



Tchimes

February 2010



The view from the Cleveland Way above Live Moor Plantation, where CLOK will hold a training event on February 27th Feb – see inside for details!

Editorial

I hope you have all just about recovered from the worst of the snow this winter! At times it was great fun, with walks and runs out on picturesque hills. At other times it was decidedly inconvenient – the postponement of our New Year Relays and our Compass Sport Cup round being two examples, but at least both have now been successfully rescheduled.

Within CLOK there is a lot going as ever. The date of the CLOK annual dinner is booked – see below. Alan Cranke is working hard to get a series of regular club nights off the ground. The existing weekly junior training nights continue to go strongly. And we have a packed fixtures list coming up, including some new “training events”.

So good luck orienteering in 2010!

Duncan Archer

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

Next edition: April 2010, copy date: 31st March 2010

CLOK Annual Dinner

Friday 5th March 2010, 7:30 for 8 p.m.

The Treebridge Hotel, near Great Ayton (just off the newest roundabout on the A172).

All CLOK members are invited to come along to the Annual Dinner. It's an informal occasion and a good time for a natter away from the forest and maybe putting some names to faces. If you haven't tried it before, do come along this year. I have chosen a new venue this year and reports of the food are good. Attached to Tchimes is a Menu from the Restaurant.

It is also the occasion when the Joe Wright Trophy is awarded to someone who has made a significant contribution to Klub affairs in the last year.

To reserve a place, please either post the enclosed / attached form, or email me your details and menu choices by Friday 26 February 2010. No deposit needed – pay on the night.

Marion Archer

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

CLOK ceilidh

The ceilidh to raise funds for the North East Junior Squad has been rearranged to Saturday 27th February 2010. All are welcome, even if you weren't planning to come before!

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

JK & British Relays

These take place as follows:

- JK: Monday 5th April 2010, Braunton Burrows, Devon
- British Relays: Sunday 2nd May 2010, Cannock, West Midlands

If you would like to compete in a CLOK team, please let me know your name, age, and any relay class / leg preference.

Closing dates for relay entries are as below. As you can see they are staggered with earlier entries being cheaper, so please let me know your availability by the first cheap deadlines if possible:

- JK: cheap deadline 7th March, closing date 19th March
- British: 1st cheap deadline 28th Feb, 2nd cheap deadline 28th March, closing date 11th April

Chris Wright

Email: dichris.wright@btinternet.com

CLOK club nights

Alan Cranke is hoping to start some regular club nights. The format will vary, including, for example, outdoor activities such as street scores, and indoor talks / discussions. They will be a great chance to socialise with others in the club (away from the cold / rain etc. you often get in event car parks!). Watch out for publicity soon (e.g. at Ayton Moor Event and on the CLOK website). The first one will quite likely be on Wednesday 3rd March.

Regional and Area level events 2010

These are the dates for the various regional (North Eastern) and Area (Northern) fixtures for 2010. See individual club websites and further notices for details of specific events.

Northern:

- Champs national event: SYO, Big Moor, Sheffield, Sun 31st Jan
- Night Champs regional event: NATO, Blagdon, Sat 13th March

North East:

- Champs regional event: CLOK, Cringle, Sun 21st March
- Night Champs: CLOK, Newton Hanzard, Sat 20th November
- Score Champs: NN, date / area TBC (in the autumn)

Other regional events:

- Regional Event: CLOK, Cringle & Cold Moor, Sun 21st March
- October Odyssey: NATO, Beanley, Sat 2nd / Sun 3rd October
- Yvette Baker round 1: CLOK, Boltby, Sun 24th October

Duncan Archer

Compass Sport Cup 2010

Our first round in the Compass Sport Cup was due to be at CLOK's Silton event on 23rd Jan. This was cancelled due to snow preventing access (on the day, and in weeks leading up to the event for planning / controlling). We investigated rescheduling the CLOK event in 2010. However due to the many fixtures already booked for NEOA and YHOA areas in the next few months, and the impact of Major Events elsewhere, it became clear that this wouldn't be possible.

