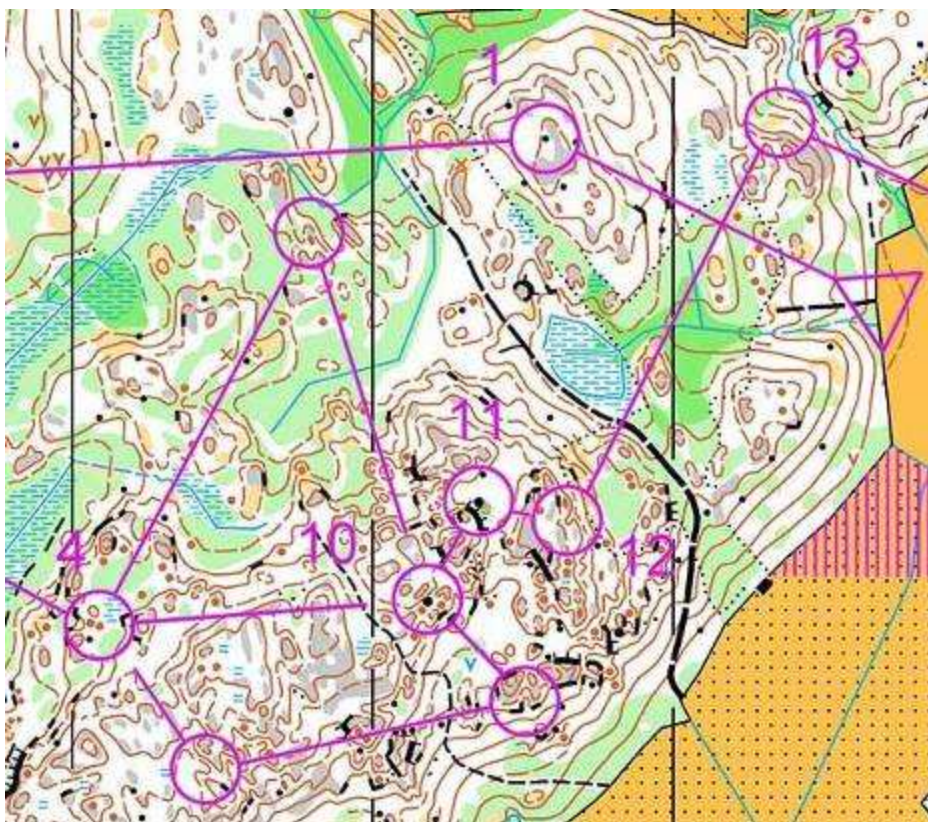




Tchimes

June 2009



*Intricate and exciting terrain in the “butterfly loops” at the Nordic Orienteering Championships 2009, Finland
See inside for full report*

Editorial

I write this just after returning from a fantastic week of orienteering in Finland. Whilst local events are the staple food of orienteering for much of the year, it is always nice to get away, sample exotic terrain and feel the atmosphere of a big competition. As a bonus there was an opportunity to watch the world's very best orienteers show us how it's done, with no hiding from the GPS tracking and TV cameras. Hopefully the map on the front cover and the articles later in this issue be inspiration to you all.

Closer to home, although I haven't attended myself, it is been good to see healthy participation in the first couple of events in the CLOK summer series. There are still several more events in the series, and they are a great way to spend a summer evening so make sure you get along to them.

Talking of summer – it is all but on us, and thoughts must be turning to holidays in the coming months. In next edition I hope to cover CLOK members' exploits at various foreign events from over the summer. If you are orienteering abroad, how about writing an article about how wonderful it was / what strange foreign orienteering quirks you came across / how well or badly you did? The copy deadline for the August issue is slightly later than normal, so there is no excuse! Happy orienteering ☺

Duncan Archer

Tel: 0191 383 0422, email: duncan.archer@metaswitch.com

Next edition: August 2009, copy date: 15th August 2009

Scottish 6 Days

Many CLOK members are already entered for the Scottish 6-Days in Perthshire in August. People are invited to make suggestions as to what club social event(s) we might have. Previously we have had a BBQ, picnic on the beach, a meal at a restaurant etc.

