



Tchimes

December 2008

CLUB
MARK



NEJS juniors (mostly CLOK!) enjoying the wintry conditions at Lakeside 2008 training.

Editorial

Welcome to my first edition as the new Tchimes editor. Many thanks to Nick Martin for his sterling work before me, and also in continuing to assist with distribution of Tchimes at least until mid-February when I'm moving back to Durham (I'm currently in Paris!).

Thankyou to all who have contributing articles to this edition – I was slightly nervous I'd end up having to make things up to fill the pages (!), but it appears CLOK is a hive of activity with plenty to report on, which is great.

- Social – new years day run; ceilidh; annual dinner
- Committee – AGM report; volunteering including event officials and JK; 40th birthday plans; CLOK handbook; CLOK O tops
- Members and events – Lakeside junior training; Venice; armchair planning competition results
- Events - New Year relays; Cod Beck night-o; Mulgrave district; Compass Sport Cup round 1

A change in the pipeline is that from the February 2009 issue I am planning to offer Tchimes by email as an alternative to the current paper format. There are several motivations:

- It saves money (postage, envelopes etc.)
- It saves volunteer's time (folding, envelope stuffing etc.)
- It allows faster distribution
- It saves trees (so more forests to orienteer in!)

Receiving Tchimes by email will be on an "opt-in" basis, so those without email / internet access, or who just fancy it the old-fashioned way, will continue to receive a paper copy as now. However in January I will email all those we have addresses for to ask if you want to receive Tchimes electronically instead. Although there is no compulsion I'd urge you to consider the motivations listed above.

Tchimes will be published bi-monthly, in Feb, Apr, Jun, Aug, Oct, Dec, with copy date at the end of the preceding month.

Merry Christmas and a Happy New Year!

Duncan Archer

Tel: 020 8099 3725, email: duncan.archer@metaswitch.com

New Year's Day run / social

Blow away the New Year cobwebs with CLOK's traditional run (or jog or walk!) along Saltburn Beach, followed by lasagne and mulled wine at the Hardys' house in Upleatham.

Meet at Saltburn Pier at 11 a.m. Lasagne and mulled wine at Upeleya, Upleatham after the run. We'd appreciate if people would let us know if they expect to attend, for catering purposes

Those keen enough to be competing in the Captain Cook's fell race from Great Ayton are welcome to come along afterwards.

Mike & Gill Hardy

Tel: 01287 624521, email: mikehardy@onyxnet.co.uk

CLOK annual dinner

The 2009 Annual Dinner will take place on Friday 17th April 2009 (the Friday following the Easter / JK weekend). The venue is not yet known but will be published nearer the time. Put the date in your diary and we look forward to seeing you there!

Joan Selby

CLOK handbook

As membership secretary I am in the process of preparing a new edition of the CLOK hand book, and it should be ready for publication early in the new year. Along with Duncan's proposal to send out Tchimes by email, this is a good opportunity to ensure that members' details are accurate.

I have tried to keep amendments up to date and any that have been notified to myself or to Mike Hardy have been acted upon.

The details that do tend to get out of date are telephone numbers and mail addresses, particularly the latter. If you have any reason to think that I might have an incorrect or out of date address, then please contact me. Thanks.

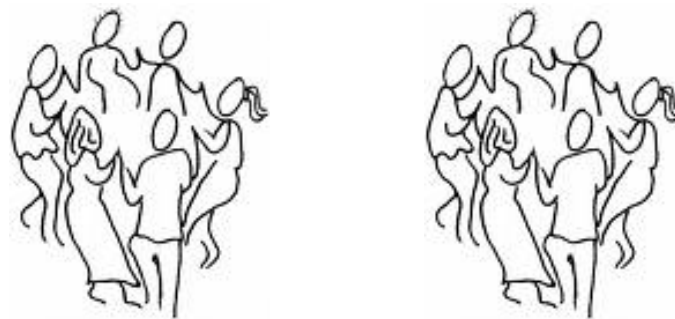
Joe Dobbs

Tel: 01642 481135, email: joedobbs@ntlworld.com

CLOK CEILIDH

(Including presentation of club trophies)

Dance to Shelly William's Band



Friday 2nd January, 19.30 – 23.30

East Harlsey Village Hall

£5 junior, £8 adult, £22 family

Includes pie and peas supper

Bar run by village hall committee

Tickets from Linda Thornton

01287 635829 / 0771 514 7640

linda_thornton@ntlworld.com

To raise funds for the CLOK Juniors

Bring your friends!