Therefore it has been agreed to hold the 2010 round at HALO's event on 25th April 2010 at Scardale, near Malton.

The CLOK website has links to further details and a facility to indicate your availability to run for CLOK in the event (indications of availability from the January event have not been carried over so you will need to register again).

The expectation is that the CSC round 1 in 2011 will then be held by CLOK, hopefully back at Silton, although date / details are still being confirmed.

Duncan Archer

JK 2009 profit

Many of you played a part in the staging of the JK 2009 in the North East, so you may well be interested to know where the profit from the event has gone!

The event made around £25,000 profit, of which £18,000 (about two thirds) goes to British Orienteering, as a "levy". The remaining £7000 came to NEOA, and at the NEOA AGM last November it was agreed to spend it broadly as follows;

- £3000: Additional SI equipment purchase, in order to build separate sets sufficient for staging full colour coded events in the NATO and CLOK ends of the region. Alastair Mackenzie and Andrew Nicoll are coordinating the purchase.
- £2000: A new "major events and mapping fund", to train officials and prepare areas / maps in expectation of major events. Paul Taylor is tasked with producing a proposal / plan for how exactly this money will be spent.
- £1500: NEJS, to fund purchase of squad clothing (orienteering tops and tracksuits).
- £500: Contribution to replacing / repairing Northern Champs trophies (NWOA and YHOA are contributing likewise).

This is all in addition to around £1500 worth of "equipment" purchased for the event and now owned by the region for future large events.

Thanks once again to all who helped make the event a success!

Duncan Archer

Organisers Checklist Simplified

There is a useful checklist for organisers on the club website - look under *CLOK members* > [Event Organisation Toolkit](#). It is aimed at a typical Sunday colour coded event but can be adapted for other types of event. We have given the checklist an early spring clean to bring it up to date. We've tried to make clear which tasks are usually already done on behalf of the organiser, such as registering the event, arranging permission to use the area, finding people to setup the results computers, etc. We've also managed to simplify the paperwork, including getting rid of the NEOA SI Hire form.

Paul Thornton

Mapping training

For some time we've been trying to put on some training for mapping and, although we don't have a date yet, there is a plan.

Mapping can be broadly separated into two activities - surveying and drawing. The training will focus on the surveying aspect, because its perhaps easier to pick up the OCAD drawing skills. We will take a new small area for which we already have a 'base map', and spend a morning surveying a defined part of it. This will illustrate the techniques involved, as well as giving a useful end product.

We are waiting permissions for a couple of suitable areas, and will then fix a date in late spring. I have a couple of names; if anyone else is interested in this training then please drop me a line.

Paul Thornton

2009 CLOK League Tables

The CLOK League Tables give you a way of comparing your orienteering performances with those of other CLOK members. There are two separate leagues --- one for selected Regional Events in the North East and neighbouring regions, and one for all District Events in CLOK. The District League in particular is a great way to tie our traditional Sunday events together and provide some motivation for attending and competing well in each one!

Congratulations to those topping the tables at the end of 2009:

- Regional League – Senior: Alastair Mackenzie
- Regional League – Junior: Chris Mackenzie
- District League – Senior Male: Martyn Dean
- District League – Senior Female: Celia Dean
- District League – Junior Male: Chris Mackenzie
- District League – Junior Female: Eloise Wright

See <http://www.clok.org.uk/Members/index.htm> for links to the full league tables. The league tables are compiled by Paul Taylor.

CLOK training events

A few CLOK members have discussed running some club training events. The idea is to make good use of a number of CLOK areas that

are not suitable for putting on "normal" events (e.g. lack of sufficient parking sufficiently close to the area, area too small, area not suitable for a full range of courses etc.), but can be put to some good use for training. The format is technical training (TD4/5 / light green upwards) open to anyone in CLOK, any age. Minimal organization, no official timing, just an opportunity to practice your orienteering skills.