Peter Archer

Army League

CLOK has again won the 2 Div Army "Guest Team" trophy and Alastair Mackenzie won the M50 trophy.

Joan Selby

Joe Wright Trophy

The Joe Wright Trophy was awarded this year jointly to Joe and Ann Dobbs. As usual the club committee had a difficult choice to make, with no fewer than six nominations – all from people who have made major contributions to the running of the club over the past year. Joe has carried out the unenviable job of officials-finder and is the membership secretary. Ann is setting up a new database to streamline the membership role. Both of them are always helping at both Sunday morning and schools events, and have taken on major roles of organising, planning and controlling. The trophy was awarded at the Parsley Beck event in May, where appropriately, Ann was planning and Joe controlling! Thanks go to everyone who took the time to write in with their recommendations.

Peter Archer

Ticks – are you immunised?

Following the warning about ticks in the previous Tchimes, the CLOK committee has obtained a supply of **O'Tom Tick Twisters** (<http://www.otom.com/siteus/home.html>) – special tools for removing ticks without causing them to regurgitate their potentially dangerous stomach contents back into you or to leave their mouthparts embedded in your skin. These are available to CLOK members at a cost of £4 each (including a 35p donation to Junior Squad funds). If you're interested, contact me.

For more information on ticks and Lyme's disease, see the CLOK website (<http://www.clok.org.uk/ticks.htm>).

Alastair Mackenzie

Tel: 01325-333333, email: alastair@batmail.co.uk

Scottish Championship Relays

Congratulations to the CLOK teams in Scotland

- CLOK Lemons 2nd in Handicap-9pts class (Karen Poole, Paul Thornton, Alastair Mackenzie)
- CLOK Oranges 2nd in Handicap-12pts class (Chris Poole, Caroline Mackenzie, Paul Taylor).

Duncan Archer

British Elite Championships

The month of May saw the various British Elite Championships at all the disciplines. The three events provide superbly contrasting orienteering challenges and there was tough competition in all the races. Notably performances from CLOK members as follows:

Long distance, New Beechenhurst, Forest of Dean

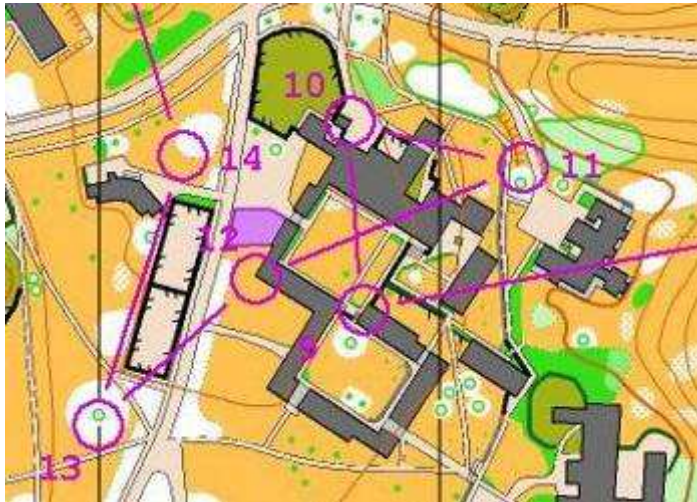
- M21E, 7th, Duncan Archer
- W21E, 1st, Pippa Whitehouse
- W21E, 4th, Rachael Elder
- W21E, 5th, Karen Poole
- W20E, 16th, Jenny Thornton

Middle distance, Cademan Wood, Leicestershire

- M21, 8th, Duncan Archer
- M21, 26th, Alex Rothman
- M35, 4th Chris Poole
- M50, 4th, Paul Thornton
- W21, 2nd, Rachael Elder
- W21, 5th, Pippa Whitehouse
- W21, 6th, Karen Poole

Sprint distance, Nottingham University

- Men's A Final, 7th, Duncan Archer
- Men's B Final, 12th, Alex Rothman
- Men's B Final, 47th, Paul Thornton
- Women's A Final, 2nd, Pippa Whitehouse
- Women's A Final, 4th, Rachael Elder
- Women's A Final, 7th, Karen Poole



Fast decisions required in the sprint final...

A perspective on the JK, with text from an article Mike submitted to the SELOC newsletter....

