



Tchimes

August 2010



Sprint orienteering during the recent NEJS training camp in the Trossachs. See pages 5/6 for full report.

Editorial

I hope you have all had an enjoyable summer's orienteering. Or perhaps you are still enjoying it at the Lakes 5 Day or the White Rose? Or perhaps not, having heard reports of heavy rain in the Lake District and the cancellation of Day 3 due to a waterlogged parking field...

My summer orienteering started with a week coaching the North East Junior Squad on a training camp in the Trossachs and Stirling area, followed by a week in Trondheim, Norway watching the World Orienteering Championships were taking place. In previous years I've enjoyed spectating WOC from the comfort of home, which is quite possible with the wide array of live TV, commentary, GPS tracking and online results. But there really is nothing compared to the excitement of an international orienteering race arena, seeing the top runners giving it 110%, and seeing the disappointment or elation when a whole year's worth of preparation is put to the test. Truly inspiring, and I recommend it to anyone. Next year's World Champs are in France, and should have some exceptional terrain (including spectator races).

I shall use both of the above trips as excuses for this being a slightly later-than-usual and abbreviated issue, but at least it is nice to be able to blame orienteering for that!

Duncan Archer

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CLOCK Annual General Meeting 2010

The Klub AGM will take place on Monday 18th October 2010. It will again be held at Kirklevington Village Hall and start at 7.00pm.

If you wish to propose a motion for discussion at the meeting, please inform the Klub Secretary (Joan Selby) by 1st October. The agenda will be published about two weeks before the meeting.

It is hoped to complete the business of the AGM as speedily as possible (whilst giving everyone a chance to have their say). The meeting will be followed by a chance to socialise with tea, coffee and supper being provided. (If you want to bring your own drinks, that is okay.)

Joan Selby

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Congratulations

CONGRATULATIONS to Jill Libby, who has been selected to represent England in the Veteran Home Internationals in South Wales on 2nd/3rd Oct 2010. Ann Cranke is one of the reserves.

CONGRATULATIONS to Pippa Archer who competed in the World Orienteering Championships in Trondheim, Norway at the start of August. She finished 14th in the Sprint, 23rd in the Long distance, and anchored the GBR relay team to 8th.

Coaching courses

There are a number of coaching courses happening in the area over the coming months as follows:

- Teaching Orienteering, Part 1 – Thornaby Community School, Stockton-on-Tees; Thursday, October 14, 2010; £55
- Teaching Orienteering, Part 1 – Rye Hills School, Redcar; Friday, November 12, 2010; £55
- UKCC Level 1 – Hardwick Hall Park, Sedgefield; course on September 18/19th 2010, with assessment October 2nd; £225.
- UKCC Level 2 – Hardwick Hall Park; Sedgefield; course on March 5/6th 2011, with assessment on March 19th, and final independent practical assessment to be arranged; £400

The Teach Orienteering courses are designed for teachers, country park staff, community group leaders and prospective coaches, who wish to teach the sport to children in school grounds or urban parks. Little or no previous experience in orienteering is assumed.

The UKCC Level 1 and 2 courses are designed for people wishing to coach orienteering in woods and open land, up to Green / TD5 standard (such as might be required for club or NEJS coaching). Bursaries up to 40% of the course fees are available for British Orienteering members willing to commit to delivering a minimum of 15 hours of club orienteering coaching within six months of completing the course.

If you want more details, or to book places on the courses, please contact...

Mike Hardy

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CLOK Summer series

CLOK's recent series of midweek summer evening events incorporated a wide variety of terrains including parkland, forest and urban. They also experimented with a variety of formats including the "Event in a Box" as described by Neil Hunter in last month's Tchimes, and one can only wonder what went on in Northallerton with Chris Poole's planner's comments saying "Thanks to everyone for turning up and putting up with my complicated instructions! Hopefully nobody makes the local paper for stripping off in public to punch a control!!"

Leaders in the overall series (using a points scoring system with handicaps for age class) were as follows:

Men:	1 st Mark Libby, M16, CLOK, 569.4 points
	2 nd Alastair Mackenzie, M50, CLOK, 470.6 points
	3 rd A Reynolds, M40, NATO, 452.6 points
Women:	1 st Jill Libby, W50, CLOK, 623.0 points
	2 nd Ann Cranke, W50, CLOK, 513.3 points
	3 rd Eileen Bedwell, W75, CLOK, 455.0 points

Searching for New Areas

CLOK is always looking for new areas on which to hold events. We all like the variety of running on different areas, and the need for more areas has become more pressing as we run additional events. Several years ago we organised one event per month on Sundays. That number has more than doubled with the Summer series, Autumn sprint series and the Winter training series. We are also holding several schools events each year.

