



Tchimes

December 2009



A junior competitor at the last of the CLOK autumn sprint series at Teesside University.

Editorial

I shall start this issue with congratulations to myself and Pippa on getting married in Durham in November! Unsurprisingly orienteering featured with an informal urban race (one hour score) on the Sunday morning for the wedding guests around Durham, with guests ranging in ability from walking non-orienteers, through club members, to four of the current GBR squad!

This Tchimes seems to have swelled into a bumper issue with contributions flooding in, from small snippets of information to longer articles – keep it all coming, it makes my job as editor much easier! Merry Christmas to you all.

Duncan Archer

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

Next edition: February 2010, copy date: 31st January 2010

CLOK's New Year run, January 1st 2010

Gill and Mike Hardy would like to invite CLOK members to a run / walk on the beach from Saltburn Pier, starting at 11:00am on Thursday 1st January 2010, as in previous years, followed by lasagne and mulled wine in Upleatham. It would assist the catering if people intending to come would telephone us in advance.

Mike & Gill Hardy

Tel: 01287 624521

New Equipment

There is some new equipment in the Klub store:

- A 1KW generator for use with the computers, but with enough power to run some lighting if needed. (NB it won't support a kettle or an electric fire!)
- Lightweight Start and Finish banners with the CLOK logo.
- A British Orienteering feather flag which can be used alongside our own Klub flag, to help raise the profile of orienteering when we are in areas widely used by the general public.

Peter Archer

When the Wind Blows!

Those of you that help at events will know how difficult a lot of the jobs in the assembly area are if it is too windy. Tents cannot be used or get damaged, and everyone gets cold. We were lucky on the Saturday of the October Odyssey for example that there were some handy conifers to shelter behind. One option when high winds are forecast is to use a large van, and the committee has decided that it will support organisers who decide on this option.

We are looking for your help. Do you know anywhere from which we can hire a van (say 35 cwt size)? The more possible places around the area that we can use, the easier it will be to select a suitable one. It is preferable that it has a side door (e.g. for download), but this is not essential. Contact me with any bright ideas.

Peter Archer
Tel: 01609 882420

CLOK Ceilidh

There will be a ceilidh to raise funds for the North East Junior Squad.

Saturday 9th January 2010

7:30 pm – 11:00 pm in East Harlsey Village Hall

Dancing to 'JIGPOT' (Shelly Williams' band)

Tickets £8 for adults, £5 for juniors. Includes pie and peas supper (vegetarian option available) and desserts. Bar run by the village hall committee.

Tickets from Linda Thornton
Tel: 01287 635829, Email: linda_thornton@ntlworld.com

CLOK tops

Christmas - ALMOST here!!

CLOK tops available in a wide range of sizes.

Subsidised prices!

Available at the Eston event 13th Dec 2009 or by phone from me

"I LOVE CLOK TOPS ME!"

Contact Joan Selby
Tel: 01642 782475

CLOK Map Files

The most up-to-date OCAD copy of each CLOK map is held by either Paul Taylor or Dave Allison. Well before each event this map copy will be sent to the Planner.

If a Planner makes any changes to the map then these must be identified on either an OCAD 8 file or paper copy, indicated by circling the area changed. If the map is of a small area then the retuned copy may well be the new master. If the map is part of a larger area then Paul or Dave will make the changes.

If in any doubt please contact Paul or Dave.

Dave Allison

CLOK Dinner 2010

The 2010 CLOK dinner will be held on Friday 5 March 2010 at an eatery yet to be decided. This is an event for any members so please put the date in your diary now. Further details and the opportunity to choose your menu will be in the next Tchimes and in the Members' Area of the Klub website. It would be nice if there were a gathering of youngsters there too, so talk amongst yourselves to get a group interested. Contact me for further details.