See the flyer later in Tchimes for the first in February. We hope to have at least a second in March near Guisborough – see CLOK website for details in due course.

CLOK member profiles

Continuing from previous issues, we are interviewing a number of CLOK members. This issue we speak to two of our leading CLOK committee members, Peter Archer our chairman, and Malcolm Gibson our treasurer.

Peter Archer

CLOK committee post: **Chairman**

How long have you orienteered: **21 years**

How did you start: **As chauffeur to Matthew and Duncan, but very quickly caught the bug**

How long in CLOK: **21 years**

Other clubs (past or present): **None**

What courses do you usually run: **Green, M60S and I enjoy sprint races (though for me that just means short races!)**

Favourite O areas / regions / types of terrain: **Swindale and most Lakes moorland. Most Scottish 6 Days areas.**

Proudest O achievements: **Being awarded the Joe Wright Trophy. Winning the White Rose family relay (with Matthew and Duncan) and the CLOK New Year's Relay (with Duncan and Pippa). So my running successes were largely due to others' efforts**

Worst O moments: **At Torver in the early 90's when I failed to complete a course for the first time**

Do you prefer EMIT or SI: **SI as you do not have to think which way round to insert it**

Type of compass: **Silva baseplate, and now find magnifier more useful as I get older**

Favourite O format: **Not night-O, but otherwise no preference so long as there is not too much climb, not too much undergrowth/bracken and a good map**

Goals / ambitions in O: **To get fit, and run in top half of M65L in 2011**

Who are your main rivals: **At CLOK local events I try to beat Mike Hardy and Alana Wright. Only occasionally successful.**

What training do you do: **Run with the dog for about 30 minutes three times a week plus some hill walking**

What countries have you orienteered in: **England, Wales, Scotland, Sweden**

Where would you like to orienteer: **Venice**

What has been the best development in orienteering in recent years: **More informal events such as the summer evening and autumn sprint series**

Non-O sports / hobbies: **After 50 years of playing a straight bat and bowling tempting spinners I gave up cricket in 2008. I enjoy hill walking and gardening. I play bridge and solve crossword puzzles for fun, play chess competitively in the Cleveland League, and tread the boards in the village pantomime**

Occupation: **Retired 12 months ago. Formerly I worked as a public transport planner for Cleveland County Council and most recently as an operational research scientist for HM Government**

What is your favourite food / drink? **Roast meat, roast potatoes and selection of home grown vegetables washed down with a glass of wine. I find chocolate rather too irresistible also.**

Malcolm Gibson

CLOK committee post: **Treasurer**

How long have you orienteered: **I started in 1969 but then had a sabbatical from about 1975 to 1995.**

How did you start: **I joined ICI in 1968 and was introduced to orienteering by a colleague – a certain Martin Adamson!**

How long in CLOK: **Probably since the late 1990's**

Other clubs (past or present): **I joined TCOC about 1971 but then discovered I could not play team squash, golf and cope with a growing family, so retired.**

What courses do you usually run: **Green**

Favourite O areas / regions / types of terrain: I particularly enjoy some of the Scottish areas with a mixture of birch trees & moorland.

Proudest O achievements: I came 8th in the 1969 Northern Championships in the Senior Men B behind Dave Allison in 5th!

Worst O moments: When visiting friends in Sweden I took part in my first event for 20 years and comfortably won the booby prize.

Do you prefer EMIT or SI: SI

Type of compass: Silva baseplate

Favourite O format: Long and middle.

Goals / ambitions in O: To continue participating and enjoying it for as long as possible.

Who are your main rivals: Martin Adamson, Dave Allison, Mike Hardy and Barry Harrison

What training do you do: None

What countries have you orienteered in: Sweden, Finland & Scotland

Where would you like to orienteer: I finally managed to run in the O-Ringen in 2008, which was a tremendous experience. In future I am happy to run locally with the occasional trip to events such as the Scottish 6 day.

