grounds, including the cross-country course, followed by participation on the yellow course at the May inter-schools competition. Ahead are two sessions at permanent course locations in Darlington, and parents will be encouraged to bring pairs of runners to the Errington Woods competition this coming Sunday, at which discounted prices have been offered. The final session will include a presentation session in front of parents, and discussions on joining the club. Time will tell.....

Finally, the club commissioned Christine Roberts to run a Junior Sports Leaders Award course for seven teenagers at Flatts Lane, at the request of the two Partnership Development Managers covering the Redcar Authority

JK 2009 : Northumbrian Hills : 10th – 13th April 2009

JK 2009 will take place in the North East of England, starting in Newcastle and then moving into the Northumbrian Hills.

Day 1: Friday 10th April 2009 – Sprint – Newcastle

Day 2: Saturday 11th April 2009 – Middle/Long – Kylee Woods

Day 3: Sunday 12th April 2009 – Long – Detchant, Shiellow, Greensheen Hill & Cockenheugh

Day 4: Monday 13th April 2009 – Relays – Dipton

Embargoed Areas

All the areas described above for Days 2, 3 & 4 are embargoed (i.e. out of bounds to prospective competitors) with immediate effect.

In general terms that is

(a) land enclosed by the A1 Belford to Fenwick, B6353, B6349 roads and

the C road linking the latter two, passing through Holburn and Lyham.

(b) the forested area SE of Hexham named Dipton Wood on the OS 1:50 000 map.

The organising team are currently considering what aspects of Newcastle will be embargoed for Day 1.

Northern Championships 2008

By Arnie Cliffe

These were decided at CLOK's own Arncliffe regional event on 24th February. Congratulations to the following club winners:-

