



# Tchimes

CLUB  
MARK

April 2010



*Certificate from the CLOK Acorn Event in 1976 – this year the event returned in 2010 on a revised and newly extended Cringle map*

## Editorial

Well we are well into main orienteering season now. Once the snow had finally melted (only just in time to complete the planning and controlling), CLOK held its successful “Acorn” regional event in March on a great new and extended map of Cringle and Cold Moor.

Many CLOK members made the trip to Devon for the JK at Easter to be greeted by mixed weather – some of the deepest mud I’ve ever seen in the forest on Saturday, but then sunshine on the sand dunes on Sunday and Monday. And there is a lot more to come both with CLOK’s local events and our midweek evening summer series starting soon, and for those keen to travel there are the British Championship competitions in the coming weekends. Good luck wherever you might be competing!

Apologies for the slight delay in getting this issue out, but it does give me a chance to give a warm welcome to a flurry of 5 new members who have recently joined the club: Joanne Bulmer, Angela Wood, Chris Stoker, Adrian Clarke and Tamara Wiggins.

**Duncan Archer**

Tel: 0191 383 0422, email: [duncan.archer@metaswitch.com](mailto:duncan.archer@metaswitch.com)

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## Joe Wright trophy

This year, the Joe Wright Trophy was presented by Connie Wright to Gerald Helm at our annual dinner. Gerald has given many hours of his time to our Klub by organising and helping at local events, assisting with schools events and he has recently volunteered to drive forward the checking and promotion of our permanent courses

**Peter Archer**

## Ceilidh

Thank you to everyone who supported the ceilidh on Saturday 27<sup>th</sup> February. We made a total profit (including the raffle and donations) of £285 for the North East Junior Squad and had a great time doing it!

**Linda Thornton**

## Tees Valley Sport club benefits package

The club has recently signed up to the above package, expiring at the end of March 2011. In addition to general support from which the Development Project benefits, the package entitles club members to 8 free places on any of the following courses:

- safeguarding and protecting children
- emergency response first aid
- equity in your coaching
- how to coach disabled people in sport

Additionally, Tees Valley Sport will be organising club and coach development events during the year, under the following headings, and CLOK is entitled to 6 free places:

- club development
- funding
- sports science programmes for club coaches.

A full list of courses to be run in the North-East during the year can also be accessed on [www.necoursefinder.org](http://www.necoursefinder.org). If anyone is interested in taking part in any of the above courses, contact me to arrange things.

**Mike Hardy**

## Mapping training

Paul Taylor will be running a mapping training on Saturday 8th May. This will give a chance for CLOK members to learn the skills of surveying with some hands on practice under the watchful eye of one of our most experienced mappers. It will be useful whether you are updating a small area of a map, mapping a local park or school, or embarking on a larger project.

Several CLOK members have already expressed their interest in attending. The format and location of the day are still being finalized, but if you are interested too, get in contact with either Paul Thornton or Paul Taylor.

## Membership handbook

With this issue of Tchimes comes the 2010 handbook. It is my intention to produce this annually from now on, and April seems to be a good time in the year. It gives members plenty of time to renew and to be included in the handbook.

I use the British Orienteering database to produce this document, not the CLOK one. I have the facility of on line access to this now and can produce an accurate membership snapshot, although member details might need some tweaking. If any details are incorrect, then I apologise. I have tried to correct them where I can, but to guarantee accuracy, please amend them (particularly e-mail addresses) when you receive your annual renewal notice from British Orienteering.

One other point, please let British Orienteering know, should you require any of your details not to be included in the handbook. Some of you already do this and it's a simple procedure to make your wishes known when you get your annual invitation to renew.

As regards alterations to your details during the year, then please let me have them as normal. My system is that now I forward them to British Orienteering after I have noted the change.

All those of you with an e-mail address will receive the handbook electronically and can either keep it that way or print your own copy. However, I know that there are one or two of you without access to a computer, so please get in touch and I will gladly supply you with a hard copy.

Finally, I do keep an extensive database of members myself on behalf of CLOK which includes information additional to that in the handbook. I can produce statistical details for anyone who might need it. For example, the categorising of members into junior, senior or family. The demographic make up of membership. The ratio of males to females. These are just a few. Please ask if there is anything specific that you would like to know, and I will try to oblige.

