

2008 ISSUE 4
NEW EDITOR REQUIRED!



The Eleventh Hour Edition

CZECH THIS OUT

From Paul Thornton

I knew it was going to be a good week. There was no queue on Newcastle Western bypass, the flight was on time and we managed 270km across Czech to Olomouc without any wrong turns. We checked in to the university rooms at the event centre and joined "The Accommodated". People left us notices about important things. We were there to experience the World Orienteering Champs and the spectator races that went alongside them.

We'd never been to Czech so asked CLOK's own Pippa Whitehouse for some advice. As part of the GB team she had been on training camps and sent a two page thesis on Czech mapping and orienteering techniques. I knew it was going to be a good week.

Czech land is either forest or arable farmed land, and most of the grain seems to end up as Czech beer. We learned exactly none of the language but did work out some simple maths:

Number of fields with livestock seen in 8 days travelling (2, and one of those was a field of sheep in a zoo) + Number of directions which the same leg can be run in the same race (+ 2)
= Number of types of draft beer available adjacent to download (4)
QED

Pippa's advice about maps and terrain saved us a lot of working out. Thank you !! Czech mappers seem to have interests in printing ink companies because they like filling the map up with anything they can. Much Czech forest is not very detailed when compared to some other areas – think of somewhere like Dalby forest but without any bramble, bracken or nettles. The vegetation is varied, many tracks, many paths and rides, some big hills, isolated rocky areas, but mostly just fairly plain forest. To make up for this they map everything – rootstocks, tiny clearings and marshes, towers, fodder racks, extraction tracks and, our favourite, – the distinctive tree. At a slow

pace, orienteering seems easy but Czech orienteering doesn't happen at that pace even in races for "The Accommodated". As Pippa put it, you have to 'calibrate your own map key' and work out which of all the mess of detail on the map actually is useful to navigate by at speed. And there are some knacks to learn – for example the trunks of distinctive tress aren't very... errr... distinctive so you have to look up to the top bits, which are.

Planning was quirky, with different courses running the same leg in opposite directions, one minute to look at your map before you start, and such long run-outs to the start kites that few actually visited them. No worries – after a beer or two no-one seemed to mind. Our classes each had around 40 entrants from 15 different nations, but we managed to bring home the CLOK tops in top 10ish with a couple of good results each. It was a good week.

WOC is quite a circus – fewer runners than a district event but the razzmatazz of the Great North Run. There are three individual races – sprint, middle and long – each with qualifiers and a final, and relays. GB had a team of 5 girls and 5 guys, so there was quite some spectating to be done. The arenas always had full commentary in English, a selection of cameras in the forest, radio controls, on-line GPS monitoring of the top runners and quite often a spectator control in the arena, interviews with runners and never ending presentations of medals, flowers, certificates and presents for the winners.

I've seen several high class races in the past couple of years but its not until you are confronted by WOC that you realise the relentless competition that our athletes are up against internationally. For example, I lost 90 seconds on a leg through some green detail early in my 40 minute 'spectators' course and dropped a couple of places. 4 hours earlier, Jamie Stevenson did the same thing in the same place and his 110 minute classic race bronze medal turned into 10th place. The standard is so high and the races so close but even so there are some stellar performances, obvious even from the spectator arena. In

the middle races, we saw maverick Finn Minna Kauppi "keeping her silly head together" with a perfect run when others made massive mistakes, and Thierry Gueorgiou switching on the afterburners to gain a minute in the last 8 minutes.

I'm sure that FOCUS has covered the story of the week for the GB team, but it was a thrill to be there to see GB's fantastic victory in the mens relay. The last hour was pure sporting drama to match anything in the Olympics. If you knew something about orienteering then it helped, as did being British, but the drama was undeniable. The team had invited the small number of loyal supporters around to tea a couple of days earlier, and we sensed their feeling of slight disappointment in the results, and of unfinished business. That last hour of the whole week began with Jamie Stevenson going out with a 40 second lead from Frenchman Thierry with Russia a further minute behind.