Marion Archer
Tel: 01609 882420, Email: marion@archerhome.demon.co.uk

British Schools Champs 2009

Congratulations to all those juniors who ran in the recent British Schools Champs at Druridge Bay in Northumberland. The club had some great results as follows:

Ellie Wright	2 nd	G8	Izzy Pearse	6 th	G8
Alice Rigby	7 th	G8	Sarah Martin	13 th	G8
Aiden Rigby	2 nd	B6	John Hunter	4 th	B6
Sam Garratt	2 nd	B7	Sam Guest	4 th	B8
Tim Hunter	9 th	B8	Mark Libby	11 th	B11
Chris Mackenzie	4 th	B12			

Also a big thankyou to those CLOK members who helped at the event, mainly with the manning of the finish tent.

CLOK Autumn Short Races 2009

This was the fourth Autumn series, with great contrast in the areas:

- Ian Ramsey School – our smallest venue so far and another topsy-turvy course configuration.
- Lord Stones – scenic surroundings, rapidly growing woodland
- Stewart Park – almost a 'forest' event
- Teesside University – a new area for us and with great encouragement from the Uni. sports department. Intricate urban racing at its best.

All the venues have made us very welcome, due almost entirely to all the work that Mike Hardy has done with many of them over the past few years. Thanks Mike. We also had sponsorship from Noname clothing for the winners T shirts, so thanks to Matt Speake for making that happen. Congratulations to the series winners

- Juniors: Alice Rigby and Tim Hunter
- Youth: Alana Wright and Chris Mackenzie
- Open: Karen Poole and Stuart Fraser
- Vets: Christine Roberts and Martin Adamson

So what next year? This series began with two ideas - to make use of some of the smaller local areas we have, and stage regular coaching especially for the juniors. We've made the races as 'proper' as we can - solid planning, updated maps, SI etc, but tried to keep organisation simple to minimise effort. This year, we changed the name from 'sprint' to 'short' and made the shorter course easier. Attendances have been higher this year, coaching has been more popular, and the races seem to have appealed to all from our GB athletes to new orienteers, and from W1s to M75s. We'll do something similar again in Autumn 2010 but would value any suggestions on format, timing ... in fact anything. We have our eye on a couple of new venues – around the Tees Barrage in Stockton, and around Fairy Dell in Marton. One or both of those should work out. There are some small areas that we haven't visited yet (for example Summerhill in Hartlepool) and other schools that may be suitable (how about yours?). And in what will be the fifth series, there are several venues that we should pay a return visit to, perhaps South Park in Darlington, or Wynyard, or Preston Park?

Paul Thornton

Joe Wright Trophy

Joe Wright was a founder member of Cleveland Orienteering Klub and served as Chairman for many years. He was distinguished by the large amount of voluntary service he gave to the Klub and sadly died whilst orienteering at the White Rose event in 1991.

In his memory, the Klub instituted the Joe Wright Trophy, to be presented at the Annual Dinner by Connie Wright. The presentation is made to the Klub member who, in the opinion of the Committee has contributed most to the life of the Klub in the past year. A member may only receive the trophy once and there is a long list of past recipients on the CLOK website.

The Committee would like to receive nominations for the 2009 Joe Wright Trophy in time for its February meeting (on 8th February) and will select the winner from nominations received. Please pass your nomination to any Committee member. The presentation will be made at the CLOK Annual Dinner – watch for the date!

Joan Selby

Did You Go to the Annual General Meeting?

Those who made it had a really productive and fun evening. The Chairman's report is below, and the other reports can be found along with the minutes on the website. However the main part of the business meeting was taken up with discussing how to increase membership and participation. Steve Restorick's article later in this issue describes the background. Lots of good ideas were put forward, and these will be discussed in more detail when the committee have a brainstorming session at the December meeting. It was agreed that there should be a report in TCHIMES within six months which sets out what actions are going to be taken. This is a really important issue, and we will be looking widely across the membership for help to implement our ideas.

After the formal meeting we settled down to drinks and snacks (kindly organised by Joan Selby), followed by an orienteering quiz for teams of two or three people. You can find this elsewhere in this issue, and have a go yourself. Could you have beaten our champions on the night?

Peter Archer

CLOK AGM elections

Committee

Chairman Peter Archer
Secretary Joan Selby
Treasurer Malcolm Gibson

Committee Members: Mike Hardy retired; Joe Dobbs, Alastair Mackenzie, David Murphy, Chris Poole, Paul Thornton, Joe Trigg, Chris Wright all re-elected; Duncan Archer and Ann Cranke new members.