**Joe Dobbs, CLOK membership secretary**

**01642 481135, [joedobbs@ntlworld.com](mailto:joedobbs@ntlworld.com)**

## Improving Membership and Participation

At the Annual General Meeting in October 2009, there was a long discussion about the causes of the decline in membership and participation, and what might be done about them. It was agreed that a report would be made to the membership during the year on progress in addressing these issues.

We all want a mixture of different things from orienteering, and so there is no single initiative that will work for everyone – young and old, elite and beginner, competitive and those just wanting to enjoy the fresh air.

The decisions taken and the actions already underway are, therefore, on a wide range of initiatives. Some are new and others build on work previously started. Here they are in no particular order:

- Forthcoming events are being advertised on the back of maps. This was done at the recent Schools event in March which had around 300 entries, and also at the Cringle & Cold Moor Regional event with more than 200 runners. A very brief description of the next three events was given, with a steer towards the web site for more information and promotion of the club.
- Club members are being invited to sign up to an e-mail list which will be used to promote the next event. There are a few names on this list and the system is up and running.
- The fixtures and mapping group are now working up to two years ahead for the basic events programme. This enables us to identify which areas are at their best at different times of the year, and means that mapping can be carried out well in advance of events. The outcome of this should be more high quality events.
- In addition to the traditional Sunday morning colour coded events, we are continuing to develop the Summer evening series and the Autumn sprint races. We plan to do more focussed publicity for the whole of such series to better attract newcomers. They are all run by two or three people, but still give a good quality run in most cases.
- This Winter we started a training event series on Saturday mornings. Well, we held one at Live Moor Plantation, Snotterdale. Others were affected by the snow. Look out for

them next year. It is hoped they will encourage participation by providing opportunities to develop skills (like most other sports would do), in addition to just competing at events. These training events, as well as the Autumn / Sprint series also give us the opportunity to use some very nice areas that are not large enough for full local events.

- A new feature tried for the first time at Cringle Moor was to have a tent separate from registration where people could socialise or newcomers could get help. It seemed to work well, and having a NEJS cake stall was good too! It definitely helped to create a buzz around the assembly area.
- Some contacts have been established with Teesside University. The buildings were mapped and used for one of the Autumn sprint series, and recently an evening session was held there. It is planned to try to get a stand at Freshers' week next October.
- Although not yet put in place, it is hoped to advertise orienteering and the club to staff at large employers such as James Cook and other hospitals. Many of the current orienteering clubs started as groups of workers and families enjoying the sport together.
- A colourful poster advertising the club has been designed, and is being put up in many public places – community notice boards, sports clubs etc.
- We plan to overhaul the Permanent Courses. This means checking on the ground that permanent markers are in place and that the maps are still accurate, and making sure that maps are available. The information for people wishing to use the courses will then be updated on the web site.
- The weekly Junior club night has been running for a while now, and gets a good, regular attendance of some 25 youngsters. Some have brought their parents into the club as well.
- British Orienteering is carrying out a number of initiatives designed to boost membership and participation (e.g. the Nestle "go free" campaign), and we are linking into those where we have sufficient resources to do so.

It is too early to say yet how successful these initiatives have been, but we will try to assess in the coming months which ones appear to be

working well. We would certainly want to see an increase in membership from 2011. In the meantime we will find out what prompted new members to join.

In the meantime, if anybody has other ideas that might help, please feel free to get in touch with me or one of the committee. Also, if you would like to help with any of them, we would be delighted to hear from you.

**Peter Archer, CLOK chairman**

## The “Acorn” & North East Championships

From 2010 CLOK decided to reintroduce the name “Acorn” for its premier Regional Event each year. With most Sunday events now using the colour coded system, it is difficult for competitors to know which are the better events. We intend to use the best areas – with top class maps and our most experienced planners – for each year's Acorn event.

The Acorn is the symbol of the Cleveland Way, which runs through – or close to – most of our best orienteering areas. About 3 km of the Cleveland Way runs across Cringle Moor and Cold Moor.

The 2010 Acorn Regional Event was held on Cringle and Cold Moors, on the northern edge of the North York Moors at the top of Carlton Bank by Lord Stones Cafe.