How would you like to contribute an article to the SELOC Newsletter about JK 2009, seeing as it was in your own backyard, wrote the SELOC Snips editor in a recent email.

What does he mean, my own back-yard? Kyloe Forest is about as much in my back-yard as Carlisle is to a resident of Bury.

However, it was a "reet go do" as they say in Bury, and Gill and I were there, together with just under 2900 others

I pointed out that NEOA consists of CLOK on the Tees, NATO on the Tyne, NN in between and the university clubs of Durham and Newcastle. All provided large numbers of volunteers, as did neighbouring clubs, to put together an enormous festival of orienteering. Once every ten years or so makes you forget just how much work goes in to the preparation - the organising committee held 20 meetings - I wonder how many members will serve the next time the region puts on the JK.

Gill and I chose to keep away from the main body of effort, volunteering to assist with the Trail-O instead, as my schools development work takes up masses of time. Our perspective on the JK week-end is therefore somewhat skewed, but here goes

Day 1, Central Newcastle - sprint, plus Trail-O in Leazes Park. Great day - Mike had a good run in the sprint and came last, and the rest of the day was spent sitting in the sunshine in Leazes Park repeating such words as "can you see all the controls - A on the left, E on the right - let me know when you're ready - here's the map" (Beryl Blackhall will explain to non Trail-oers) 600 folks turned up and caused great excitement in the heart of Geordie-land, sprinting through the parks and the University campus. In Leazes Park a puzzled young man left his girl on the grass to ask what we were up to, and on hearing it was orienteering shouted across the park "There you are, lass, I told yer"

Day 2, Kyloe Forest, couldn't be more different. Lots of sun again, but a crash on the A1 caused massive traffic tail-backs, holding up some competitors whose late arrivals at the starts were dealt with calmly by the unflusterable start teams. Perhaps more critically, however, was the trapping of the loo lorry in the hold-up, causing some delays in

replacing loo rolls in the field toilets, a contingency that amazingly had not been covered by the Organising Committee at any of its 20 pre-meetings. The many trail-O kites were dotted around the last few legs, which provided a significant navigation challenge to some of the less experienced orienteers.

Nevertheless, CLOK's finest had been on a "distraction avoidance" course at Teesside Uni Sports Science Faculty, and sailed through the area. Tough forest, though, wasn't it?

Day 3, Kyloe also. This time a couple of the farmer's cattle escaped on to the single track road leading to the assembly field, causing traffic to stop and back up to the A1 as the farmer rushed around like a motorised cowboy on his quad bike. Once this problem had been sorted, the Highway Authority saw fit to remove the direction signs from the A1, not having read the police written permission to put them up, and once again the start teams provided calming therapy to the hassled orienteers.

If you think lots of preparation plus advice from the BOF major events group will cover most things - think again!

Trail-O was lovely - the registration was placed by St Cuthbert's Way with a fine view of the coast and Holy Island half way to Gill and Mike's start. It might have held less pleasant memories if normal Northumberland weather had been around

Day 4 Relays, Dipton - didn't go - but heard that eventually things went of OK, if an hour late. Just try losing your parking field six weeks before the event and finding free buses on Easter Monday. Tricky - no?

But all in all it was a great event to be involved with - lovely weather, the chance to see old friends from SELOC and elsewhere, and to observe NEOA members gradually relaxing as Easter moves into summer - do look forward to when it's NWOA's turn once more, and don't miss it!

Did you notice how well CLOK did? Sprint 1st W21, W50, W75, Days 2/3 1 and 2 W21E, 3 W20E, 1 M16B, 2 M20L, W16S, W40S, Relays, 1st Open Ladies. Any rumours that we saw the maps in advance are totally untrue.