40 Years Old in 2009!

CLOK celebrates its 40th birthday on 8th March 2009 and we plan to incorporate some special events into the 2009 calendar. The committee is interested to hear of ways that we could celebrate, so please bring your suggestions to any committee member.

It has already been suggested that we might have a summer barbecue. We have also received the suggestion below from Gerald Helm.

Joan Selby

“1960’s style Come and Try It Event”

- There would be no colour coded courses, just a wayfarers course, a pram pushers course, a long and a short technical course.
- We might get away without using black and white maps. I think we would be OK with three (or even five) colour maps.
- Of course there would be none of this electronic timing, or even digital radio-controlled clocks. The timing would be done using kitchen clocks with sweep second hands.
- Pin punching would be used with non-waterproof control cards, which if they are not protected from the rain will disintegrate and give the results team one hell of a job!
- One last thing. At the start there will be a whistle check and a sign saying “NO WHISTLE NO GO”.

Gerald Helm

Want a new CLOK top for Christmas?

An order has been placed to boost our stock of the new CLOK tops. It is hoped that delivery will be 'just' before Christmas. Please get in contact if you would like one for Christmas and I will let you know when they arrive. Sizes available from XXs to XXL.

Joan Selby

Tel: 01642 782475, email: albert.selby@btinternet.com

Notes from the 2008 AGM

Report from the Chair

This, the 40th year of Cleveland Orienteering Klub, was another successful year for the club. We may not have filled the cabinet with trophies, but we did continue to be a well administered orienteering club with members who have worked hard to present a full and varied programme of competition fixtures including the Northern Championships, district events, Autumn Sprint Series and Summer Evening Series as well as the Junior Inter-regional Championships which were a great success.

In addition the club has continued its enviable record in coaching and development, mapping, maintaining an efficient website and an entertaining newsletter. There are so many individuals to thank that I don't know where to draw the line, so I'll not mention any, but many of those concerned are present so many thanks to you all.

There are always a few significant memories to recall from the previous year and two things that spring to mind are the Eston C4 with its one-man start team and record shattering bulletin board, and also the Northern Champs where we used the Fabian entry system, which was a real hit for me, followed by relief that nearly everything had gone like CLOKwork.

It was good to see certain individuals bringing CLOK some glory by competing at International level, - Rachael Elder, Pippa Whitehouse and Karen Poole (nee Heppenstall – congratulations to Karen and Chris!). Even better perhaps is to have two British Champions after this year's British Championships, namely Rachael Elder in W21 and Jenny Thornton in W20. We even got a bronze in M60E!!

With great sadness we lost Liz Hale and Lou Gommersall in August – both prominent members of CLOK, Lou in the early days of CLOK and Liz in recent years.

Looking ahead to 2009, CLOK is a major contributor to the organisation of the JK in April, and we also organise the October Odyssey in November. A celebration event for CLOK's 40th birthday in March is also anticipated.

Paul Taylor – Acting Chairman

Notes from the Treasurer's Report

MEMBERSHIP FEES FOR 2009:

Senior	£7	Junior	£3.50
Family	£8.50	Association	£15

EVENT CHARGES FOR 2009:

Senior	£5	Junior	£2.
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Elected Officers for 2009

Chairman	Peter Archer (new)
Secretary	Joan Selby
Treasurer	Malcolm Gibson (new)

Committee Members for 2009

Alan Cranke, Joe Dobbs, Mike Hardy, Alastair Mackenzie, Paul Thornton, Joe Trigg, Chris Wright, Chris Poole (new), David Murphy (new)

Specific volunteer positions for 2009

Bike-O	Chris Wright
Child Welfare Officer	Alison Elder
Compass Sport Cup entries	Karen Poole
Development (region/CLOK)	Mike Hardy
Fixtures Secretary	Joe Trigg
Junior Club Admin	Linda Thornton
O-Kit (New)	Joan Selby
CLOK Badge & CC League	Paul Taylor
Membership Secretary	Joe Dobbs
NEOA Representative	Martin Adamson
Officials Finder	Joe Dobbs (new)
Relays - All	Chris Wright
Sprint Event series	Paul Thornton and Chris Wright.
Tchimes Editor	Duncan Archer (new)
Web Master + Press Officer	Alastair Mackenzie
Winter Training	_____ (vacant)
Mapping Sub-committee	Paul Thornton (Chair), Dave Allison, Paul Taylor, Jon Williams, Chris Wright.