This event incorporated the North-East Orienteering Championships, and congratulations to the following CLOK members who are 2010 North East champions:

M12 John Hunter	W10 Elizabeth Dean
M14 Sam Guest	W21 Pippa Archer
M16 Mark Libby	W50 Jill Libby
M18 Christopher MacKenzie	W50 Ann Cranke
M21 Duncan Archer	W65 Joan Selby
M35 Paul Thornton	W70 Gill Hardy
M40 David Spence	W75 Eileen Bedwell
M50 Martyn Dean	
M70 Barry Harrison	
M75 Ian Campbell	

## Organisers required

I need two organisers for events this year. Organising can be one of the most rewarding jobs to undertake. You will generally take the credit for a successful event and the job is not that difficult either. You will have the planner and controller to help you. In fact, part of the early work is liaising with the planner to find where the start and finish will be and to decide on where to park. Now order the toilet and sit back until nearer the time. The event will need helpers, which the organiser recruits. Remember that those who do come along and help, do it because they enjoy what they do. So that makes this part of the job easy. Look for a suitable place for the string course and that is about it, until the week of the event. Then you need to decide what equipment is needed, collect it and take it to the event. After all is over, return the equipment, or arrange for its return. Finally, balance the finances. You always have the help of the treasurer here.

I would love to hear from anyone willing to take on this role, not only for the two events mentioned, but for future events as well. There will be someone made available to help and mentor you until you feel more confident. Why not consider more than one of you doing the job. Do it as a family, or with a friend. If you wish to have a run, then just delegate someone to be there as a contact, whilst you are running.

Now to the two events we need organisers for this year:

- **Sneaton & Fylingdales - Sunday 12<sup>th</sup> September 2010.**  
This is to be a level 2 event with full range of colours plus an ultra long. This event will be the most challenging, but also the most exciting, and help will definitely be there for whoever takes it on. However, I'll be glad to hear from an experienced organiser as well.
- **Newton Hanzard – Sat/Sun 20/21<sup>st</sup> November 2010.**  
This is the NE night championships followed by a colour coded event on the Sunday.

Again, help is available to a new organiser, but experienced ones please come forward as well. I'll just sit back now and await the rush of volunteers ☺ Do please contact me

**Joe Dobbs, CLOK officials finder**

**Tel: 01642 481135 or email: [joedobbs@ntlworld.com](mailto:joedobbs@ntlworld.com)**

## Mapping award

We can proudly announce the good news that British Orienteering have awarded the Bonington Trophy for contribution to mapping to our own Paul Taylor. It recognises many years of prolific and high quality mapping work, including maps for several high profile events. It should remind us in CLOK how fortunate we are to have Paul in our fold. The nomination read as follows:

“Paul has been a prolific mapper for 25 years on behalf of the club and the region. He has contributed in three main ways:

- Major Events: He has mapped and updated the complex area of Mulgrave Woods near Whitby for several high profile events since 1988, including the JK in 1996 through to the British Middle distance championships in 2007. He also mapped Fylingdales Moor for the National Event in 2004, and more recently carried out significant updating to the map of forests at Kylloe and Detchant for JK 2009.
- Local Events: Paul’s contribution to mapping for local and regional events is too extensive to detail, but is commonly at least three event maps per year.
- Training: In addition to mapping areas himself, Paul has run training courses on behalf of the club to help others get started. He is a good communicator and made these courses both interesting as well as instructive.

The paragraph above sets out the wide range and volume of Paul’s mapping efforts over many years, but does not begin to do justice to the quality of his work. Paul has always competed near to the top of his age class, and this allows him to better understand the needs of orienteers. His maps are regarded as outstanding by other mappers and top runners within the club and surrounding region. He has a rare knack of being able to provide enough detail on a map whilst making it clear for competitors to read.”

The news was announced after the CLOK trophies were presented at the Ceilidh in February, and it came as a surprise to Paul who had been unaware of the nomination. The formal presentation was made before the British Orienteering AGM at the JK.