Volunteer posts

CLOK Auditor	Ian Campbell.
Bike-O	Chris Wright
Child Welfare Officer	Alison Elder
Compass Sport Cup lookout for someone to take over)	Karen Poole (although on the
Regional + CLOK Development	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
Relays - All	Chris Wright
Sprint Events	Paul Thornton and Chris Wright.
TchIMES Editor	Duncan Archer
Web Master + Press Officer	Alastair Mackenzie
Mapping Sub-committee:	Paul Thornton (Chair), Dave Allison, Paul Taylor, Jon Williams, Chris Wright.

Chairman's report from the CLOK AGM

It had been another very busy year for the club, with a lot to celebrate:

- Many runners have represented England or GB at Senior and Veteran level, and juniors have been selected for summer training. All have done well.
- Our elite women won the British Relay, and the individual sprint, middle and long distance races at the JK.
- Several thousand competitors have taken part in schools events throughout the year.
- Regular junior training sessions have begun, and are well attended.
- Many events have been organised, with good attendance at the Autumn Sprint series, Summer evening series, "traditional" Sunday colour coded events and the new low key events using minimal helpers time. All have been successful in their own way, and we are now thinking much more about how many people we really need to put on events.
- However, I believe the major event success of the year was the Easter JK festival. I was proud of the role CLOK played in providing 11 major officials, several team leaders and lots of helpers over the weekend. The festival was a major success with very positive feedback from competitors and British Orienteering.
- At the time of writing we have just also put on an excellent weekend's orienteering for the October Odyssey with a challenging forest/moorland event, an urban event in Northallerton and a fun "ultrasprint" event which was a new experience for most of those taking part.
- The Joe Wright Trophy is awarded to the person(s) who have contributed most to the club over the past year. This year there were no fewer than 6 nominations, and it was won by Joe and Ann Dobbs – between them they have been regular helpers, officials finder for events and membership secretary.

After congratulating ourselves on the successes however, we should not become complacent as there is much to do and I mention just two things here.

- We need to continue to make progress on a major mapping programme in order to have sufficient quality areas to support an exciting range of events.
- We need to find new ways of attracting more people into orienteering, particularly in the 20-40 age range.

Many people need to be thanked for all their hard work up front at club and schools events throughout the year, and behind the scenes on such as the web site and on the committee work. Well done to you all. I hope 2010 will be as enjoyable and successful.

Peter Archer

CLOK AGM orienteering quizzes!

Following the AGM this year members stayed around for drinks, food and a short quiz. Here we include the three rounds of the quiz. If you weren't there, give it a go!

Control descriptions

Test out your knowledge of IOF pictorial descriptions. See if you know what each of these mean:

Anagrams

All are anagrams of CLOK areas:

1. Vulgar Me
2. Car Ticket
3. Maroon Toy
4. Cream Oil
5. One Motors
6. Franc Life
7. Latest Flan
8. Finds Galley
9. Borrow Eyelids
10. Slow On Shortcut
11. Washroom Doctor
12. Denoting Sorrow
13. A Voltmeter Shrunk Dead Lung

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	5	⊗			
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	8	☪			
	9	⚡			⚡
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	12	⋯			

CLOK map segments

All the following are segments of maps taken from CLOK areas – can you guess which maps they are taken from?

1.



2.



3.



4.



5.



6.



7.



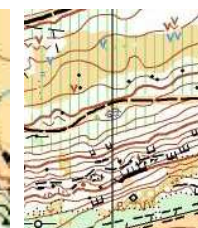
8.



9.



10.



For all the answers see page 18.

CLOK Membership

At the recent AGM I took a few minutes to introduce a debate on the decline in club membership. I thought it was worth writing up what I said for those who could not be there.

