



TCHIMES

The Monthly Local News For Clok

August 2014

EDITORIAL

Next copy is October 2014

**Please e-mail any articles etc. To either
lewis.bremner09@hotmail.co.uk or jflibby@gmail.com.**

WELCOME

**For anyone who needs to contact Membership Secretary Maureen Webb,
she has changed her email to -
maureen808512@gmail.com**

Some International Successes

Cat Taylor who got BRONZE medal in the Long distance race at the European Orienteering Champs, in Portugal in April. This was Cat's best international result yet. She was also 30th in the Sprint, and 15th in the Relays.

Peter Bray – 42nd in the Long at the same European Champs. Peter has previously run for GBR as a junior, but this was his first time since moving up to the senior ranks.

Aidan Rigby – 29th in the Sprint, 10th in the Long, and in the 10th team in the Relay for M16 at the European Youth Championships (EYOC), in Macedonia in June. Aidan's 10th in the long was a particularly impressive result, and is a good indicator of where he might go in the future. This was Aidan's first GBR representation as a junior.

Alice Rigby – 27th in the Sprint, 62nd in the Long, and in the 9th team in the Relay for W18 at the same EYOC. These were solid result from Alice, especially as only a first year W18, and again her first representation for GBR.

Cat Taylor – 19th at the Long distance, 6th team in the Mixed Sprint Relays (an excellent run on last leg to bring the team up from 11th), 6th team in the women's forest Relay (another good last leg pulling the team up from 8th) at the World Orienteering Championships, in Italy in July. A good set of results, especially the relay performances which, with WOC coming to Scotland in 2015, could promise something really special.

The Selections for future competitions and Training Camps

The following people have been nominated to play a part in future competitions -

Duncan Archer – selected for Veteran Home International, Wales, Sept 2014 (his first “veteran” [M35] selection for England!).

Oscar Anglim and Rebecca Aspin – both selected for JROS training camp at Lagganlia, near Aviemore, Scotland, August 2014. JROS is the group of all the junior regional O squads that runs national training camps to complement those put on by the British Orienteering squads.

Aidan and Alice Rigby – both selected for the GBR squad Talent Development camp in the Lakes in July/August, JROS training camp in Sweden in September, running for England in the Junior Home Internationals in Scotland in September. Alice is also selected for the Junior European Cup in Belgium in October. They both have a busy few months ahead of them!

OFFICIALS VACANCIES

Joan Selby

Only one vacancy left this year for a controller at Eston. Please contact Joan Selby (01642 782475) or joanselby.clok@uwclub.net if you are available. Grateful thanks to all our members who have been officials at any of our events. You will notice that I have published events for the first half of next year. Please let me know if I can put your name in any of the empty spaces.

Date	Location	Type		Organiser	Planner	Controller
14 Sept	Newton Woods & Roseberry	Long O	C	Clare Hunter	Neil Hunter	Charles Mayes
19 Oct	Northallerton	Urban	C	Richard Rigby	Karen Poole	Christine and Peter Roberts
16 Nov	Eston	Score	C	Joe Trigg	Duncan Archer	Richard Rigby

14 Dec	Ayton Moor	Long O	C	Joan Selby	Richard Rigby	Jim Elder
4 Jan 15	Flatts Lane	Team Score	D			
8 Feb 15	Coate Moor	Long O	C			
8 Mar 15	Hutton Mulgrave	ACORN	B			
Saturday 28 Mar 15	??? - Original location now not possible – New area to be decided.	O-Cross	C			
17 May 15	Sneaton	Long O	C			
28 June 15	Preston Park and Eaglescliffe	Urban	C			

Notice of CLOK Annual General Meeting 2014

This year's AGM will be at 7.00 pm on Tuesday 14th October, 2014 in Sunnyfield House, 36, Westgate, Guisborough TS14 6BA. Sunnyfield House is on the north side of the main shopping street in the centre of Guisborough, opposite the Post Office. There is car parking on the main shopping street as well as a small car park behind Sunnyfield House.

If you wish to propose a motion for discussion at the meeting, please let me know by Wednesday 1st October. The agenda will be published on the website about two weeks before the meeting.

Vacancies to be filled at the AGM:-

- **Compass Sport Cup Co-ordinator**
- **Officials Finder**
- **Relay Entries Co-ordinator**

Please contact Joan if you would like to give some of your time towards the smooth running of the club.

Once the meeting is finished a buffet supper will be provided along with tea and coffee.

Joan Selby, 01642 782475
joanselby.clok@uwclub.net

CLOK TRAINING SESSIONS DARLINGTON

We are looking for more people to come and join us at Polam Hall School in Darlington for orienteering training on Wednesday evenings. Please can everyone pass on to Family and Friends. Contact lewis.bremner09@hotmail.co.uk for more details.