This trophy was donated to the British Orienteering Federation by its honorary President, Sir Chris Bonington, the world famous

mountaineer. The trophy consists a piece of rock collected from the summit of Mount Everest on Chris' 1985 expedition, mounted on a wooden plinth. It is awarded annually for the 'best contribution to mapping' which can cover a whole range of activities related to mapping.

## Delving into the CLOK archives – 1976

*Dave Allison continues with the highlights of the founding years of orienteering in the region.*

**Feb 22<sup>nd</sup>:** The Clockwork Soldier Badge event at Hamsterley incorporating an Army course, Major David Carpenter: “What impressed the men of 50 Ordnance Support Battalion was the energy, enthusiasm and spirit with which young and old entered the sport.”

**April 1<sup>st</sup>:** CLOK members include Keith Dawson (now INT), Chris Peck, Dave Stubbs (now BKO), Joe Wright & Mike Gardner (now DVO)

**April:** JK finish Photos of Geoff Carswell, Mike Vasey & Keith Dawson (now INT)

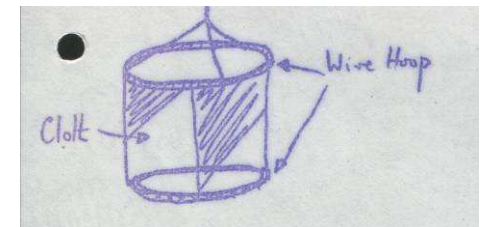
**April:** CLOK Newsletter: announcing that at the last AGM TCOC changed to CLOK

**May:** CLOK News – Welsh O-Ringen: Jon Williams 4th

**May:** British Champs at Cropton with Stephen Conway, Angela Layfield, Dave Allison & David Thompson

**May 16<sup>th</sup>:** CLOK Acorn at Hutton Lowcross

**July:** CLOK Newsletter: asking members to make equipment, showing a drawing of a control marker.



**September:** CLOK organize a series of CATI’s throughout September twice at Wilton and twice at Errington. The Wilton map had been surveyed by Keith Dawson & Harry Dowdell (now of CLARO) of Stockton Sixth Form

**September:** CLOK News: Mike Vasey preparing a map of Eston. White Rose cancelled due to fire risk, though the Landowners did not consider that orienteers were a risk but that their evacuation might be a problem should a fire start.

**October:** CLOK News: Errington event suffers vandalism, kites set out on the Saturday, 3 missing in the morning, other kites moved, sabotage at the Master maps and a dead rabbit found hanging on a control.

**Other:** Teesside Schools Trophy Holders in the years 1976 - 1979 include Dennis Hooton, Stephen Conway, Chris Wright, Andrew Emmerson (now OD), Keith Dawson (now INT), Stephen Conway, Neil Conway (now AIRE), Sheila Wright, Barbara Wright, Angela Gardner, Dave Truby, Adrian Rowland

### Portugal 'O' Meet – February 2010

Several CLOK members competed in the Portugal 'O' Meet in February this year. Here you can see "CLOK hung out to dry" – actually Paul Thornton reports it was so cold that expecting things to dry was quite optimistic. So much for "warm weather" training in the winter!



### "Interland" – Belgium

Earlier this year I was selected to run for England in the "Interland" competition at the start of March. This is an annual six-cornered competition against two Belgian teams (Flemish and Walloons – I don't think the Belgians are able to do anything as a single nation...), the Dutch, Nordrhein-Westfalische (NW Germany) and a French team from the "Ligue Nord Pas de Calais".

I've run in the competition before and have always enjoyed it – the team comprises runners from 14s all the way through to 65s and is a great opportunity to see what makes top orienteers tick all the way through the ages.

The weekend does usually involve a lot of travelling, with the whole team going by coach from the south east, on the Channel ferry, then through France and into Belgium. The characters of the orienteering world can make it an experience to – I'll never forget Arthur Boyt (M60 from Cornwall) once offering round his badger sandwiches (from roadkill) to unsuspecting W14s on the coach on the way home one year. We also got to spend Friday night in the picturesque city of Bruges, and had time for a dose of culture (and waffles and hot chocolate) in Brussels on Saturday. Saturday afternoon was a warm-up event – quite appropriate as it was bitterly cold.