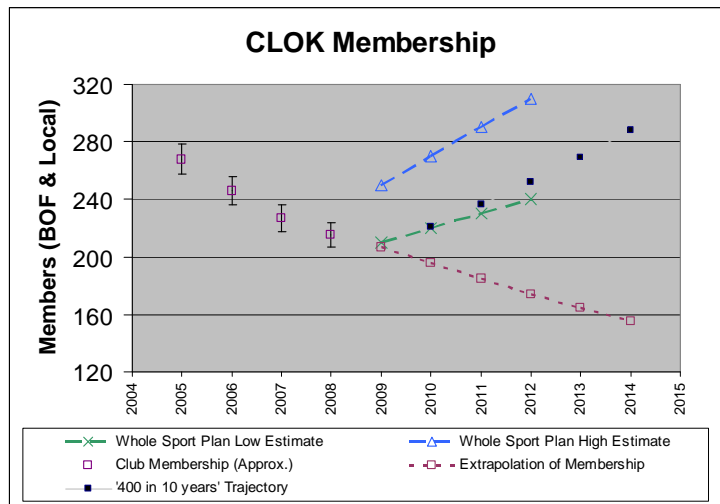
Club membership has been falling over the last few years. It has lost roughly 25% of its members over the last five years. The numbers attending CLOK 'colour coded' events has fallen by about 20% over the same period, and BOF has been losing members for many years.

I believe this is by far the most important issue facing the club because of the impact it will have. Why? Lots of reasons, but the main one is that the club's volunteer effort is dependant on the club membership, particularly adults. This supports the key club activities – mapping new areas, putting on all types of events, supporting the development project and school's orienteering. If the adult membership falls too far we will not be able to support these things as we do at present. You can see this with some of the clubs in the region. CLARO has about 100 members and puts on 8 to 10 events a year. At the other extreme AIRE has 400 members and puts on 40 events a year. CLOK with about 200 members sits between these benchmarks.

Membership changes happen slowly. Actions taken now will impact the size of the club many years into the future. The club has to decide

where it wants to be in (say) ten years time and take the appropriate action now.

This plot of membership against time pulls together the available data.



Club membership can be seen declining between 2005 and 2009. There are error bars on the data before 2009 as its accuracy is uncertain. The dotted line with the squares heading "south east" is an extrapolation into the future assuming the club continues what it does at present to recruit new members. It is possible to question the exact slope of the line, but broadly in ten years it leads to CLOK being half the current size. This would be about the size of CLARO, so you might predict the club would have the volunteer effort to put on about 10 events a year. My view is that this is unacceptable. CLOK is an isolated club, with no other large clubs close by. Only a few members travel to events outside our area because of the cost and time. If orienteers in Cleveland are going to have a chance to run regularly, then CLOK cannot accept this decline.

I believe the club should initially plan to get its membership back where it was a few years ago, with the longer term aim of having 400 members (the same as AIRE) in ten years time. This would mean the club could offer orienteering most weekends of the year in the Cleveland area. This is shown on the graph as the black squares heading "north east".

Also shown on the graph is the CLOK input into the BOF strategy – the Whole Sport Plan which is often discussed in FOCUS. This was put together in 2006/7 by the committee who gave a commitment that it would work towards achieving these numbers. The low estimate over the next few years is broadly the same as the ten year trajectory to get to 400 members.

The difference between this graph (400 in ten years), and the 'no change' extrapolation is 25 to 30 in 2010. This is the number of extra members the club will need to find above the number we currently recruit. This will not be easy as this is 20 to 25% of the current active membership. Most of these new members would need to be adults, as they are the ones that volunteer. It shows the scale of the problem.

After this input there was a long debate at the AGM (for details see the minutes). This was not so much about whether the club should recruit more members (this seemed to be broadly accepted) but more about possible routes to achieve this. At the end the issue was left with the committee to progress and they will no doubt report back at some point.

Steve Restorick

Its Orienteering Jim, but not as we know it

Three qualifying races, one head-to-head final, courses under 1km each, 1:1000 map, sections in natural terrain, sections on man-made terrain, 50 kites within a 200m square area - its not your normal event. But whilst its different, ULTRASPRINT is definitely a navigational race.

Hopefully even those who may not appreciate taking part can see its place under the orienteering umbrella along with colour coded events, long distance races, urban races and even events on back and white maps!