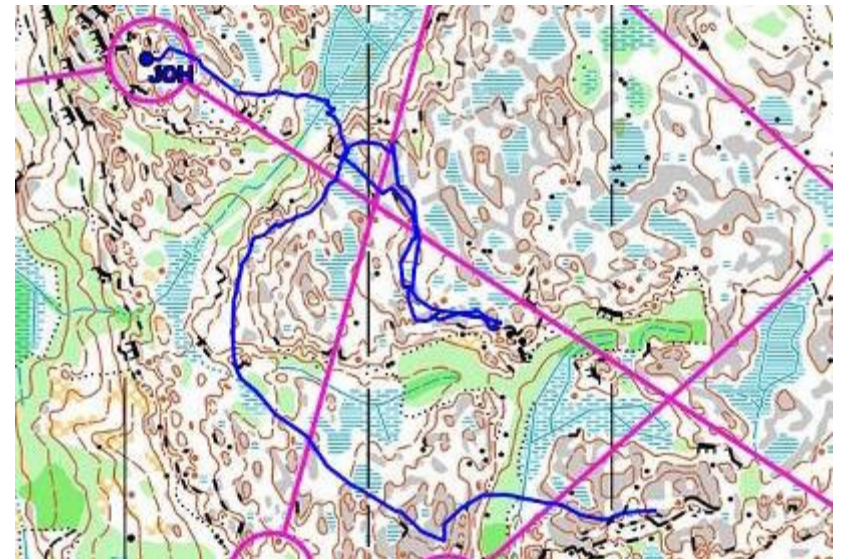
Mike Hardy

Nordic Orienteering Championships

In early June three CLOK runners, Rachael Elder, Pippa Whitehouse and Karen Poole all raced for Great Britain in the Nordic Championships – a bi-annual set of races over all disciplines (long, middle, sprint and relay), incorporating the first two World Cup races of the international season (middle and sprint).

I went along to spectate, cheer, and run in the public races. There are various opportunities to run races abroad, but these stood out for me in terms of the quality of the orienteering terrain, and the professionalism of the event organisation.

The terrain was "typical" of this region of Finland – moderate hills; lots of rock detail including crags, boulders (some as big as houses) and bare flat rock; lots of contour detail; small marshes; and mostly clear and fast forest but with some thicker low visibility areas to really test the navigation. See map on the front cover. There were few paths (in my 12km long race I ran on about 300m on paths), and without significant features to navigate off it was important to keep close contact. However parallel errors were easily made and costly, even for the top elites, and there was no hiding with GPS tracking! If you are reading online, check out <http://news.worldofoc.com/2009/06/07/gps-tracks-noc-long-mistakes-collected/> which gives many examples, such as this:



The spectating was fun, with TV screens, GPS tracking on all runners and commentary. Perhaps the one drawback for team GBR was that in order to produce one-hour live TV broadcasts from the sprint race finals, they could only allow 33 to qualify for each final, eliminating most of the Brits.

Of the CLOK runners, Rachael had solid results coming 35th in the middle and 41st in the long. Pippa unfortunately was ill for the long distance, and then tore a calf muscle during the relay and so didn't run the other races. Karen continued to consolidate her international career with 43rd in the long, 77th in the middle, and 24th in the sprint qualifier.



Karen at the sprint qualification and Rachael at the relay

As for me – suffice to say there are a lot of very good Finnish runners out there! Even some training in this sort of technical and physical terrain would not appear to be enough – you almost need to be brought up in it (but maybe I could give them a run for their money in Kyloe ☺).

Duncan Archer

Jukola relay

There are many reasons why I orienteer: the friendly people, the opportunity to be outdoors, the technical challenge of orienteering (see the terrain described in the previous article!) etc. But it is hard to beat the thrill and excitement of the annual Jukola relay in Finland.

The women's race (known as "Venla") has been going since 1978, and is for four-person teams on the Saturday afternoon, this year attracting 1015 teams. The men's race has been steeped in tradition since 1949, and this year saw 1449 seven-person teams mass starting at 11pm and running through the night with the winners finishing around 7am on Sunday morning. Whilst some aspects of orienteering may be declining, Jukola is currently seeing year-on-year growth in numbers.

I was running first leg for the 2nd team for my Swedish club: Göteborg-Majorna OK. The first leg is a unique experience. You line up with over a 1000 other runners, head torches primed and ready to do battle with the forest. You look out across a sea of 1000s more spectators, waiting for the "games" to begin. A silence settles as runners' bodies tense, waiting for the off, hearts racing with nervous anticipation. And then it comes, 10 seconds, the call to take your map from where it hangs on an overhead wire, the starting gun, and you're off. A mad dash of maps, legs, bodies – all jostling for position. This year started with 2 minutes of running round the track, just to get to the start kite in the forest, during which the main aim is to not fall over (I've seen it happen in previous years... not pretty).