So, we are now looking for **you**, our biggest resource, to make suggestions for any new areas. It does not need to be a large area. For example there was a very good event in one half of Stewart Park last year.

What is the CLOK area? Well, this is not easy to define precisely, but it is roughly bordered by lines joining Fylingdales, Boltby, Catterick, Darlington, Sedgefield and Hartlepool.

If you have any ideas, please contact either Paul Thornton or myself.

Peter Archer

CLOK member discount at “Cleveland Runner”



Cleveland Runner is an outdoor sports shop that has recently opened in Great Ayton. They have kindly offered a 15% discount to all CLOK members in the shop, and they are also sponsoring the CLOK Autumn Series. Their details are:

8 High Street, Great Ayton, TS9 6NH

Proprietor: Mick Dougherty, Assistant: Ricky Stevenson

Tel: 01642 913069

They also organise a series of trail races on the North York Moors. The flyer can be found here: <http://www.darlingtonharriers.co.uk/turning%20leaves%20Trail%20Series%20V2.pdf>. The first race has already past, but the two remaining are:

Wednesday 15th Sept, Clay Bank

Wednesday 6th Oct, Lordstones Café

North East Junior Squad Tour 2010, Trossachs

This year the tour took place in the Trossachs area of Scotland. We were unable to follow through with our plans to go to Sweden but we still managed to have a great time and improve our orienteering. We stayed at the Trossachs Tryst which was superbly located near some great areas for us to use.

The purpose of the tour was to improve our fitness and techniques on some of the best terrain in Britain and we certainly fulfilled this aim. From practicing fine navigation at Dumyat to running a sprint race

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around Stirling castle in one day our training was interesting and varied. A very special day was when we ran on the Trossachs. The terrain and contours were tough with all open land covered with head height bracken and lots of heather among the trees. When we returned to the cars all completely exhausted we had a very close inspection for tics. Gill Hale won the award for the most tics with at least 55 on this one day.

I think everyone will take away something special from this week. Whether it was something new they have learned or a special memory. Here are some of them for those of you who weren't on the trip. Barney forgetting his O-shoes and running in skate shoes, pillow fights in the boys' dorm, Sam being tripped over by a crazy dog, playing card games late into the night and planning future orienteering events. Having all of these memories and learning so many skills has made this a really special week which will not be forgotten any time soon.

The location was brilliant and the accommodation wonderful. The Tryst provided bike hire and was close enough to Callander for us to go swimming one afternoon. It also had large grounds so when we got back in the evenings we could play football and climb some trees (as if we weren't all tired enough). Even after all of this Linda insisted that Chris Mackenzie set up naughty numbers in the evenings to tire us out enough so that we would go to sleep. Clare Hunter did an amazing job with the catering. There was always enough food to satisfy a bunch of hungry orienteers and all of it was delicious.

Moreover, I would like to thank everyone who made this amazing trip possible. A special thanks goes to Duncan, Paul and all the coaches who helped all us juniors to learn so much. I certainly have improved in confidence along with everyone else. Also none of this would have been possible if Linda hadn't organised it. On behalf of the whole of NEJS I would like to thank Linda and all her helpers for their hard work in making this and every coaching session such a success.

By Alice Rigby

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Delving into the CLOK archives – 1977

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

Feb: CLOK News-South Durham are not folding up after all – asking for help at the Northern Nights.

March 13th: Ian Campbell 11th in the CLOKWORK MARSH MARIGOLD in Wilton. One competitor was out for 189m.56s!!!!!! Sounds more like a survey.

March 13th: CLOK News – 200 competitors at the Wilton CLOKwork Marsh Marigold. The club colours are still orange top & black bottoms, but ready made orange tops appear almost impossible to obtain. It is possible to buy material from BOYES in Billingham & Darlington to make up.

April: CLOK News – Jon Williams 3rd in JK. Names of club events are to have the word Clorkwork followed by Snowdrop, Tangerine, Marsh Marigold, etc. One of the new members is Steve Willis (now EBOR)

May: CLOK News – Hazel Ellis wins competition to design CLOK badge in Orange & Black. New member Andrew Bradley (now WCOC)

May 2nd: Results of Hutton Lowcross Training event – winners of the 3 courses are Mick Garratt, Tim Layfield & Barbara Wright

June: CLOK News – Club Badge now available. Chris Peck now has a job in Saudi.