What has been the best development in orienteering in recent years: Computerisation with SI and detailed results being posted on the internet, often within hours.

Non-O sports / hobbies: I was a keen squash player until I ruptured my achilles tendon in a match. Now it is golf, orienteering and walking with family history research to fill in the long winter evenings.

Occupation: I retired in 2005 after 37 years in various roles in ICI followed by 10 years in IT management at Teesside University.

What is your favourite food / drink? Malt whisky.

Mixing Business and Pleasure

Orienteering on a US business trip

Light-bulb moment - why not see if there are any O events on in the US whilst I'm over there on business? Typed 'Delaware Orienteering' into Google and came up with DVOA – Delaware Valley Orienteering Association – looking good. Quick look at the events list – a race on

Sunday 24th Jan, only an hour away from where I'll be staying – perfect I'll pack the O shoes.

The website said 'All Welcome' but I wasn't sure what to expect. Would it be just the same as the UK or, in a land where you're legally obliged to tell customers that coffee is hot, will there be Rugby goalpost-style padding round all the trees, and the grass clipped to Sunningdale precision? I'd already realised from the event description that they don't use the same order of colours (or should that be colors?) for their courses, so what else might be different? Would I have to pace count in yards?

I got to the event at Warwick Country Park (with both 'w's pronounced) an hour before registration, thinking I could make myself welcome by helping put the tents up. With only 30 mins to go, I thought I must be in the wrong place, as these 'State Parks' are quite large and I couldn't see anyone in tatty running clothes. Then I saw a lone figure running with an armful of controls and I relaxed. It was Vadim Masalkov, the club president and event director. I introduced myself and was greeted very warmly. No tent to put up as they use the sheltered picnic tables found in many US parks. No battery needed as it even had a mains power outlet for the PCs - pure luxury.

The event itself was a bit of a fun event, traditional on the following day after their AGM. They called it a scramble, and it consisted of 5 boxes drawn on the map, each of which contained 5 controls. Between some of the boxes were additional controls. It was a mass start, and the Red course (usually the highest technical difficulty and longest) had to visit all controls, but could choose any order for the 5 controls in each box before moving on to the next box. Shorter courses dropped one, two or three controls from each box. This style of event gave an interesting mix of elements from both score events and colour coded - people running all over the place. The terrain was beautiful brown-leaved deciduous woodland, with occasional boggy streams.

Chatting afterwards over cookies, it seems that many of their juniors are recruited from the Scouts and Guides, who do an Orienteering badge, run by local O clubs (similar to Mike Hardy's work on the schools programme). They also have a fairly comprehensive introductory leaflet which they hand out liberally and explains what Orienteering is all about. They have about 300 members and are one of the largest clubs in the US, but have noticed their age profile getting older each year.

Many of the DVOA members came over to talk to me, including one who'd emigrated from Falkirk, Scotland. He still travels back for the Scottish 5 days, and his accent slips back as he talks about it – it's great to be amongst such friendly people.

So whilst the rest of the Hunter family were competing at the postponed New Year Relays in Whitby, I was having my first experience of going foreign and it certainly proved to be very enjoyable – far better than sitting in my hotel room over a weekend catching up on the e-mail. So whether you're travelling for business or on holiday, why not do a quick website search to see if there's an event going on that you could take in?

Neil Hunter

Delving into the CLOK archives – 1975

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

February 23rd: Acorn Badge Event at Mulgrave, survey by Mark Tyszka & members of TCOC, drawn by Malcolm Conway (see next page).