We supporters went from the hope of a medal as Jamie went out in the lead, to the resignation of a Bronze as he was passed by France and Russia, to frustration as he seemed to also be being caught by



Switzerland, to hope as he regained contact with Russia, to disbelief as Thierry appeared at a TV control stumbling through the forest having been swallowed a bee, to elation as Jamie ran into the arena arms aloft having passed Russia.

Tears were shed, flags waved, anthems sung. It was a very emotional time for the whole team who have invested a large part of their year in the event and do acutely feel the support and expectation of folks back home. It was great to see them

get a reward like this.

I knew it was going to be a good week.

Orienteering Development Project

By Mike Hardy

Regional Development Officer

Very little activity outside CLOK's area this month, confined to data gathering for Durham Sports Council, who have requested membership numbers, Clubmark status and numbers and levels of coaches from the NEOA clubs.

Phil Batts, helped by Joe Dobbs, took the latest version of EMIT equipment to Castle Howard Arboretum on Good Friday, where EBOR were putting on a course using a newly commissioned map – the SI equipment being commandeered for the White Rose. The non-contact EMIT system raised a few eyebrows!

A decision on the Awards for All bid for the mapping of Hardwick Hall Park, Sedgefield, Co Durham, and the construction of a Permanent Orienteering Course is expected during September.

With regard to the meeting with Sport England North East, ONE North-east and tourist officials to promote JK09 and the 09 British Schools Champs to be held in the region, we will be represented by John Crosby and me, Heather Monro, and Marion Archer, secretary of the JK organising committee.

CLOK Development Project

Again very quiet, although the month started with a very successful week's course for 12 primary school children from East Cleveland run by Phill. Most children were complete novices at the start, and at the end of the week all could navigate singly and successfully at one of our permanent courses.

Joe Dobbs spent considerable time and effort setting up a bike orienteering course at the request of Hartlepool Countryside Access officials. Joe and I spent a wet Sunday morning at registration but received no customers.

Five club members attended an orienteering day at the request of the Summerhill Visitor Centre staff in Hartlepool. 13 customers only, partly due to the weather, and we have discussed future plans with the staff with a view to stirring up more interest.

Four club members put on a string course at Lord Stones Café, Cringle Moor for children from All Saints Church, Eaglescliffe. This was well supported and proved popular.

Mike met the new Sports Development Officer for Redcar and Cleveland, and discussed ways of working together to promote orienteering in the Borough. A particular interest is the special needs sector.

Finally, plans are in hand to put on an OCAD course and an organisers course for club members in October and November respectively.

URGENT URGENT URGENT URGENT URGENT

Your Klub is urgently looking for an

**ORGANISER AND CONTROLLER
for the Goathland South event on
7th December, 2008.**

Please contact Bill Hodgson a.s.a.p. with offers

Telephone 01740 620912

ab@hodgsons99.freeserve.co.uk

URGENT URGENT URGENT URGENT URGENT

The CLOK AGM will be held in the
Community Meeting Room at
Laurence Jackson Sports Centre on
Tuesday 21st October, 2008 starting at 7.30 pm.

Proposals for submission to the AGM should be
received by the secretary by Saturday 11th October.

New officials required this time are:-

Chairperson,
Treasurer,
Tchimes Editor
Officials Finder

Two club members to join the Committee

Nominations for any of these vacancies should be
received by the secretary by Saturday 11th October.

Please come along and make your views known to
those who have the task of running your Klub on your
behalf.

Joan Selby – Secretary

01642 782475

albert.selby@btinternet.com

Tyneside Urban Orienteering 2008 – 2009

During the winter months Newcastle and Tyneside Orienteers will be organising a series of six urban races. The series is planned to provide a suitable introduction to orienteering for newcomers and provide a good lead up to the International 'JK Sprint' Race to be staged in Newcastle in April.