You might be wondering just how many punch units (EMIT is system of choice) are needed at the first control to avoid chaos? The answer is usually "many" as well as having gaffling and a long first leg of at least 1km. But this year was exceptional – 4.1km to control #1, ungaffled, but with many route choices to get there. My personal goal is often to get control #1 cleanly to set me up for the rest of the race, but here it was a long time coming! Over the next 70 minutes my race unfolded,

including the amazement at where all my 1000+ fellow runners could have all disappeared to when I found myself running alone in the night – once on a long leg that I was pleased to execute cleanly, but twice on other legs where I made small mistakes. I ended up 148th, fairly happy.

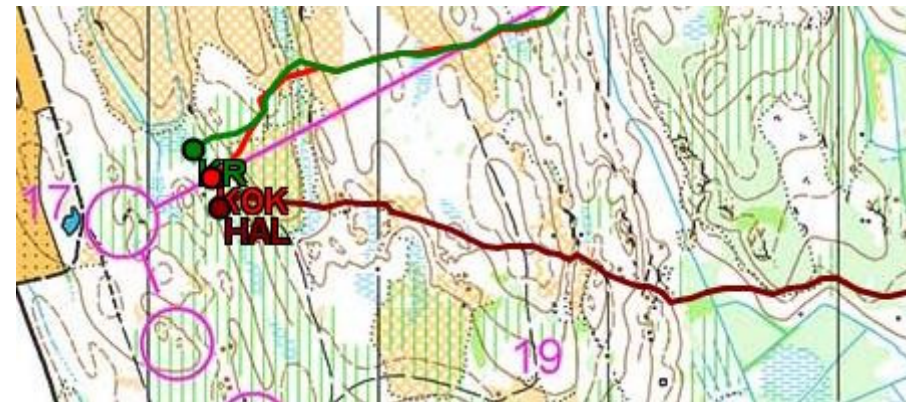
The scale of Jukola is mind-boggling – if anyone thought the JK was hard to organise, then this is undoubtedly harder (although it wasn't perfect – there still weren't enough toilets...). This year's event was based around a horse racing stadium in Mikkeli (the "track of world records" apparently), which provided an excellent race arena.

Accommodation / shelter includes 350 12-man military tents (see photo), 242 club tent pitches, and masses of personal camping in the surrounding forests. We arrived early (from the Nordics – above) and saw the whole thing coming together, particular on Saturday morning as coach after coach disgorged competitors and spectators and a tented village sprung up in the trees (a bit like a rock festival).



The sea of tents at Jukola

Technological advances meant not just commentary throughout the races, but a dozen TV cameras in the forest, two large TV screens in the arena, GPS tracking on the top-20 runners and live results on the internet are all commonplace. This made watching the final leg drama particularly exciting - the following image shows the three leading runners neck and neck following a long route choice leg.



Other notably CLOK results at Jukola were:

- Rachael Elder, IFK Lidingö, 102nd on first leg, team 65th.
- Karen Poole, Pan Kristinanstad, 113th on first leg (she didn't have complete team, but did later run the third leg as well!).

The Scandinavian team spirit is amazing. For many clubs, Jukola, and the similar 10-Mila relay in Sweden, are the pinnacle of their season. For many runners they are more important than any individual performances, and training plans focus towards them. Coaches stay up all night cheering their runners, waking them up at the right time, making sure they have everything they need, and generally ensuring the best chance of success.

I'm writing this on the Sunday evening, as my body clock is trying to come to terms with the last 24 hours of racing in the middle of the night, the few hours of darkness (we're close to the summer solstice, and the race was held at a similar longitude to the Shetlands), and the excitement throughout the night of being able to hear commentary as I lay awake in my tent, reliving my race.

If you ever get the chance to run this race – take it, to experience what orienteering can really be like!

Duncan Archer

Delving into the CLOK archives – 1971

Dave Allison continues to pull out the highlights of the founding years of orienteering in the region.