April 1st: TCOC membership list includes Tony Richardson, David Carpenter TA, Roy Bradley

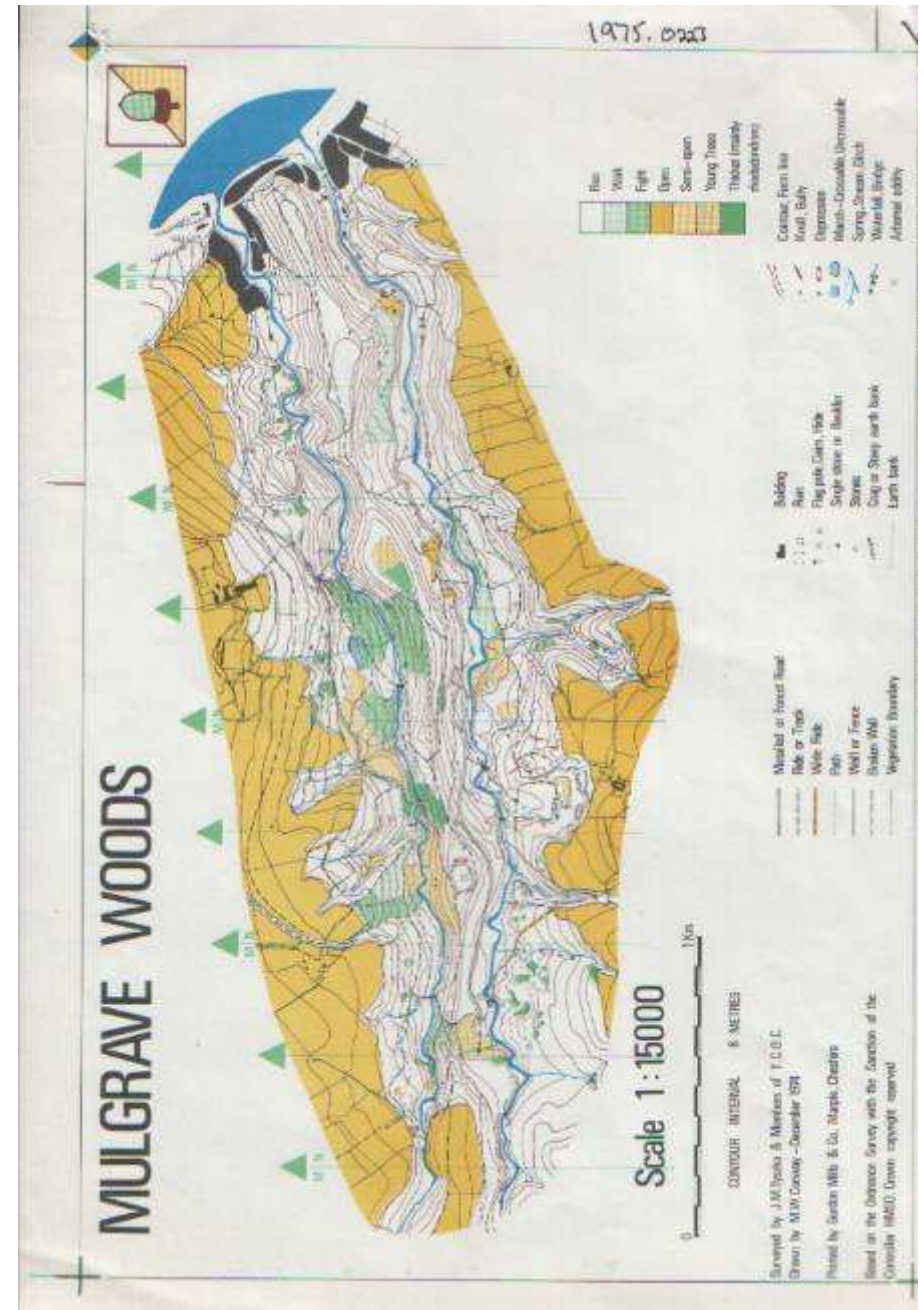
May: TCOC News – Chris Scaife organizes a low cost event - Roseberry Roundabout.