EYOC 2014

Aidan Rigby

Wow! is all I can really manage when I think about this competition. 5 days of just wow! For better and for worse it was one of the greatest experiences of my life and it has certainly shaped the way I think about international orienteering. The main difference to any other set of races is who you were running for. It was the first time I had run for GB and to pull on the squad orienteering top for the first time is an exhilarating experience to say the least.

I won't bore you with the details of flights out and journeys there but after being in the heat chamber at Teesside University for heat training leading up to the event it was a complete shock to step off the plane into 17 degree drizzle! It was a pleasant surprise though; we weren't there for a holiday in the sun after all. The first taste of the terrain we were going to face in the races came on the bus to Strumica the host town. We were all given a map of the model area with several controls on it to try out the areas. The first thing you notice is the contours. Of course, I had already studied maps of areas close by but when you were planning a route you actually intended to take and it involved 170+ m climb it was quite a shock. We went out and studiously analysed the terrain for 45min when we realised we had 2min to get 1km back and cross a substantial river. Hence, we got some wet feet.

Part of the GB début is experiencing not just racing in other countries but other factors like quarantine and heat. For me, however, it was the food that bothered me most. It was not very nice to walk in to dinner that night being the last team to arrive to find the only food left was measly amounts of mixed vegetables and some chicken. It seems as though carbohydrate in a hotel of 250 athletes becomes as precious as gold! Apart from this the hotel was great, and didn't leave much to be desired, apart from maybe an air con unit that didn't sound like the annotations in a Marvel Comic, "Pow!", "Crack!" "Boom!" I think you can get the idea.

The first race we had was the sprint race which was in the town centre of Strumica. Quarantine was in a school which had only two classrooms open so most teams including GB opted for hiding under trees in the playground. Quarantine is one feature of orienteering that you never really experience unless in international races. It's a mix between desperately trying to ignore the race that takes place in up to 4 hours time and trying to get the best prepared for it which usually doesn't involve sitting for 4 hours in patchy shade! The lack of any electronic equipment also creates an atmosphere that one rarely finds in 21st century Britain. As a team we attempted to play a 12 way card game: chaos.

I was lucky in the sprint race in that I had an early start. It wasn't drizzling like the previous day, it was full on blazing sunshine and the temperature was well up to 30 degrees by 9am. Not pleasant conditions when the expected winning time for optimal route choice was under 4min/km!! I won't go into too much depth but the sprint was split between a hilly urban orienteering like area to begin with and then into a dense populous shopping area and flat network. I was fast through the first half but upon leaving the urban area I didn't adjust my pace for the more complex second half and made two mistakes that put me behind. I couldn't make up that lost time. It's quite depressing when you run past the same video camera, broadcasting live to the arena, three times looking just as confused as before!

After watching my place sink from 6th to 29th on the results boards (It was a similar story for most of the other GB M16s) and chasing our bus around the streets trying to get it to stop so we could return to the hotel, we hit the cold pool for a well earned rest. Then it was another helping of meat and mixed vegetables. The team then decided to skip the opening ceremony as it would have meant getting back at midnight. We ended up hitting the pillow at 9pm!

I had a late start on the long race and quarantine was even worse than the sprint. Effectively, I had a 3 hour wait in next to no cool shade. The tents put up were tiny and all space was gone before we even arrived so we set up a tarpaulin on a shrub and squeezed ourselves under it. Cosy! The area was also hay fever central and this posed a problem for not just me but a significant proportion of the team. I was almost glad when the time came for me to move to the pre-start area. Pre-

start is another thing exclusive to international competition: essentially it is just 14min where you make the short walk to the start and no talking is allowed but it is very eerie and comprises of psyche-out stares and deliberately elaborate warm up routines. On the other hand it does help you to really get properly focussed by the time you reach the start line.

The long race was a beast, a very hilly beast, a very, very, very hilly beast! 265m climb in 4.8km felt like ascending Everest. Probably due to these hills I had one of the best races I had produced in a while for much of the race. Even small hesitations can cost you easily at least 10 places; stopping to tie your shoelace wasn't an option. I had some splendid legs and this gave me a 2nd place split on a leg. I won't forget that anytime soon. The orienteering wasn't easy despite even the smallest contour feature looking like Roseberry topping (I hope most of you are familiar with this Cleveland Hill). The planner was very keen on long legs and there were 3 significant ones throughout the course longer than even the worst you would ever be given in the UK. I was in 3rd place overall in the race with only 2 controls to go!! Unfortunately I failed to carry that to the line where my mind decided that a route with 2x the climb and 1.5x the distance of optimal route was a good idea. I even lost 2min with terrible navigation on the approach to the circle. I suppose that is one of the main defining features of orienteering but it is heart breaking to drop so many places so late on. I came 10th which was the best result GB managed in individual competition but it is hard not to dream of what might have been. A medal maybe!!!? To be brutally honest though it has only sparked desire for more: I will be back and I will be looking for that podium.