June 16th: Results of Hutton Lowcross Training event – winners of the 3 courses are Chris Wright, Martin Lloyd & Chris Wright

July: CLOK News – Cleveland School Champions include M19 Chris Wright & W15 Barbara Wright. The committee discussed the mapping of suitable areas. “ There is not JUST Lowcross and Errington.....&... Errington.....& Lowcross.

October: CLOK News – Jon Williams Northern Champ for second year

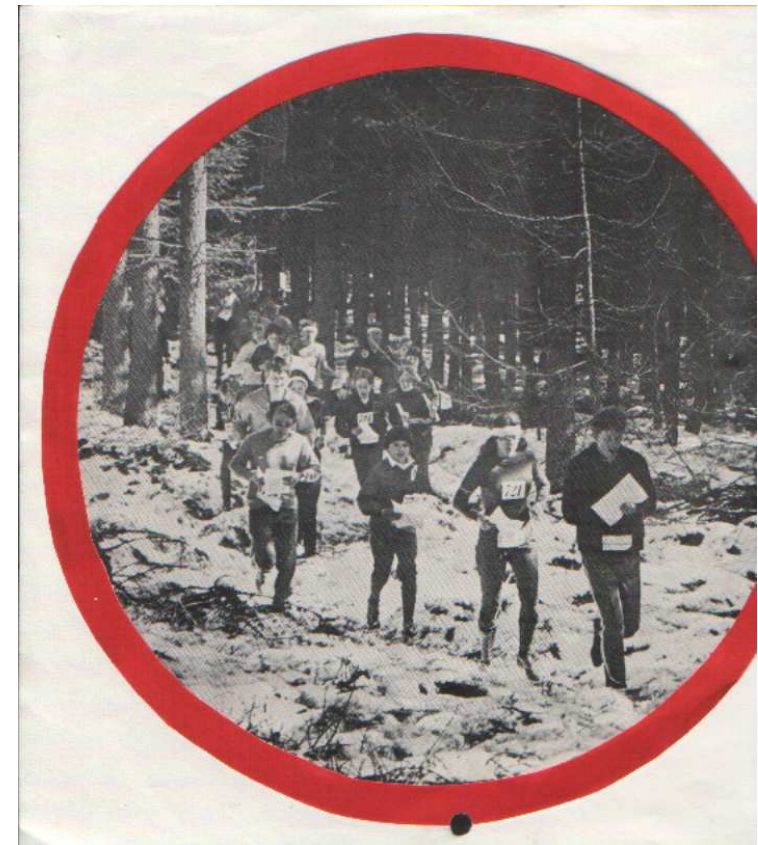
November: CLOK News – Keith Dawson (now INT) 1st & Chris Wright 2nd in M19 at Redesdale. Club mappers are busy with the proposed BOF Relay map & the following day Badge.

November 20th: NEOA AGM Event at Wilton, Joe Wright Planner, S. Willis, now EBOR, 8th on the A course

December: CLOK News – AGM competition for Club Chairman, Ian Cutter voted out, Jon Williams in, the first time there have been 2 proposed.!!!!!!!!!

December 11th: Acorn Badge at Coate Moor, 600 runners including M. Hardy SELOC 10th in M35. Dave Stubbs SPOOK/CLOK 9th in M21B

Other: Picture below, Katy Payne later Katy Stubbs, 721, from the front of the Orienteer, now BKO. I am rather saddened to be looking at this photo of Katy & the reference to Dave in the Acorn as Dave died earlier this year at the JK 2010. Katy, her brother and Dave all started Orienteering through Stockton Sixth Form College in 1976. Katy & Dave were early members of TCOC before joining University clubs then settling in Berkshire.