ULTRASPRINT isn't new, and several of us had run in similar races tacked onto other events abroad. In the UK, the Sheffield Ultrasprint has set the format for the past two years. So when day 2 of the October Odyssey was based in Northallerton, we jumped at the chance to add an Ultrasprint. Stone Cross Leisure Centre is an ideal location as it has areas with enough detail, and large open spaces for us to create other obstacles. We put up a 30m by 20m labyrinth of plastic fencing, and several small tents. Whilst this took 90 minutes or so to set out, putting out controls took 15 minutes! 100 people ran and there were enough smiles, sweat and cheering to think that people enjoyed it. CLOK was well represented with Ellie Wright, Alice Rigby, Mark Libby and Dave Spence all making into the head-to-head finals (see the map from the final on the next page).

We hope those who were there can understand why we were keen to put this on. Its a worthwhile race in its own right, and also great training for some specific skills. In four short races totalling 25 minutes, you have the chance to practice setting and thumbing 80 legs, to perfect your control flow and map contact, and deal with the distraction of others doing the same. It was noticeable how much people improved during the three heats, and it's funny how the same people always do well!

Of course we learnt some lessons: the map symbols should have been larger, we weren't really prepared for the download/results flurry and, next time, the labyrinth sections will be pre-cut and even easier to put up. There will be a next time – for example at some of our Sunday event locations, it would be simple to put up a fence-labyrinth as an extra to the 'string' course.

Paul Thornton



Errington Wood parking and picnic area changes

The plan shows some proposed alterations to the area. The "Friends of Errington Wood" have been asked to consult with regular users such as CLOK.

What benefits will there be to an organisation like ours? Well, the parking will be much more defined, and organised in such a way, that people can get from their cars to the grass areas without conflict with moving traffic.

There is to be a parking bay allocated to small coaches and minibuses. This will make schools access easier and safer.

But the real benefits are the new footpath to the South east which will be surfaced and ramped to other forest roads. This will open up a new route for junior courses and give more interesting terrain for string courses.

The other benefits are more general, in as much as the extra planting and fence replacement will make the whole site a more pleasing place to be.

So, the grant providers asked for consultation. I have done this with CLOK. Other users have been consulted in the same way. Now it is your turn. If you have any comments, then I would be pleased to receive them. Sorry it doesn't do a lot towards the brambles.

Joe Dobbs

Email: joedobbs@ntllworld.com



CLOK member profiles

Continuing from the last two issues, we are interviewing a number of CLOK members. This issue we speak to three of our female juniors: Alana Wright, Jenny Thornton and Lucy Taylor.

Jenny Thornton

Name: Jenny Thornton

Club(s): CLOK / OUOC (Oxford University)

What courses do you run: W21L / Blue

What was your best race: British Champs, Culbin, 2008 – fantastic area, fantastic race.

What was your worst race: One local event around a lake somewhere in County Durham, when I didn't realise there was a map turnover, so wandered very confused back to the start after doing half of my course

What's your favourite terrain: Open Scottish forests with lots of contour details

What's your least favourite terrain: Heathery moorland

What discipline do you like best: Medium and urban

Who are your closest competitors: Myself

What's best about orienteering: You get to spend time outdoors in many interesting places

What's worst about orienteering: How one bad leg ruins a race!

What are your ambitions in orienteering: To help other young people enjoy orienteering, and to have one perfect race

What music do you like: Jazz - currently enjoying Nujazz

Lucy Taylor

Name: Lucy Taylor

Club(s): CLOK

What courses do you run: W18 (and soon to be W20)

What was your best race: Being part of the winning women's premiere team at the Harvester June 2006.

What was your worst race: JIRCs relays this year, I was running in circles for at least 15 mins trying to find the tiniest crag in the world, I blame bad mapping!

What's your favourite terrain: Forests like Lossie and Roseisle and Culbin, nice scottish forests!

What's your least favourite terrain: Probably moorland with limestone pavement like Malham, I feel like I'm going to break my legs all the time.

What discipline do you like best: Normally it would be relay runs so medium.

Who are your closest competitors: I don't really have many, it depends how fit I am, normally Lani if we run the same class!

What's best about orienteering: Social gatherings, I'm not a very competitive orienteer, unlike most of my family.

What's worst about orienteering: Can I say running? haha! No, it would probably be urban sprints, not my forte.