Venice street race

I'd heard many reports about this fantastic annual event run each November, so this year I decided to enter and see for myself. Here's what stood out for me in the event:

(1) The scale of it. Over 3000 orienteers of all ages. Just finding space to get changed in the gym was a challenge, let alone negotiating the tourists (more on them below).

(2) The style of the race. To me a "sprint race" is defined by its winning time, about 15 minutes, and can be run over any sort of terrain including urban, forest or moor. Contrast with a "street race", which is what Venice is, where the focus is very definitely urban terrain, but distances can vary. The Mens Elite course at Venice was over 10km. Of course that distinction doesn't mean you aren't trying to "sprint" all the way – net result: aching legs the next day.

(3) The "terrain". The narrow alleys, the canals and the dead-ends that all add up to a great navigational challenge. My top tip: keeping your thumb on your position on the map – once I lost my place and wasted not insignificant time trying to even work out which control I was going to next! But it is not just about the "static" terrain but also the tourists who are there in their thousands. If you haven't done anything like this, imagine orienteering in the forest, but where the trees are quite dense and also shuffling around – you get the picture! To add to the fun I had a late start around midday – that might not mean much to you or I, but I when I mentioned this to veterans of the event there was much sucking of teeth, and muttered comments about the crowds getting up by then, and the possibility of some route choices being flooded if there was a really high tide!

(4) The competition. Usually the event will attract a high elite standard, but this year was also preceded by a "Park World Tour" elite competition the day before (on the mainland), and the field was truly world class. I was happy to finish 16th on elite in 63 minutes for 10.3km (and an interesting fact: I went over exactly 63 canal bridges in that time), and Pippa even happier to finish 4th on women's elite.

So for anyone looking for variety in their orienteering, particular as winter approaches and you seek warmer climes, I'd really recommend doing the Venice street race. November 2009 is the 30th running of the event and promises to be something really special.

Duncan Archer

Lakeside NEJS Training

Hawkshead Youth Hostel provides an interesting change of scene for the Lakeside Weekend. Filled to the brim with young orienteers who are crowding in to get out of the snow.

Day 1 dawns bright and early with breakfast at 7:30 followed by a flurry of thermals and a mad rush to the cars. A short drive to Tarn Hows to begin the morning training : a control pick exercise and 'bearings and contours' exercise in the north of the area, followed by lunch to thaw out, and then a catching features exercise in the south. A small pause to take photographs, though the mountains had since disappeared behind the mist, before heading back to Hawkshead for a much longed for shower. Debriefing at 4, a retrieval of dripping kit from the drying room and then all outside for the "Splendiferous Night Relay Event". Sub-zero temperatures, head-torches the size of car headlamps, 34 controls in 1.5k and 100+ M/W16s (plus coach teams) sprinting around like possessed fireflies provides the perfect recipe for a truly fantastic experience. Chris MacKenzie finished his leg in style coming 3rd (we think) and beating Hector Haines home, something he was increasingly proud of. After a hurried tea we receive strengthening and core stability exercise training from Becky Carlyle, and an inspiring talk from Doug Tullie. Our squad then moved to the members' kitchen for Matt Ratcliffe's 15th birthday party. Several rounds of cake later we retire to bed.

Day 2 sees us packed and ready to go just after 9 o'clock, when we set off for Holme Fell. Standing resolute at -4.5 degrees C, the temperature has dropped overnight and we layer up for the day's training exercises: a control pick; longer legs and attack points and catching features, with spectacular views over a white Lake District. It's then home for the frozen to thaw out again, and goodbye to Lakeside 2008.