Lucy Taylor W18

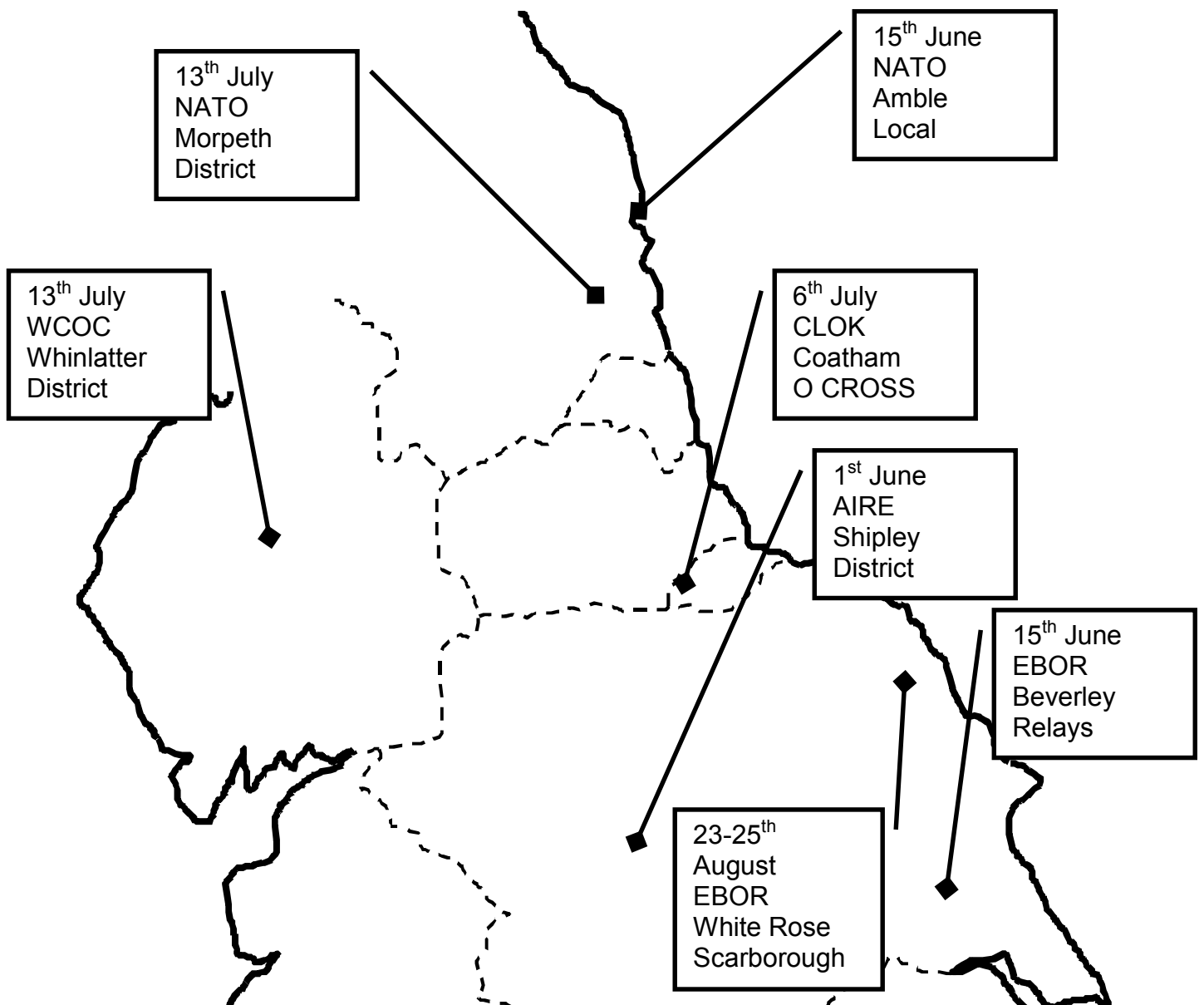
Jamie Henderson M35

Ann Cranke W50

Paul Taylor M60

Eileen Bedwell W75

(A SELECTION OF) FORTHCOMING EVENTS AT A GLANCE



CLOK O-CROSS, 6TH JULY 2008

O-Cross is a mass start, multi loop orienteering race. There will be three loops, all in the same area, totalling around 6km of orienteering at Light Green standard. All the competitors run the same loops but in different orders so, although there may be people around you, they may not be on the same loop. The winner is the first competitor to cross the finishing line after correctly completing the three loops.

Coatham Woods are located between the A66 and the A67, off the road from Long Newton to Urray Nook / Eaglescliffe, at grid reference [NZ 395155](#).

From the South, the event will be signed from the roundabout on the A67 at the western edge of Eaglescliffe. From the North, the event will be signed from the middle of Long Newton village.

O-Cross briefing at 10:50 a.m., followed by a mass start at 11 a.m.

Colour coded starts from 10.30 a.m. to 12 noon.

ELITE RESULTS

By Duncan Archer

2008 is once again bringing success for CLOK's elite runners, with highlights as follows:

- medals for Pippa and Rachael at the JK
- Pippa winning the British Sprint Championships
- Jenny Thornton and Rachael both crowned British Long Champions in their respective classes

We take a look back at some of the major events of the year so far.

JK CHAMPIONSHIPS: 21st – 23rd March 2008

With what became a theme at major orienteering races this year, wintry conditions greeted the runners on all four days. As is commonplace these days, the JK kicked off with a sprint race at the University of Surrey, Guildford – a fantastic urban setting for a sprint race with its irregular pattern of buildings and dead ends to catch you out. Leith Hill provided a superbly technical middle distance race with its intricate contour detail, whilst the physical challenge of the long distance race in Ashdown Forest sorted out the final placings. Adding to the competition this year was a large foreign entry, including several international runners from Norway, Sweden and Switzerland, making top placings even harder to come by.

- Jenny Thornton, W20E, 16th overall (sprint: 8th, middle: 11th, long: 24th)
- Pippa Whitehouse, W21E, 2nd overall (sprint 10th, middle: 5th, long: 2nd)
- Rachael Elder, W21E, 3rd overall (sprint 3rd, middle: 4th, long: 5th)

- Karen Heppenstall, W21E, 10th overall (sprint 11th, middle: 9th, long: 12th)
- Duncan Archer, M21E, 23rd overall (sprint 23rd, middle: 15th, long: 26th)
- Alex Rothman, M21E, 62nd overall (sprint 65th, middle : 67th, long: 61st)

JK RELAYS: 24th March 2008

As yet more snow blew across the finish arena, this year's JK relays provided a very exciting finish in the Women's trophy. Karen brought the team back in the leading pack on the first leg, and a solid second leg from Jenny Thornton (now a regular runner in the CLOK ladies team) put Pippa out on last leg only a couple of minutes down in 9th place, but with some work to do to. She ran an great final leg to bring the team up to 4th place, only 30 seconds behind 3rd place... which was none other than Rachael Elder running last leg for her other club, Sheffield University!