20th June: The Fifth British Championships at Redesdale, very few TCOC competitors as the club was running the finish. The finish on the NE side of the A68 was connected by cable through a stream tunnel under the road to the power supply on the SW side.

Senior Men A: Chris Brasher SN, John Disley SN, K Olley Northumbria

Veteran Men: Alf Rout TCOC

Intermediate Men: A. Cranke WCOC

See map on next page

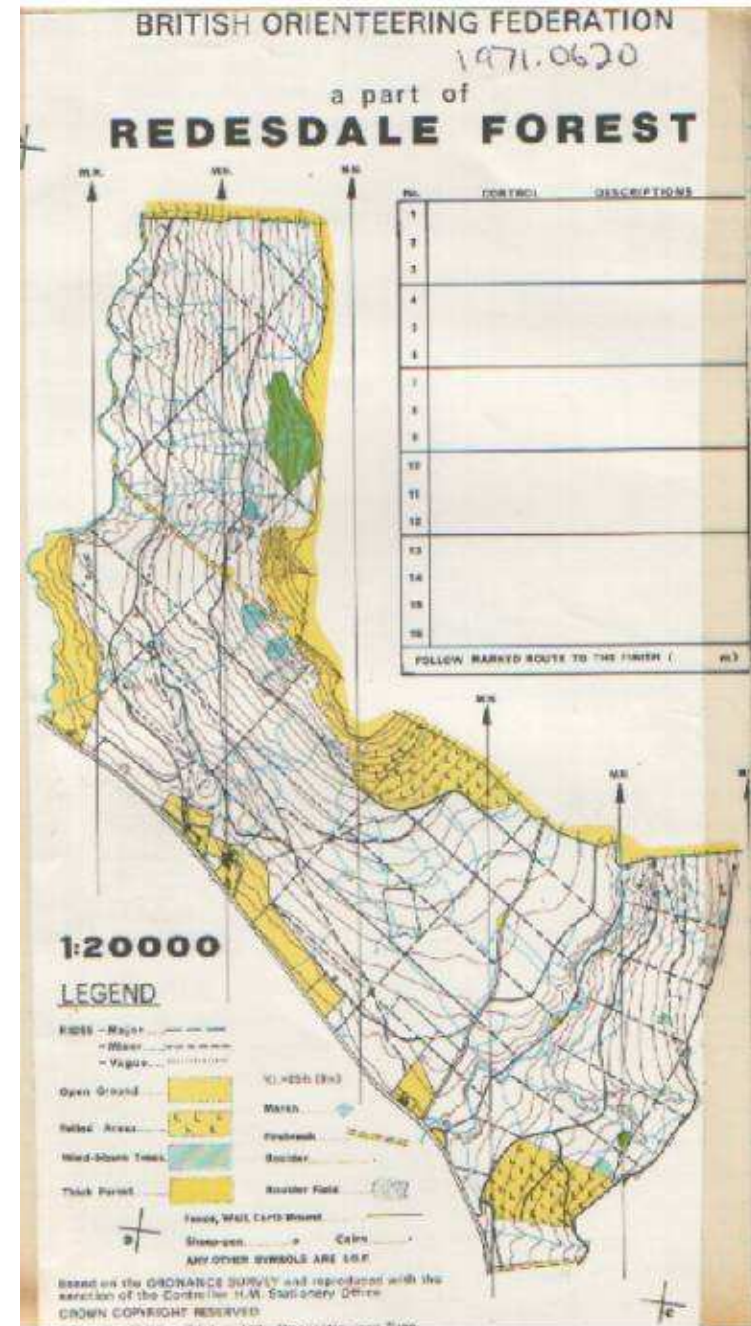
25th Sept: B.Hodgson & A.Hodgson, two of the Instructors at an Advanced Training Course at Eston.

26th Sept: TCOC Acorn Badge event at Guisborough, map by Mark Tyszka used overlaying yellow on blue to produce a fifth colour, Green (see previous page). Some of the control descriptions - The Well, A large beech tree, the southernmost large depression, the knoll east of the path.