Overall a memorable weekend, highly successful and enjoyable in every way. Thank you to all the people who organised helped hang controls and coached us.

Alana Wright

Regular CLOK Local Events

In an earlier edition of Tchimes I wrote a note about volunteering and event structure. I argued that CLOK needed to arrange regular simple local events at weekends, alongside the existing program of sprint and district events. Most other clubs in the North of England already do this.

Paul Thornton, Chris Wright and myself have been debating how to put this in place. We aim to put on a simple local event in Cleveland every month, choosing a date on Saturday or Sunday that avoids (as far as possible) other events in the area, including Bike-O and fell races.

The details are currently being finalised and will be discussed with the CLOK committee in December. A first flyer should be on the CLOK website well before Xmas, so keep your eyes open for the information. The first date is likely to be Saturday 24th January.

These events will be structured to be as simple as possible (to encourage other volunteers to put on an event) while still providing a good orienteering challenge. There will be a short start window, pre-printed maps, sometimes manual timing and only a few courses (probably an orange, green and blue). Some may use parts of fixed orienteering courses. We will choose CLOK areas that give a good orienteering challenge.

Once the events are successfully up and running, and everyone can see how easy they are to put on, we will be looking for volunteers to help put on future events. Looking forward to seeing you there!

Steve Restorick

Armchair planning competition

Well done to all those who entered the CLOK armchair planning competition, and hopefully learned about using the new computer aided planning tool: Purple Pen (<http://purplepen.golde.org/>). Results:

- 1st Rob Bailey
- 2nd Joe Dobbs
- 3rd Dave Spence
- 1st Junior Chris Mackenzie

The entries were kindly judged by Mike Elliot of MV.

Phill Batts

JK 2009 – Helpers needed!

At Easter 2009 (April 10th – 13th), the North East are hosting the JK. This annual event rotates around the regions, and 2009 is the North East's chance to show off to what our region has to offer, not just in orienteering but the beautiful countryside and activities.

The competitions will take place at Newcastle University (sprint race on Friday), Kyoie and adjoining woods and moor in Northumberland (individual races on Saturday and Sunday) and Dipton Forest near Hexham (relays on Monday).

Making the events a success depends on you – the volunteer! CLOK have provisionally been pencilled in for running the finish, download, results, enquiries, and colour coded registration each day (lots of jobs inside tents / cars – no standing in the cold!!!), and we will also have out-of-region assistance from Border Liners for these jobs. All helpers will receive a 25% discount on entry fees – CLOK helpers must enter a special code of “CLOK88” when entering via the website (from <http://www.jk2009.org.uk>). However you should only claim this if you are actually volunteering to help! Please get in contact me if you are attending the JK and can volunteer (before I get in contact with you!).

Marion Archer

Tel: 01609 882420, email: marion@archerhome.demon.co.uk

Event Officials

At the AGM, I took on the “event officials finding” task after Bill Hodgson stepped down from the post. I am the current membership secretary as well, and keep member details updated, together with their willingness and preferences for helping at events. Periodically I sent this list was to Bill to help with him filling the programme, so it seemed sensible to incorporate the two jobs. Although I am on top of the membership side of things, I do need to contact members and ask if they are willing to officiate at events (this is just for officials – event organisers will still be responsible for recruiting helpers for each event). I would like to take this opportunity to ask for volunteers to plan, organise or control. I'm sure that we have enough experienced people that if you took on just one official post each year, then we would be well covered. Now I know many among you who would like to officiate or help to officiate, but are not sure just what to do or how to go about starting. Well speak to me and I can pair you with someone

experienced. You'll be amazed at the satisfaction you get after a successful event.

We are proposing an event organisers course in the new year, and planners' courses when demand requires it. However don't be put off by not having attended one – you will have learned a lot from your own orienteering; you can partner an experienced planner and learn from them; there are plenty of guidelines available to download; and your controller will give lots of help too.

Below is a copy of the proposed CLOK events in 2009, with ??? for current vacancies. I look forward to hearing from you soon, even if you have only a kindling interest. I won't push anyone, but will try to help you decide whether you wish to go further, so don't be afraid to get in touch.