What are your ambitions in orienteering: I always try my best but not being last is always a bonus if I'm running the long!

What music do you like: Oooo, a bit of anything! Anything from Bruce Springsteen to System of a Down, I'm better at telling people what I don't like. However, at the moment, I'm listening to absolute 80's on AOL radio, thought you might like to know!

Tell us a joke: Why don't oysters give to charity? Because they're shellfish.....sorry!

Alana Wright

Name: Alana Wright (alias Lani)

Club(s): CLOK (NATO's superior neighbour), and NEJS

What courses do you run: Generally Green standard

What was your best race: Last day of the Scottish 6 Days 09

What was your worst race: British Champs at Simonside, I find myself unable to run in horizontal hail and gale-force winds, lack of commitment? Possibly, or maybe just a desire to end the course in possession of my face

What's your favourite terrain: Forests, I like the blotches of colour ☺ also highly-detailed contours, they're always fun to get lost in.

What's your least favourite terrain: Anything with hills

What discipline do you like best: There is nothing more humiliating than running around a town in lycra, sprinting is reserved for people that can run, and long courses are for people with long legs. I therefore stand by medium as my area of expertise.

Who are your closest competitors: Snails

What's best about orienteering: The freedom of it, and running downhill

What's worst about orienteering: Running uphill

What are your ambitions in orienteering: To finish...

What music do you like: Good music, I'd be here for hours if I listed it all.

Tell us a joke: Have you heard the one about the skunk? Yeah it stinks.

CLOK AGM orienteering quiz answers

<p>Anagrams</p> <ol style="list-style-type: none"> 1. Mulgrave 2. Catterick 3. Ayton Moor 4. Coal mire 5. Eston Moor 6. Arncliffe 7. Flatts Lane 8. Fylingdales 9. Brierley Woods 10. Hutton Lowcross 11. Scarth Wood Moor 12. Errington Woods 13. Hutton Mulgrave and Skelder 	<p>Map segments</p> <ol style="list-style-type: none"> 1. Brierley & Tilery 2. Fylingdales 3. Scarthwood Moor 4. Newton Hanzard 5. Boltby 6. Eston Moor 7. Mulgrave Woods 8. Arncliffe Woods 9. Coal mire 10. Goathland South
<p>Control descriptions</p> <p>Start Quarry</p> <ol style="list-style-type: none"> 1. Fodder Rack 2. Monument (or statue) 3. Stairway (or steps); first aid point 4. Shooting platform 5. Power line pylon 6. Bare rock; drinks 7. Anthill station 8. Well 9. Cave; radio control 10. Pipeline 11. Open land (or field) 12. Stony ground 	

Delving into the CLOK archives – 1974

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

General news:

- Schools - M17 Cameron Trophy to Andrew Emmerson, SSFC (now OD)
- NEOA – Open clubs are Kenton Kanterers (KK), Lanchester Orienteers (LO), Patons (POC) and (TCOC). closed club University of Newcastle (UNOC)

February: TCOC News – New chairman Martin Lloyd, secretary Tim Layfield, treasurer Geoff Carswell. Martin Adamson retiring chairman. On the 1st of April Teesside County Borough will cease to exist, do we change the club name?