The main competition was on the Sunday. This year on lovely wooded sand dunes, just enough detail to keep you on your toes, but not too much to leave you scratching your head (unlike the 1:15,000 map of sand dunes at the JK...). I always enjoy travelling to orienteer abroad and experience different maps and styles – what would you think the difference would be between something marked as a "remarkable tree" (sic) and a "widely branched tree" on the map?

I finished 3<sup>rd</sup> in M21 – reasonably happy, not least because only fellow team mates beat me, keeping all the competition at bay. England has won the competition every year since we have been taking part. This year was no let-down, but it was the closest ever result – only 7 points in it (just ahead of the Flemish).

Many thanks to CLOK for their financial support towards the competition. Thanks should also go to John Rye who captains the English team with his military precision and aplomb.

**Duncan Archer**

## CLOK Summer Series

Once again CLOK will be running its summer series on Wednesday evenings through the summer. The expected program is as follows:

- Wednesday 19<sup>th</sup> May – Hardwick Hall
- Wednesday 2<sup>nd</sup> June – Pinchinthorpe
- Wednesday 16<sup>th</sup> June – Newton Woods
- Wednesday 30<sup>th</sup> June – Hutton Lowcross
- Wednesday 14<sup>th</sup> July – Guisborough Woods
- Wednesday 28<sup>th</sup> July – Siltton
- Wednesday 11<sup>th</sup> August – Northallerton

*Note most of these dates are provisional so check flyers and the CLOK website to confirm details nearer the time. However, the details of the first event are confirmed (and it is likely timings, course details and entry fees will be similar for the other races in the series)....*

### **Wednesday 19<sup>th</sup> May 2010 – Hardwick Hall**

- Travel: From the A19 take the A689 west (or exit Stockton-on-Tees on the A177) to Sedgfield. The park is signed from the roundabout at the junction of the A689 and the A177 south-west of Sedgfield. Follow signs to the car park.
- Map 2009 Scale 1:6000 Pre-marked and bagged or waterproof paper.
- Courses Short (3km), medium (4 km) and long (7km).
- Registration 5.15 pm to 6.45 pm
- Start times: 5.30 pm to 7.00 pm; courses close at 8.30 pm
- Fees: Seniors £2.00; Juniors/Students/UB40 £1.00
- Facilities: No toilets after 6 pm.
- Dogs: Dogs must be on a lead at all times in the park.
- Planner: Martin Adamson
- Organiser: Will Dehany, 01642-596970, [will.dehany@gmail.com](mailto:will.dehany@gmail.com)

## CLOK Local Event Sunday 9th May 2010 Brierley and Tilery Woods

- Location: Parking is in a field on the south side of the A689 at grid reference NZ 404285. The A689 is a fast and busy dual carriageway. If you are approaching from the west, please consider overshooting by half a mile to a roundabout where you can safely do a U-turn and approach from the east. There will be a parking fee of £1.00 per vehicle, payable on arrival.
- Terrain: Runnable, mostly flat, woodland with patches of thicker woodland, some paths, plus a large open grassy area. A stream runs through the woods creating contour detail. There are patches of thick vegetation – courses have been planned avoid these as much as possible.
- Courses: All colour coded courses from White to Blue. Labyrinth Ultrasprint course. Free string course.
- Map: 1:10,000, waterproof paper, A4 size.
- Punching system: SPORTident electronic punching will be used.
- Registration: 10:00 - 12:00 p.m. If you are going to bring a group of competitors to this event then please contact the Organiser by email by Wednesday 5-May-2010 so that we can print the right number of extra maps.
- Starts: 10:30 a.m. – 12:00 p.m. Courses close at 2:00 p.m.
- Fees: Seniors: £7.00 (£2.00 discount for British Orienteering members). Juniors: £2.00
- Facilities: Toilets. First aid at the Finish.
- Dogs: Well controlled dogs are welcome at this event.
- Organiser: Linda Thornton, 07715-147640 (before 9 p.m.), [linda\\_thornton@ntlworld.com](mailto:linda_thornton@ntlworld.com)
- Planner: Alice Rigby and Tim Hunter
- Controller: Rob Bailey
- This event is being staged by CLOK Juniors and their coaches.