Joe Dobbs

Tel: 01642 481135, email: joedobbs@ntlworld.com

2009 Events					
Date	Location	Event	Organiser	Planner	Controller
Sun 4 Jan	Ravengill	Relays	Hunter family		Chris Wright
Sat 31 Jan	Cod Beck	Local Night Event	Paul Thornton	Rob Bailey	N/A
Sun 22 Feb	Mulgrave	District	Paul Taylor	Terry Unsworth	Clarissa Napier
Sun 22 March	Coate Moor	District	???	???	???
Fri 10 to Mon 13 April	Newcastle and Northumberland.	JK	Individual volunteers required See article elsewhere in Tchimes.		
Sun 17 May	Parsley Beck, Sneaton	District	???	Ann Dobbs	Joe Dobbs
Sun 28 June	TBD	District	Juniors	Juniors	Juniors
Sun 19 July	Cod Beck	District	Marion Archer	Joan Selby	Peter Archer
Sun 6 Sept	Fylingdales	District	???	???	???
Sat 3 Oct	Silton	October	???	???	???
Sun 4 Oct	Boltby	Odyssey			
Sat 14 Nov	Coatham Woods	Night Event	???	Phill Batts	???
Sun 15 Nov		NE Score			
Sun 12 Dec	Goathland	District	???	???	???

CLOK New Year Relays

Sunday, 4th January 2009

- Location: Ravengill Scout Camp, Comondale, GR: NZ 661106. Turn S off A171 at Lockwood Beck reservoir, 4 miles E of Guisborough; after 2 miles, turn right at and follow for a further mile to Comondale. Scout Camp entrance on right, 50m after pub. Park tidily just inside the gate and watch out for sheep. Registration is 100m from parking.
- Terrain: Wooded valley, old quarries, buildings, camping areas, fields and moorland.
- Map: Updated Autumn 2008. Scale 1:4,000. A4 size.
- Format: Teams of three, all run loops at the same time for one hour. Handicaps based on age/sex. Bonus points for fancy dress and other "challenges". Pin punching.
- Mass start: 11:00 am (briefing 10:50 am, registration from 10am)
- Facilities: Portaloos. Refreshments from 12 noon (probably soup, hot dogs, etc.) included in entry fee. Sadly no changing facilities are available this year.
- Entries: By 29th December, preferably on-line via the CLOK web site. Else email or post to Neil Hunter. Include names, clubs and BOF ages of three runners, and a team name. Late entries up to the day of the event subject to maps. Can't make up a team? Fancy a blind date? Let us know and we will make up teams if at all possible.
- Fees: £3 per senior team member / £1.50 discount per junior team member. Pay at registration on the day.
- Organiser: Neil Hunter, 37 Thames Avenue, Guisborough, TS14 8AF, Tel: 01287-634447, Email: cehunter@mypostoffice.co.uk
- Planners: Tim & John Hunter
- Controller: Chris Wright
- Catering: Clare Hunter

Please remember that competitors take part at their own risk. Your safety whilst orienteering is your own responsibility. Whistles compulsory.

Cod Beck, Osmotherley – Local Night Event

Saturday 31st January 2009

** Easy Access, Range of Courses, Optional mass start **

- Location: 2 miles from A19, 15 minutes from A66/A19 on Teesside. From the T junction in the centre of Osmotherley Village (grid reference SE 457972), turn North and continue for 2 km to the Public Car Park at 'Sheepwash' (SE 469993).
- Terrain: Great area for night events – well bounded, and interesting for all ranges of experience. Cod Beck comprises mixed woodland with a good network of paths and rides, some rock, contour and vegetation detail, and a small contrasting section of open moorland adjacent to a stream valley.
- Courses: A (4.5km), B (3.5km), Introductory (orange / 2.5km).
- Map: 1:7,500, updated 2008, A4 waterproof, separate descriptions.
- Punching: SPORTident electronic punching (SI card hire: 50p; £25 charge for any lost card).
- Registration: 17:00 – 18:00. If possible, to assist with map printing, please register your interest by email to the organiser by preceding Wednesday, especially if you are bringing a group. Bring your SI card to registration for paperless entry.
- Start: 17:30– 18:30, within 400m of car park. **Optional mass start for the 'A' course at 18:00 for added drama!**
- Course close: 19:30 (controls collected progressively after last start).
- Fees: Seniors: £6.00 (£2.00 discount on production of a British Orienteering membership card). Juniors / Students / Benefit recipients: £2.00. Please help us by bringing the correct change.
- Facilities: No toilets. Pubs / restaurants in Osmotherley / Swainby.
- Dogs: Welcome provided that they are kept under control.
- Organiser: Paul Thornton, Tel: 0776 4132776, email: paul_thornton@ntlworld.com
- Planner: Rob Bailey