Terrain and Courses

Urban races take place on a mix of areas encompassing reclaimed collieries, city parks and streets. The wide variety of areas will test your orienteering skills. It is hoped there will be a mix of event types across the series; classic (point to point over distance), score (no defined route) and sprint (short sharp decision making).

The majority of events will offer a range of courses; most will offer a medium length technical course plus some short technically easy courses ('Yellow' and 'Orange'). Help will be available for newcomers and improvers at all events.

Scoring & Prizes

Scoring will be based on a combination of age speed and course. Prizes will be presented for the most consistent improver, best newcomer as well as the overall winner.

Locations

12/10/08 Whitley Bay Links

23/11/08 Denton Burn

14/12/08 Jesmond Vale

11/01/09 Cramlington

08/02/09 Redburn and Chirton

14/03/09 Killingworth

plus

10/04/09 JK Sprint Race Newcastle City Centre

LOU GOMERSALL

By Jon Williams and Dennis Hooton

Older members CLOK and a large number of ex teachers and pupils will have been greatly saddened to hear of the death of Lou Gomersall on the 21st July. Lou died peacefully after a short illness but also after many years crippled by arthritis. At his moving humanist funeral on the 6th August orienteers past and present gathered to remember Lou and the founding work he did with children in our club.

It has occurred to me a number of times how sad it is that the person who has died cannot be there at their own funeral to hear all the nice things that people say about them once they have died. How much more appropriate it would be to show our appreciation of others before the final curtain is drawn. Never has that sense of sadness filled me more than it did at the funeral of Lou Gomersall, past member of CLOK, before that of TCOC, a tireless worker on behalf of the children he taught and to whom he gave so much.

I first met him in 1969 when I started teaching at Springfield School, where Lou was a geography teacher. Lou had been on the first introductory course for orienteering aimed at teachers and he was duly inspired. At that time several pupils at the school had already run internationally for England, and I was amazed that a school of such average standards academically should have achieved so much in this field.

One of three boys born into a sporting Middlesbrough family, he excelled himself as a young man at rugby – playing for Middlesbrough– cricket and tennis. After attaining a university degree in economics, he left his first job with the Gas board because he felt he was getting paid too much for doing too little!

After this he found teaching and was not able to complain of this again. However, Lou was never one to spend money on himself – except on his two indulgences, a bet on the horses and, after he retired, visiting local tea rooms.

Lou never married and instead the children he taught became in a real

sense his family. He took them on weekends to the North Yorkshire Moors, the Lakes, Wales and further afield, not just for orienteering competitions, but also to enjoy the country side. He always seemed determined that the children he taught – who were often underprivileged – should not be deprived of the opportunities open to them. To that end, he personally paid for the minibus hire and entry fees to enable the children to partake in orienteering competitions. Through Lou I first went over to the Camp school at Hexham, another fertile ground for orienteering in Dukes House Wood.

I can honestly say that the thirty five years of pleasure I got from orienteering, competing mapping or coaching are down to the influence of Lou.

Lou's persistence in all things has been noted by Gerald Helm, who stated

'Lou was very knowledgeable about orienteering and always put a lot of thought into planning courses, often altering them at the last minute, much to the distress of the controller!'

I would finally like to quote in full from Dennis Hooton – Chairman of Ebor (and former pupil of Lou) . I can think of no better tribute for a schoolteacher from a former pupil.

“Lou has been a great inspiration to me and has influenced me in many different decisions in my own life. Firstly, he gave me and many other students at Springfield School the opportunity to try orienteering. He regularly ran trips to events both locally and further afield. He was an extremely kind and generous person. He often provided many prizes and rewards for students out of his own pocket. I have many great memories of these trips. Secondly, he introduced me to the wonderful sights and sounds of the North York Moors. Again, through school Lou organised many day walks into the Esk valley and also weekend residentials using the YHA. Finally his passion for teaching Geography must have rubbed off on me as this is now my chosen profession.