It was back to the hotel and back in the pool after the race and then we had the EYOC party. This was great fun although I felt a bit dumb when I wasn't able to hold a conversation in any other language apart from English and all members of other the countries were fluent in English as well as French/ German/ etc. I will have to swot up on my Bulgarian for subsequent competitions I think. It was a good job all the songs were English pop songs!

It was pretty much from here things went downhill. I woke up the next day with my knee clicking like a machine gun and my head feeling as though someone had smashed a bottle over it. It was the relay day and despite my body being in pieces team spirits were high. I had a strong relay team and we all felt we deserved a podium after some decidedly mixed races. It wasn't to be. Alex Carcas is a really strong runner was on first leg and he was leading by a distance after his first 3 controls. He had the same problem as the rest of the team did on #4 on a concave slope that was a green no visibility wood with 5 different gaffels. I for one visited just about all controls before my own! Alex had a mistake later on and despite not his best run brought us back in a solid 11th. Harrison Mc Cartney, our second leg, had the best run of our 3 man disaster team and brought us some way into contention in 8th. It was a shame I couldn't do the same. There was hardly a

control I didn't mess up and the area was disgusting; brambles, gorse, dark green pine woodland, the lot. I was all over, visiting every control on the whole map (it seemed like) before my own. I crossed through the area climbing the near vertical bridge feeling very bad not just for me but the team. It became even worse when my shoe came off in a bramble thicket and before I could get it back on a thorn shot up into my big toe. I sat there trying to get it out and watched feeling awful as Bulgaria followed by Germany then Austria and finally Hungary ran past, hurdling me as they went to hit the podium. I hobbled in to claim 10th. It wasn't what I had wanted to do.

This is could quickly turn from being a description of my Macedonian experience into an essay on how not to get heat exhaustion! So in order to avoid this I've summed it up.

- **Drink (the only thing I actually did on this list)**
- **Wear a sun hat (no matter how un-cool it looks it's worth it)**
- **Stay in shade (if you can find any)**
- **Try not to run three races back to back in a foreign country in 30 degrees (it's a shame if there is no other option)**
- **Get sleep (even if this means skipping an epic party)**
- **Eat well (mixed vegetable and meat doesn't always class as a good athletes diet)**
- **Don't whatever you do go in even a mild hot tub!**
- **Get salt (peanuts or crisps anything will do!)**

Within three hours of getting back to the hotel I was a shivering wreck with a headache only experienced in nightmares. An hour after that I became a vomit machine, much to the distress of the chef who, after I threw up violently in the restaurant, probably experienced a loss in sales! The an hour after that I found myself on a drip in a hotel lobby with the bag of solution hung from a painting and a wedding reception going on all around me. It was an impressive way of saying to other teams that I gave my all how much did you give? Unfortunately, our bus left at midnight for a 5am flight- I was very glad to get home to my bed the following afternoon. One word of advice do whatever you can to avoid heat exhaustion because it was one of the worst experiences of my life!

Despite this I had the time of my life- I am immensely grateful to everyone from CLOK who helped me prepare: Duncan Archer, Sarah Hague, Gilly Hale and Mick Garret as well as Jackie Newton the team manager from British Orienteering. Thanks too to CLOK for helping with costs.

NEOA events email service

Peter Firth in NATO runs a very useful service, sending out concise emails once or twice a month, with a summary of upcoming events in the region, including CLOK, NN and NATO (plus events further afield when there is nothing to tempt you in the region).

They also occasionally contain other details that may be of interest to orienteers in NEOA clubs. Many members will already be on this list. If you are not, and wish to be added, email Peter Firth at firth@riscos.org.

AND FINALLY

A message from Mike Hardy.

“CLOK has registered with The Gazette Wish Sport 2014 to participate in their fund-raising project for the second year. Tokens appear in The Gazette every day from July 07 to September 06. Please collect these (and encourage friends and neighbours to do so) and send them to Mike Hardy , Upeleya, Upleatham, Redcar, TS11 8AG from time to time. These will be sent to The Gazette and CLOK will receive a share of the £30000 pot which The Gazette has reserved to support local sports clubs. Last year we earned something over £100 - let's do better this time!”