This event is on exposed areas in Winter. Please dress accordingly; download even if you have not completed your course; lone drivers, please leave your labeled car keys at registration. Please remember that competitors take part at their own risk. Your safety whilst orienteering is your own responsibility. CLOK strongly recommends that you carry a whistle.

Mulgrave Woods – District Event

Sunday 22nd February 2009

**Advance Information – please check publicity at forthcoming events
and on the CLOK website for any updated details, including exact
location of assembly / parking.**

Terrain: Mixed runnable woodland with technical challenges.
Map: Scale 1: 10,000
Registration: 9.30am – 12.00pm
Starts: 10.30am – 12.30pm
Fees: £7.00 adults / £2.00 juniors/concessions. £2.00 discount
for adult British Orienteering members
Planner: Terry Unsworth
Controller: Clarissa Napier
Organiser: Paul Taylor, Tel: 01947 604864

Compass Sport Cup – Round 1

Sunday 29th March 2009

Put the date in your diary!

Location: Bramham Park, Leeds (provisional)
Courses: Orange to Brown, dependent upon age – see CLOK
website or contact Karen Poole for details
Scoring: Best 25 positions give overall club result
Entries: Done through the club. Please get in contact with Karen
Poole, Tel: 01609 778448 (20:00 – 21:30 only), email:
poole.karen@btinternet.com

Forthcoming events

Note: from the start of 2009, British Orienteering have redesignated categories of events. “Local events” now include both what were formerly know as “local” and as “district” events.

Thu 1st Jan CLOK Run & Social, Saltburn (flyer in Tchimes)
Fri 2nd Jan CLOK Cellidh, East Harlsey (flyer in Tchimes)
**Sun 4th Jan CLOK New Year Relays, Raven Gill Scout Camp,
Commondale (flyer in Tchimes)**
Sat 17th Jan EBOR N Night Champs, Gilling Woods, Helmsley
Sun 18th Jan EBOR Local Event, Gilling Woods, Helmsley
Sun 18th Jan NN Local Event, Watergate Park, Gateshead.
Sun 25th Jan EPOC Regional Event, Ogden, Halifax.
Sun 25th Jan WAROC O-Trial, Blawith Common, Consiton.
**Sat 31st Jan CLOK Local Night Event, Cod Beck (flyer in
Tchimes)**
Sun 1st Feb LOC Regional Event, Bethacar Moor, Ulverston, CD:
21st Jan post, 25th Jan online.
Sun 1st Feb NOC Regional Event, Clumber Park, Mansfield, CD: 17th
Jan post, 22nd Jan online.
Sun 8th Feb EBOR Local Event, Cold Keld Slack, Pickering.
Sun 15th Feb NN Local Event, Cong Burn, Chester le Street.
Sun 22nd Feb CLOK Local Event, Mulgrave (flyer in Tchimes)
Sat 28th Feb British Orienteering Champs, New Forest, CD: 3rd Feb.
Sun 1st Mar British Relay Champs, New Forest.
Sun 1st Mar NN Local Event, Black Banks & Knitsley, Wolsingham.
Sun 22nd Mar CLOK Local Event, Coate Moor, Great Ayton.
Sun 29th Mar AIRE Compass Sport Cup, Bramham Park, Leeds.
Sun 5th Apr EBOR Regional, Wykeham, Scarborough, CD: 28th Mar
10th–13th Apr NEOA JK (details in Tchimes), CD: 20th Mar
Fri 17th Apr CLOK annual dinner.
Sun 19th Apr LOC N Champs, Graythwaite, Ulverston, CD: 27th Mar