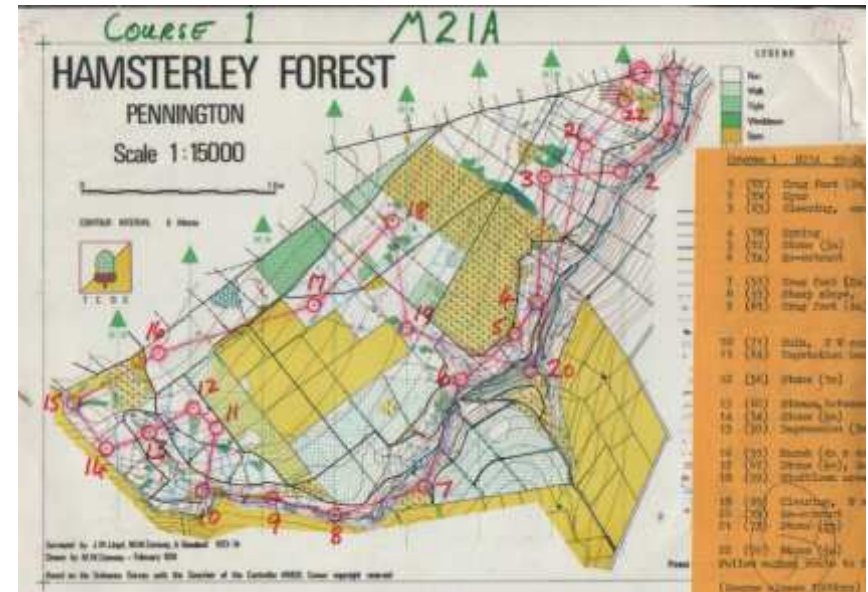


February 22nd: "Moonlight Saunter" in the grounds of the Friends School, Great Ayton, map drawn by Chris Scaife (see above).

March: TCOC News – Jon Williams gives some tips on Training, quoting the schedule of Stig Berg who was 2nd in the World Champs

April: TCOC membership includes Mick Garratt, George Crawford-Smith & the Vasey family.

May: Badge Event at Pennington, Hamsterley, on a Malcolm Conway map (see below). Despite the Fuel Crisis only an Act of Parliament will stop the event.



June: TCOC News – Adrian Rowland, one of the successful juniors from the Lou Gomersall stable, Springfield, suggests the following new names for TCOC:- Orienteering Klub Cleveland (OKC), Cleveland Orienteers (CLEO), Cleveland Orienteering Klub (CLOK)

June 8th: Jon Williams & Geoff Carswell feature in the Evening gazette

August: Jon Williams runs for GB in the World Champs in Denmark (right).



CLOK Events Programme 2010

Following a very positive response at the AGM, there are only a handful of vacancies for officials. If you would like to volunteer, please contact Joe Dobbs on 01642 481135 or via e-mail joedobbs@ntlworld.com. If you have not organised an event before and would like to try, a mentor would be available to assist you.

Date	Location	Event Type	Organiser	Planner	Controller
3 Jan	Whitby Town	New Year Relays	The Taylor Family (being the winners last year)		
24 Jan	Silton	Compass Sport Cup Round 1	Joe Dobbs	Alan Cranke	Colin Matheson
14 Feb	Ayton Moor	Local	Neil Hunter	Jon & Shelley Williams	Joan Selby
21 Mar	Cringle & Cold Moors	Regional	Will Dehany	Chris Wright	Ray Barnes
18 April	Skelder	Local	Paul Taylor		Steve Restorick
9 May	Brierley	Local	Linda Thornton	Juniors	Rob Bailey
27 June	Saltburn/Valley Gardens	Local/urban	Paul Thornton	Joe Dobbs	Martin Dean
?12 Sep	TO BE DECIDED				
24 Oct	Bolby + Moor	Local + Yvette Baker Round 1		Chris Mackenzie	Peter Archer
Sat 20 Nov	Newton Hanzard	NE Night Champs		Alan Cranke	Clarissa Napier
21 Nov	Newton Hanzard	Local	Marion Archer	Ann Cranke	Clarissa Napier
12 Dec	Bank Foot	Local		Joan Selby	

CLOK New Year Relays Sunday 3rd January 2010 Whitby West Cliff

- Location:** This year the New Year Relays will be held on the West Cliff in Whitby and be based at the stadium of Whitby Town Football Club. Parking will be at the football club car park. The location of the stadium is on seaward side of the A174 coast road between the town centre and the golf club. Grid reference is NZ889114.
- Terrain** The terrain is mixed urban, flat open grassland, steep rough grassland and perhaps sandy shore depending on tidal predictions. The recommended footwear would be trainers.
- Map** 1:4000, drawn by Cat Taylor in 2008 to ISSOM (International Specification for Sprint Orienteering Maps). The map will be extended and updated for this event.
- Fees** TBD but should be the same as last year's event.
- Courses** Will probably follow a similar pattern to that of the last few years. Three courses to be tackled by teams of three people with a handicap system to calculate the winning team. The controls/'punching system' will be improvised and certainly not electronic due to the vulnerability of controls in a public area. Teams wearing fancy dress will be awarded extra points!
- Registration** Available for EOD from 10.00am but we hope that most competitors will pre-enter or use the CLOK website entry facility.
- Start** Mass Start be at 11.00am (following a briefing at 10.50am). Finishers after 12.00 will incur penalties.
- Facilities** We hope to provide include refreshments after the event, toilets, changing area and plenty of (fun) social interaction. The CLOK league trophies will be presented.
- Officials** Taylor family, contact 01947 604864.