**CLOK Local Event**  
**Sunday 18th April 2010**  
**Hutton Mulgrave & Skelder Woods**

**Location:** The event will be signposted from the A171 Whitby to Guisborough Road at grid reference NZ 854091, 5km west of Whitby. Parking will be in a field at grid reference NZ 850094. Please have £1 parking fee ready. After the event, those turning right on to the A171 towards Teesside might want to consider turning left and using the Sleights roundabout, which is only 3km away.

**Terrain:** Coniferous forest owned by Lord Normanby. The western part of the forest is formal plantation of Larch, Spruce and Pine with good tracks and rides. The eastern part is a delightful old pine plantation with few paths and plenty of contour detail. Much of the forest is runnable, with even the clear-felled and windblown bits having been tidied up.

**Courses:** All colour coded courses, including Red. Free string.

**Map:** 1:10,000 scale, waterproof paper.

**Punching system:** SPORTident electronic punching will be used.

**Registration:** 10:00 a.m. - 12:00 noon. If you are going to bring a group of competitors to this event then please let the Organiser know in order to help us to print the right numbers of maps.

**Starts:** 10:30 a.m. - 12:30 p.m.

**Fees:** Seniors: £7.00 (£2.00 discount on production of a British Orienteering membership card); Juniors: £2.00

**Facilities:** Toilets in the assembly area. Orange juice at the finish.

**Dogs:** No dogs in the competition area. Dogs must be on leads at all times in the parking and assembly area.

**Organiser:** Joe Dobbs, 01642-481135, joedobbs@ntlworld.com

**Planner:** Paul Taylor

**Controller:** Steve Restorick

Cagoules may be required. If so, a notice will be displayed in the Assembly Area.

**Forthcoming events**

This is a guide – please check club websites to confirm details.

Sun 17<sup>th</sup> Apr LOK British Middle Champs, Haverthwaite, S. Lakes  
Sun 18<sup>th</sup> Apr SROC British Sprint Champs, Chorley  
**Sun 18<sup>th</sup> Apr CLOK Local event, Skelder**  
Sun 25<sup>th</sup> Apr HALO Compass Sport Cup round 1, nr. Malton  
1<sup>st</sup>/2<sup>nd</sup> May WCH British Ind. & Relay Champs, Cannock, West Mids  
**Sun 9<sup>th</sup> May CLOK Local event, Brierley**  
Sun 16<sup>th</sup> May NATO Local event, Kielder  
Sun 16<sup>th</sup> May EBOR Local event, Hovingham, Helmsley  
Sun 16<sup>th</sup> May LOC Regional event, Pike of Blisco, Langdale  
**Wed 19<sup>th</sup> May CLOK Summer Series, Hardwick Hall**  
Sun 23<sup>rd</sup> May CLARO Urban event, Ripon  
29<sup>th</sup>/30<sup>th</sup> May Scottish Championships, Rannoch  
Mon 31<sup>st</sup> May EBOR park race, York  
**Wed 2<sup>nd</sup> Jun CLOK Summer Series, Pinchinthorpe**  
Sun 6<sup>th</sup> Jun NATO Local event, Newcastle Town Moor  
Sun 6<sup>th</sup> Jun AIRE Middle distance event, Bingley St. Ives  
**Wed 16<sup>th</sup> Jun CLOK Summer Series, Newton Woods**  
Sun 20<sup>th</sup> Jun NATO Local event, Druridge Bay Country Park  
**Sun 27<sup>th</sup> Jun CLOK Urban event, Saltburn**  
26<sup>th</sup>/27<sup>th</sup> Jun MDOC Twin Peaks, Macclesfield Forest  
**Wed 30<sup>th</sup> Jun CLOK Summer Series, Hutton Lowcross**  
Sun 11<sup>th</sup> July NATO Local event, Alan's Moor, Alnwick  
**Wed 14<sup>th</sup> July CLOK Summer Series, Guisborough Woods**  
**Wed 28<sup>th</sup> July CLOK Summer Series, Silton**  
**Wed 11<sup>th</sup> Aug CLOK Summer Series, Northallerton**  
22<sup>nd</sup>–27<sup>th</sup> Aug Lakes 5-Day  
28<sup>th</sup>–31<sup>st</sup> Aug White Rose Weekend

**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.