Cleveland Runner
ROAD | TRACK | TRAIL | FELL

1 of 4 – 25th September: South Park Darlington

2 of 4 – 30th October, Summerhill, Hartlepool

3 of 4 – 13th November: Hardwick, Sedgfield

4 of 4 – 18th December: Tees Barrage, Stockton
(event 4 to be confirmed)

Autumn 2010 Short Races



Easily accessible venues

Short courses – winning times 15 mins

Fast, furious racing, for everyone

Pre-marked maps, electronic timing (SI)

Saturday mornings – starts 10 to 10:30

Instruction available beforehand

Club coaching sessions afterwards

Best 3 of 4 results count to series prizes

CLOK Long-O and Local Event Sneaton and Fylingdales Sunday 12th September 2010

Location	Parking will be on forest roads at grid reference NZ 886017. Signposted from Redgates corner on the B1416 Ruswarp to Scarborough Road at NZ 892046
Terrain	Predominantly coniferous forest with small areas of mixed woodland. Ultra Long courses will be in the forest as well as on the wild and hilly moorland.
Courses	Ultra long 20k / 14k (both medium navigational difficulty) No U16's on Ultra long; U18's need parental consent. Blue, Green, L. Green, Orange, Yellow, White, free string
Map	Ultra long: 1:15,000, A3; colour coded: 1:10,000, A4 size.
Punching	SPORTident electronic punching will be used.
Entries	To guarantee map for ultra long please phone or e-mail the organiser with your name, club, age class and course (20k or 14k) by Fri 3rd Sep. Entry on the day for colour courses and, subject to map availability, the Ultra Long courses.
Registration	Ultra long from 9am, Colour coded 10am – 12pm
Starts	Ultra long 9.30 - 11am, courses close 3.30pm Colour coded 10.30am – 12.30pm, courses close 2.30pm 15 minutes walk to all starts
Fees	Seniors £7 (£2 discount for BOF members). Juniors/Students/Benefit Recipients £2
Safety	Whistles will be compulsory on all courses. Ultra long must carry drink, emergency food and hooded, long sleeved, weatherproof garment.
Facilities	Toilets. Orange juice at finish. Emergency drinks station and manned controls on ultra long.
Dogs	Well behaved, controlled dogs at event, but not on courses.
Organiser	Joan Selby, joanselby.clok@uwclub.net , 01642 782475 before 9pm
Planners	Jim Elder (colour coded), Joe Dobbs (ultra long)
Controller	Paul Taylor

Army Orienteering League

The army hold a series of events known as the "Military League North". They are every two weeks on Wednesdays, ideal for those not working or retired! The first event is Weds 22nd Sept at Warcop.

Dates are available, although not all locations are known yet. Some events are also organised by Phill Batts in CLOK, and some coincide with our school competitions.

22 Sept	Warcop
06 Oct	Gullane Dunes (Scotland)
20 Oct	
03 Nov	
17 Nov	
01 Dec	
15 Dec	(Harris relay)
19 Jan	Castlelaw Ranges
02 Feb	(Night Champs)
16 Feb	
02 Mar	
16 Mar	Hardwick Park (Phill Batts organising)
30 Mar	Coatham Woods (Phill Batts organising)
13 Apr	Errington Woods (Phill Batts organising)
27 Apr	
11 May	(Div Champs)

Further details as they become available at <http://www.baoc.org.uk/events/index.htm>.

Forthcoming events

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

- 4th/5th Sept Capricorn Long-O, Pendle Hill, near Burnley
- Sat 4th Sept SYO City Chase, Sheffield
- Sun 5th Sept LOG Urban race, Lincoln
- Sun 5th Sept NATO Local event, Slaley / Fell Plantation, Hexham
- Sun 12th Sept CLOK Long-O and local event, Sneaton / Fylingdales**
- Sun 19th Sept AIRE Dales Trophy, Conistone, Skipton
- Sat 25th Sept CLOK Autumn sprint, South Park, Darlington**
- Sun 26th Sept CLARO Regional event, Scot Gate
- 2nd/3rd Oct NATO October Odyssey, Beanley, near Alnwick
- Sun 10th Oct NN North East Score Champs, Bishop Auckland Park
- Sun 24th Oct CLOK Local event incl. Yvette Baker round 1, Boltby**
- Sat 30th Oct CLOK Autumn sprint, Hardwick Hall**
- Sun 31st Oct EBOR Regional event, Ebberston Common
- Sun 7th Nov NATO Local event, QEII Park, Ashington
- Sat 13th Nov CLOK Autumn sprint, Summerhill, Hartlepool**
- Sun 14th Nov AIRE Regional event, Hirst Wood & Shipley Glen
- Sat 20th Nov CLOK North East Night Champs, Newton Hanzard**
- Sun 21st Nov CLOK Local event, Newton Hanzard**
- Sun 5th Dec NATO Local event, Dipton
- Sun 12th Dec CLOK Local event, Bank Foot**
- Sat 18th Dec CLOK Autumn sprint, Tees Barrage, Stockton**

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.