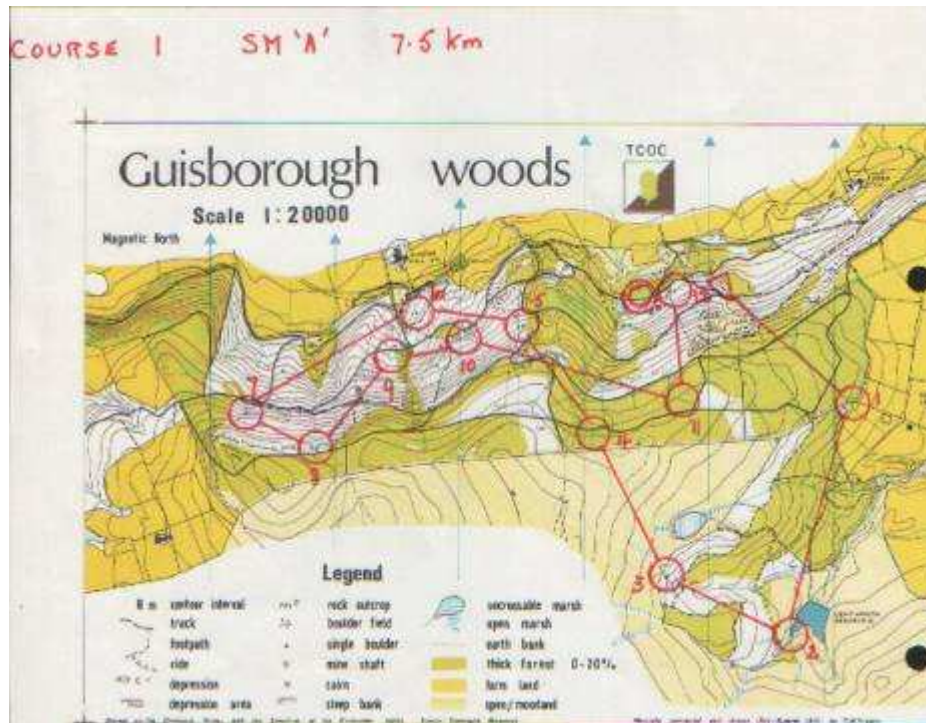
Note the distinction between 'A' and 'The'. 'A' signifies the feature is NOT on the map whereas 'The' means on the map.

Competitors: M.W.Hodgson POC, E.C. Napier KK, J.Williams SOC (on the B course!!!!!!), L.Gomersall TCOC, A. Hodgson POC, A.Cranke WCOC, P.Waldron TCOC (later NOR), K.Hill SS

A name I remember Brother Mathew EBOR



Date? 366 competitors at the TCOG Hutton Fish Finger Event, called that as the Forester in Hutton Village was called out at night as a fully laden refrigerated lorry had tried to cross directly from Westerdale to Hutton Village only to overturn in the forest.



CLOK Summer Midweek Handicap Series

Format: A series of 7 events (best 5 results to count) in the Cleveland area. A Handicap system will be applied, (i.e. times will be adjusted for age and sex so that for example, a W50 could potentially beat an M21 of similar orienteering ability).

Event 1 — Wednesday 20 May — Hardwick Hall

Event 2 — Wednesday 3 June — Stillington

Event 3 — Wednesday 17 June — Errington

Event 4 — Wednesday 1 July — Guisborough/Hutton Lowcross

Event 5 — Wednesday 15 July — Coatham Woods

Event 6 — Wednesday 29 July — Silton

Event 7 — Wednesday 19 August — Cod Beck

Courses Short (~2.5 km), medium (~3.5 km) and long (~6 km)

Register From 6:00 p.m.

Start Between 6:15 p.m. and 7:15p.m.

Terrain A mixture of relatively flat, open parkland and woodland – technically easy to medium level.

Cost Seniors - £2.00, Juniors/Students - £1.00

Organiser Will Dehany,

For further details, contact the series organiser Will Dehany, tel: (01642) 596970 or e-mail: will.dehany@gmail.com or visit the CLOK website www.clok.org.uk.