It has been nearly 36 years since that first orienteering when Lou took me to Coate Moor and looking back it was such an important event of

my life. I still have the map and can remember different parts of the day. I have not only continued to orienteer throughout these years but have also introduced my own family and many of my own school students to the sport . It is all down to Lou and I would like to thank him for being such a great person in my life. He will be missed but never forgotten by me.“

COURSE PLANNING OPPORTUNITIES....ONLY AT CLOK

Come and learn or improve your planning skills – and win prizes at the same time!

Well planned courses on up to date maps are essential to orienteering. The real art and fun in planning courses is being in the woods and creating courses to make the best of the area but nowadays planning (and controlling) also



involve computers. CLOK have been using OCAD8 for several years and dozens of events, and we've now decided to adopt another very simple package for course planning. Its called Purple Pen. We made this choice because PP is simple to get hold of and started with, and its free. This fits comfortably with CLOK's aim of making it easier for more people to get involved with planning small local events. It allows the planner to concentrate on the 'art'.

You can get started with PP by downloading it and using the on-line help information on <http://purplepen.golde.org/>. But to kick this off

TRAINING Phill Batts will be running a two-evening course from 1900 to 2100 in the IT suite of Eggescliffe School on Monday evenings, October 20 and 27 for club members – entirely free of charge! Book your place now whilst there is still room by contacting Mike Hardy at 01287-624521 or email mikehardy@onyxnet.co.uk.

And if you need yet more incentive to get started, even if you can't make it to the training we announce :

ARMCHAIR PLANNING COMPETITION

To find the best medium (TD5, e.g. Green), short (TD3, e.g. Orange) course for local evening event.

To enter – simply pick up the blank OCAD map file either at one of the evening sessions or by e-mailing Phill (p.batts@virgin.net), prepare your courses using Purple Pen, then mail them to Phill by 3rd November.

Judging will consider the clarity of layout, meeting technical requirements, practical layout of the event to give easy organisation and courses that will provide customer delight! They will be assessed by a guest judge.

Prizes – best senior and junior entries will receive a **£15 voucher** to spend at Ultrasport, and all entrants will receive a ticket to a free run at a CLOK District event – wow! – wow!

Names of entrants and winners will be published on the web site in November

Newcastle and Tyneside Orienteers Night Owls League 2008 – 2009

Once again the Night Owls League will run through the winter months. A series of six events are planned to determine the night owls champions. Prizes will be awarded to best runners in the following categories (Men, Women, Veteran and Junior). The final race will be a handicap race (based on performances over the other races) with a prize for the winner.

Scoring will be based on a comparison to the winner of the Long Course with the best three results to count.

Courses

The majority of events will offer two courses. A 'Long' and 'Short' but both of similar technicality. At some events a 'Dark Orange' may be on offer for newcomers; please check this page or linked flyers as details develop.

Dates and Locations

18/10/08 Slaley East

29/11/08 Wallington (also NE Night Championships)

13/12/08 Jesmond Vale

17/01/09 Percy Pit

07/02/09 Redmire and Chirton

15/03/09 Killingworth

Please check with the co-ordinator or the club website for full details prior to each event as details may change.

Series Co-ordinator

Patrick Smyth

01661 843 880

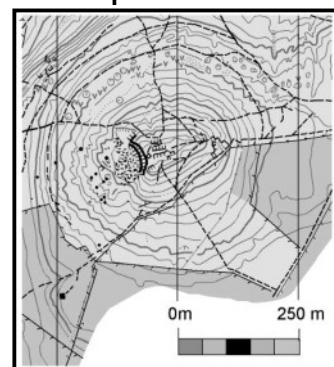
patrick Smyth@lineone.net

MAPPING OUT MAPPING

By Paul Thornton

A few times a year, a group of us (Jon Williams, Dave Allison, Paul Taylor, Chris Wright and I) get together to review and plan what mapping the club needs. This piece explains how we organise mapping, what is currently underway and what the future plans are.