June: TCOC News – Club night at The Angel, Stokesley, this time, request from the Landlady to bring your own sandwiches as it is Ladies Darts Night (!).

July: TCOC News – The Hamsterley map of Malcolm Conway & Martin Lloyd was highly commended when it was entered in the Chichester Trophy

September: TCOC News – Proposed that at the AGM to be held Dec 8th, as Patons are changing to South Durham, TCOC should change to CLOK, if you don't like it then make sure you attend the AGM.

A Stockton Sixth Form College Student was out for 9 hours total at the 3-day White Rose- value for money!!!



**CLOK Regional Event
Sunday 21st March 2010
Cringle and Cold Moor**

- Location: 6 km south of Stokesley. The event will be signed from Carlton-in-Cleveland village at GR NZ 510041.
- Parking: Hard standing or well-drained grassland at Lord Stone's Café (NZ 523030). Assembly adjacent to parking.
- Terrain: The area is dominated by two steep sided hills – Cringle Moor and Cold Moor – covered with sheep cropped grass, heather (deep in places) and some mature runnable pine woodland. There are lots of rock features and contour detail. The lower western slopes of Cringle Moor have been converted into a delightful country park by the owner, with clumps of young trees, several ponds and an intricate network of mown paths.
- Courses: Full range of colour coded courses from white to black. Details of which courses to run for each class will be available shortly on the CLOK web site. Pre-entry
- Pre-entry: Strongly advised, and details available soon on website.
Seniors £9 (£2 deduction for eligible BOF members), Juniors / Students £3. Closing date 14th March
- Entry on day: Available for White, Yellow, Orange and Light Green Courses (and maybe others depending on map availability). Seniors £10 (£2 deduction for eligible BOF members), Juniors / Students £4
- Registration: 1000 – 1200
- Starts: 1030 – 1230, less than 10 minutes from assembly.
- Dogs: Well behaved dogs welcomed in the Car Park and Assembly Area but not out on the course please.
- Final Details: The final details will be posted on the website (paper copies for paper entries).
- Planner Chris Wright, CLOK
- Controller Ray Barnes, NOC
- Organisers Marion & Peter Archer, CLOK (01609 882420 / 07896 424202)

**CLOK Local Event
Sunday 14th February 2010
Ayton Moor**

- Location: Parking at Gribdale Gate at grid reference NZ 594110 on Ordnance Survey Sheet 93 or OL26.
The event will be signed from grid reference NZ 565105 in Great Ayton.
- Terrain: Interesting open moorland with some prehistoric features.
- Courses: All the normal colour coded courses from White to Brown, including Red.
Free string course adjacent to parking.
- Map: 1:10,000 scale. A4 size. Maps will be printed on waterproof paper.
- Punching: SPORTident electronic punching will be used. SI cards will be available for hire on the day at a cost of 50p each. There will be a £30 charge for any lost SI-card.
- Registration: 10:00 - 11:30 a.m.
If you are going to bring a group of competitors to this event then please contact the organiser in advance so that we can print the right number of extra maps.
- Starts: 10:30 a.m. - 12 noon Courses close at 2:00 p.m.
A 'self start' system will operate after 11:30 a.m.
- Fees: Seniors: £7.00 (£2.00 discount on production of a British Orienteering membership card)
Juniors / Students / Benefit Recipients: £2.00
- Facilities: Toilets in the parking area. Orange juice after the finish.
- Dogs: NO DOGS in the competition area. Dogs are welcome in the parking area provided that they are kept under control.
- Organiser: Neil Hunter 01287-634447
- Planner: John & Shelley Williams and Viv & David Murphy
- Controller: Joan Selby

CLOK Training Event Saturday 27th February 2010 Live Moor Plantation, near Swainby

Location: Swainby is on the A172, 6m SW of Stokesley, 3m NE of the A19 junction. In Swainby, turn east past the church on to the minor dead-end road to Whorlton. After 1.5km (GR NZ 488018), there is limited parking for around ten cars (weather permitting) at Whorlton House Farm. Others will have to park up to a further 800m back down the road near to Whorlton Castle.