Please watch out for flyers and final details on the CLOK website.

Compass Sport Cup / Trophy – 1st Round Sunday 24th January 2010 Silton

Location	Signposted from the A19 southbound at SE 435940. From the south (travelling northbound), use the Osmotherley underpass and rejoin the A19 going south and turn off as above. Parking on forest roads.
Terrain	Mixed woodland with varied runnability, including felled areas (runnable in parts), slopes with detailed contours and rock features, moorland with low heather and tussock grass. Please respect out of bounds areas.
Courses	Compass Sport Cup / Trophy runners run on pre-defined courses, see flyer on CLOK website in due course. White and Yellow courses (enter on the day). Free string course.
Map	1:10,000, waterproof paper, updates Paul Taylor 2009.
Punching	SPORTident; SI cards can be hired £1 each.
Entries	If you are available to run for CLOK in the Compass Sport Cup, please contact Karen Poole who is co-ordinating CLOK entries, by 16 th January 2010 (see CLOK website for possible online entry for CLOK members in due course). Entry on the day for all other competitors.
Registration	10.00 – 11.30am, for non Compass Sport Cup entries.
Starts	10.30 – 12 noon. punching start. Compass Sport Cup competitors will be allocated a start time.
Fees	Compass Sport Cup, Seniors £7, Juniors £2. Entry on the day courses, Seniors £9 (£2 discount for British Orienteering members), Juniors £2.
Facilities	Toilets in the assembly area. Orange juice at the finish.
Dogs	On leads in the parking or assembly areas only.
Organiser:	Joe Dobbs, 01642 481135, joedobbs@ntlworld.com
Planner:	Alan Cranke
Controller:	Colin Matheson

Forthcoming events

This is a guide – please check club websites and flyers to confirm details before travelling.

Sun 13th Dec CLOK Local event, Eston

Sun 20 th Dec	NATO Xmas extravaganza, Plessey Woods
Sat 26 th Dec	NN Boxing Day Charity Score, Durham University
Sun 27 th Dec	EBOR Local event, Skipwith
Mon 28 th Dec	NATO Hogmanay Hooey, Bolam Lake
Sun 3rd Jan	CLOK New Year Relays, Lythe
Sun 10 th Jan	NATO Local event, Choppington Country Park
Sun 17 th Jan	EBOR Local event, Bishop Wood
Sun 24th Jan	CLOK Compass Sport Cup Round 1, Silton
Sat 30th Jan	CLOK Lanequest Bike-O, Kirklevington
Sat 30 th Jan	SYO Middle distance event, Beeley Woods, Sheffield
Sun 31 st Jan	SYO Northern Champs, nr. Sheffield
Sun 7 th Feb	NOC Regional event, Blidworth, Nottingham
Sun 14th Feb	CLOK Local event, Ayton Moor & Newton Woods
Sat 20 th Feb	NATO Northern Night Champs, Blagdon Estate
Sun 21 st Feb	NATO Local event, Blagdon Estate
Sun 28 th Feb	AIRE Regional Event, Ilkley Moor
Sat 6th Mar	CLOK Lanequest Bike-O, East Harlsey
Sun 7 th Mar	ELO Regional Event, Gullane Dunes, East Lothian
Sun 14 th Mar	CLARO Regional Event, Hanging Moor, Harrogate
Sun 21st Mar	CLOK Regional Event, Cringle and Cold Moor
Sun 28 th Mar	EBOR Regional Event, Pickering

Safety: Please remember that you must download even if you do not complete your course. CLOK strongly recommends that you carry a whistle whilst participating in all forest-based orienteering events.

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