CLOK Local Event
Newton Hanzard, Wynyard
Sunday 28th June 2009

**** Easy Access, New area for Orienteering, Range of Courses ****

- Location:** Newton Hanzard is adjacent to A689, 2 miles west from the junction of A19/A689. Signed from the roundabout at NZ 423275. Approx. 400m east of the roundabout, turn left onto farm track for 200m to parking / assembly.
- Terrain:** Lovely new area for Orienteering, by kind permission of Wynyard Estates and Woodlands.co.uk. Network of stream valleys in natural, open, deciduous woodland, surrounded by sections of newer, managed plantation.
- Courses:** Probably Yellow (short & easy) to Blue (longer & difficult)
- Map:** New map by Dave Allison, Cat and Paul Taylor. A4 waterproof paper, separate control descriptions.
- Timing:** SPORTident electronic punching. Splits printout and results at event. Full results, splitsbrowser, routegadget and discussion via www.clok.org.uk afterwards.
- Registration:** 10:00 to 12:00. If you are bringing a group of competitors, if possible please register your interest by email to the Organiser by preceding Wednesday.
- Start:** Short walk from car park, 10:30 – 12:00.
- Fees:** Seniors £7 (£2 discount for British Orienteering members). Juniors / Students / Benefit recipients: £2.
- Facilities:** Portaloo. Water. First aid. Cakes for sale.
- Dogs:** Welcome provided that they are kept under control.
- Organiser:** Linda Thornton, 01287 635829 before 9pm, linda_thornton@ntlworld.com. **The event is manned by CLOK juniors and friends.**
- Planner:** Chris Mackenzie and Tom Julian
- Controller:** Chris Wright
- Safety:** Remember to download even if you have not completed your course. Lone drivers, leave labelled car keys at registration. Competitors take part at their own risk. Your safety whilst orienteering is your own responsibility. CLOK strongly recommends that you carry a whistle

Happy 40th Birthday CLOK!!

We invite you to celebrate our Anniversary at an old-style event at Cod Beck – Sunday 19th July.

- Directions:** Parking at SE473983, signposted from Osmotherley Village centre at SE457972.
- Timetable:** Pay car open (for registration) from 1000 to 1200. Starts from 1030 to 1230. Courses close at 1400.
- Courses:** For the very young there is a “pram-pusher’s course” and String Course. For the young and starters there are White, Yellow and Orange courses. For the regulars there are technical courses – short, medium and long.
- Traditional Features:**
- Black and White map (1:10,000), A4 size. Master maps at the start (bring a red pen to mark your course).
 - Pin punching and Control cards.
 - Written control descriptions.
 - You may need a map bag to protect the map (not waterproof), and safety pins to attach control card and descriptions.
 - Chemical toilet in a canvas tent (... with option of a Portaloo).
- Prices (all at 1969 prices!):**
- Adults £1
 - Juniors 10/- (also known as 50 pence).
- Every effort is being made to make this event a pleasurable experience for the younger and newer competitors as well as providing some nostalgia for “oldies”.
- Organiser:** Marion Archer (01609 882420)
marion@archerhome.demon.co.uk
- Planner:** Joan Selby
- Controller:** Peter Archer
- Safety:** Please remember that competitors take part at their own risk. Your safety whilst orienteering is your own responsibility. We recommend you carry a whistle for this, and all, events.



Further details to follow in the next issue of Tchimes....

Forthcoming events

- Sat 20th Jun EBOR Mountain Bike O, Reeth
- Sun 21st Jun NATO Local event, South Beach, Blyth
- Sun 21st Jun CLARO Street Race, Knaresborough
- Sun 28th Jun CLOK Local event, Newton Hanzard, Wynyard**
- Sun 5th Jul NATO Local event, Prudhoe (TBC)
- Sun 5th Jul EBOR Local event, Dalby Forest
- Sun 19th Jul CLOK 40th anniversary event, Cod Beck**
- 2nd-8th Aug Scottish 6-days, Perthshire
- 29th-31st Aug EBOR White Rose weekend
- 22nd/23rd Sept NATO Phoenix Long-O, Cheviots
- Sun 6th Sept CLOK Local event, Fylingdales**
- Sat 12th Sept AIRE Regional event, Kilnsey, Skipton
- Sun 13th Sept AIRE Regional event, Malham Moor
- Sat 3rd Oct CLOK October Odyssey, Silton Forest regional event**
- Sun 4th Oct CLOK October Odyssey, Northallerton urban event**