- JK Trophy (mens) team, CLOK, 19th (Duncan Archer, Chris Poole, Alastair Mackenzie, Alex Rothman)
- Women's trophy, CLOK 4th (Karen Heppenstall, Jenny Thornton, Pippa Whitehouse)

BRITISH MIDDLE CHAMPS: 5th April 2008

- Jenny Thornton, W20, 5th
- Rachael Elder, W21, 6th
- Karen Heppenstall, W21, 15th
- Duncan Archer, M21, 7th
- Alex Rothman, M21, 38th

BRITISH SPRINT CHAMPS: 6th April 2008

The highlight of the sprint championships at Warwick University, apart from waking up in the morning to a couple of inches of snow that slowly melted through the day, was Pippa's victory to retain her British Sprint title that she first took in Scarborough in 2007.

- Pippa Whitehouse, A Final, 1st
- Rachael Elder, A Final, 5th
- Karen Heppenstall, A Final, 7th
- Jenny Thornton, B Final, 9th
- Alex Rothman, B Final, 16th
- Paul Thornton, B Final, 47th

BRITISH LONG CHAMPS: 19th April 2008

The technical sand dunes of Culbin forest in Scotland provided the ultimate location for the British Elite Long Championships, and brought two fantastic results for CLOK. Rachael continued her solid start to the season by winning the W21E crown. Jenny Thornton, following some mixed results earlier in the year, pulled out all the stops to put in an excellent performance, steady through the intricate detail where required, but keeping up the pace when it flattened out, to win the W20E race – a great result and hopefully the first of many.

- Jenny Thornton, W20E 1st
- Rachael Elder, W21E, 1st
- Karen Heppenstall, W21E, 10th
- Pippa Whitehouse, W21E, 12th
- Duncan Archer, M21E, 14th
- Alex Rothman, M21E, 28th

BRITISH RELAYS: 20th April 2008

- Men's Premier, CLOK, 16th (Alex Rothman, Duncan Archer, Paul Thornton)
- Women's Premier, CLOK 6th (Karen Heppenstall, Jenny Thornton, Pippa Whitehouse)

FUTURE CHAMPIONS CUP FINAL: 3rd – 4th May 2008

Continuing her form from the British Championships, Jenny put in another pair of good runs in the final races of the Future Champions Cup. The FCC is a series of races for the 18s and 20s, just as the UK Cup is for the elite 21s. Combined with races earlier in the year this left Jenny in 5th position overall in the series.

- Jenny Thornton, W20E, middle: 4th, long 5th, overall FCC: 5th.

WHAT NEXT?

For some of our top runners the domestic championships are just a stepping stone towards international competitions, and good results have meant several selections to represent Great Britain:

- Pippa and Rachael will compete in the European Orienteering Championships, Latvia, 25th May – 1st June
- Pippa will compete in the World Cup races in Norway, 20th – 21st June
- Rachael will compete in the World Universities Championships, Estonia, 28th July – 3rd August

The weekend of 7th–8th June will see the culmination of the elite domestic orienteering races, with the final competitions in the UK Cup. These are at various locations in the West Midlands, and a tough schedule is waiting, with a sprint race Saturday morning, a middle race Saturday afternoon, and a long race Sunday. Most importantly these races are the selections races for the World Orienteering Championships, this year being held in the Czech Republic in July. Watch this space to see how our runners do!

CLOK Autumn Sprint Orienteering Series 2008

Saturday mornings. Provisional venues:

1. Sept 27th, Ropner Park, Stockton
2. October 25th, Toft Hill, Carlton in Cleveland
3. November 15th, Valley Gardens, Saltburn.
4. December 6th, Summerhill, Hartlepool.

Short courses. – winning times around 15 minutes. Fast, furious racing. Anyone can have a go!

Junior coaching sessions following races 1–3 . Join in and learn – adults welcome.

No hassle – Pre-marked maps, electronic punching.

Overall Series prizes in each class

Classes for Junior, Youth, Open, Vets.– best 3 of 4 races to count.

Further details – watch www.clok.org.uk



For all the latest information
www.clok.org.uk

Tchimes

WILL RETURN IN JULY 2007.

COPY DEADLINE FOR ARTICLES 4th JULY.

HANDWRITTEN, PLAIN TEXT, E-MAIL, MS OFFICE. NO PDF PLEASE!

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or look me up in the club handbook.