Everyone likes to run on accurate maps and on new areas. Compared to some other clubs we already have quite a wide range of maps and areas and in the past 5 years we have held events on around 35 different maps. We are fortunate to have some excellent mappers in the club and most of our map stock is based on their work. Sometimes it's a thankless role – people rarely comment on a good map but any problems are fair game for comment. In the future, it is likely that being able to keep maps up



to date will be more important for CLOK and all clubs, especially looking at some of the trends:

- People like more events locally to reduce travel
- On our typical areas, maps get out of date quite quickly as vegetation is cut and re-planted, and as recreational or estate areas are actively managed
- Runners expectations change – no more map corrections to be copied
- Mapping standards change – maps seem to get ever more complex, not always for the better
- urban events become more popular
- There are fewer professional mappers and they are busier
- Screen and mouse, not pen and paper.

So, here is what has been done in the recent past and what is planned for the near future.

DONE! Over the past couple of years, several new maps have been created and significant updates undertaken without a specific event in mind,

Bank Foot (2006); Coatham (2007); Cod Beck (2007); Brierley (2008); Updated Hutton , Newton Woods, Roseberry (2008); Whitby Town (2008)

Around 8 recreational maps (parks, country parks) updated to make them suitable for events.

This all mounts up, and they add to the variety of areas we can offer.

ALL THE TIME : Planners and mappers make event-specific updates. Many are small scale but they all provide a background level of mapping activity.

GETTING DONE! We organise mapping in conjunction with the event programme so have accepted quotes for significant updates over the winter of 08/09 to Cringle Moor, and extension to adjacent Cold

Moor, and to update the map of Coate Moor. Ahead of the October Odyssey in 2009, we will engage professional mappers to update Boltby Forest and Silton Forest. And we have a grant application in process for mapping of Hardwick Hall, Sedgefield.

IN THE QUEUE! After field work by many people, we have a collection of areas for which we have agreed access and are available for mapping or re-map. These include:

Live Moor Plantation, (JK96 relay area near Swainby)

Moorland behind existing Coalmire map (near Osmotherley)

Birk Brow (small woods/moor to E of Guisborough)

Newton Hanzard, (near Wynyard.)

Moorland above existing Bank Foot map

Westworth Woods (mixed, runnable woodland and moor behind Guisborough)

There are a few other areas which we are still investigating, and can expect 3 or 4 of these to be positive.

As well as organising specific bits of mapping, we try to make some progress on general questions – contracting with professional mappers, being clear on copyright and map acknowledgements, updating map registrations with BO, and improving our map layout and style. At some stage we also need to get our heads around how to encourage new mappers – perhaps providing training and encouragement so that more people can contribute. Mapping work is always good for school projects, DofE service and skill modules, is a hugely rewarding activity in its own right, and is great orienteering training.

I hope this has given an idea of what is going on. We would be delighted to have comments or suggestions or offers of help, at the AGM or at any other time.

**AGM – Laurence Jackson Sports Centre on
Tuesday 21st October, 2008 starting at 7.30 pm**

CLOK EVENTS PROGRAMME

Autumn Sprint Orienteering Series 2008

Saturday mornings.

2. October 25th, Toft Hill, Carlton in Cleveland
3. November 15th, Valley Gardens, Saltburn.
4. December 6th, Summerhill, Hartlepool.

Other Events 2008

Date	Location	Type	Organiser	Planner	Controller
26 Oct	Catterick Shaiba	NE Score Champs	David Kelly (Mentor-Phill Batts)	Phill Batts	Clarissa Napier
16 Nov	Fylingdale	District		Stephen Restorick	Paul Taylor
7 Dec	Goathland South	District		Paul Taylor	Alan Cranke? ? different volunteer after controllers course



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

Tchimes

WILL RETURN IN DECEMBER 2007.

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MS OFFICE. NO PDF PLEASE!

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