Terrain: A strip of steep but runnable open woodland on the edge of the North York Moors with much contour and some rock detail.

Format: Training exercises each aimed at a specific technique, with notes about what to focus on. Also a course using a mixture of techniques (as you'd get at a normal event). Do as much or as little as you like. All exercises / courses will be at a technical difficulty of 4 and 5 (i.e. Light Green and above). Each loop will have a length of between 1km and 4km.

Controls marked by kites but no punches or electronic timing. Clock at the start/finish if you wish to self-time.

Starts: 600m walk up into the forest (marked with red/white streamers). Self start from 10:00 (no formal timing).

Course close: Controls will be collected in progressively from 12pm.

Seniors: £2; Juniors / concession: £1.

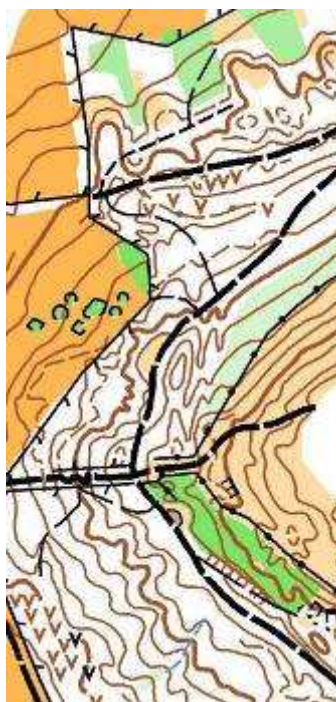
No toilets (but there are in Swainby village).

No dogs please.

Organiser: Paul Thornton, 07764-132776 before 9 pm, paul_thornton@ntlworld.com

Planner: Duncan Archer

If possible, please email the Organiser by the preceding Wednesday (24th Feb 2010) to help estimate map quantities.



Forthcoming events

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

Sat 13th Feb CLOK Lanequest Bike-O, Kirklevington

Sun 14th Feb CLOK Local event, Ayton Moor & Newton Woods

Sun 27th Feb CLOK training, Live Moor Plantation, nr. Swainby

Sun 28th Feb AIRE Regional Event, Ilkley Moor

Fri 5th Mar CLOK Annual Dinner, Great Ayton

Sat 6th Mar CLOK Lanequest Bike-O, East Harlsey

Sun 7th Mar ELO Regional Event, Gullane Dunes, East Lothian

Sun 7th Mar NOC Regional Event, Thieves Wood, Mansfield

Sat 13th Mar NATO Northern Night Champs, Blagdon Estate

Sun 14th Mar NATO Local event, Blagdon Estate

Sun 14th Mar CLARO Regional Event, Hanging Moor, Harrogate

Sun 21st Mar CLOK Regional Event, Cringle and Cold Moor

Sun 28th Mar EBOR Regional Event, Pickering

Sun 28th Mar FVO Regional & WRE, Trossachs, nr. Stirling

2nd – 5th Apr JK, Devon

Sun 11th Apr AIRE Regional Event, Bramham, Wetherby

Sun 17th Apr LOK British Middle Champs, Haverthwaite, S. Lakes

Sun 18th Apr SROC British Sprint Champs, Chorley

Sun 18th Apr CLOK Local event, Skelder

Sun 25th Apr HALO Compass Sport Cup round 1, nr. Malton

1st / 2nd May WCH British Ind. & Relay Champs, Cannock, West Mids

Sun 9th May CLOK Local event, Brierley

Sun 16th May NATO Local event, Kielder

Sun 16th May LOC Regional event, Pike of Blisco, Langdale

22nd – 27th Aug Lakes 5-Day

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.