



## TCHIMES

# The Monthly Local News For Clok

## OCTOBER/NOVEMBER 2014

### EDITORIAL

Next copy is December 2014

Please e-mail any articles etc. To either  
[TChimesEditor@hotmail.com](mailto:TChimesEditor@hotmail.com) or [jflibby@gmail.com](mailto:jflibby@gmail.com).

### WELCOME

Hope you all have had a great Halloween and Bonfire Night.

### Cleveland Orienteering Club Report

Cleveland Orienteering Clubs first short race of the winter series took place in Locke Park Redcar. Taking on courses of up to 2.5k the orienteers navigated around the park using a specially prepared map. Many of legs required the selection of the optimum route around the ponds with multiple route choices. Natalie & George Martin were 1st and 2nd on the Junior course with newcomers to orienteering Eleanor Crame and Ella Cleasby 3rd and 4th.

On the open course the winner was Jonny Malley with David Aspin 2nd and Stephen Powell 3rd. Sophie Miocevich was 1st lady with Jill Libby 2nd.



Rebecca Aspin had a narrow 7 second victory over Saskia Warren on the Youth/Vet Course with Thomas Aspin 3rd.



## Selection for Summer Coaching

Lagganlia 2014 - Oscar Anglim

I have never enjoyed working with people my age so much; everyone there was extremely helpful and pleasant. Despite the fact we were all from completely different backgrounds and came from every place possibly imaginable in the United Kingdom, we all shared one thing in common; orienteering. I think we can all agree orienteering is a minor sport, but Lagganlia proved that it is definitely not an easy one; the maps we used could baffle a TomTom at the best of times and some of the contours were so complex and detailed it made it hard to see anything but brow. Thankfully the coaches knew what they were doing - they taught us how to navigate and run through the most complex terrain and still managed to give us time to watch Harry Potter.

The meetings in the evening were brilliant as it gave us time to analyse our routes and not get distracted by how miserable Scottish weather can get, even in the summer. The presentations gave a good insight to race preparation and what international orienteering is really about. The evenings also gave us plenty of time to recover; card games kept us occupied for some time. Our only problem was we couldn't find anything to use as chips; after a week of trying to use cutlery, socks and a second set of cards for chips. The answer presented itself in the form of Skittles, however when we came down to playing cards, everyone was starving...

One of the most enjoyable of all the races was the sprint final at Badaguish outdoor centre. We arrived to find there were 28 controls spread over about 1.5km on a 1:1500 map with all 22 of us doing it at 1 minute intervals. Complete chaos. What made it even better was the fact we were allowed on a monkey bar ring obstacle (most of us got soaked in the water below). Another chaotic experience was the mass start mini maze on Friday; you can probably guess what that was like. One of the most challenging races was the classic race on Friday; 5.2 kilometres of hilly hell smothered with heather, I'm sure everyone else who did it would agree (still better than the JK in South Wales).

Respect should be given to the brilliant coaches who taught us things I could only guess at and the cooks who made some of the tastiest meals I had ever eaten. I made many friends and doubt I will ever be able to forget the Lagganlia experience. I would like to thank CLOK for supporting me on the trip.



## OFFICIALS VACANCIES

All our week-end event officials are now in place for this year. Grateful thanks to all our members who have been officials at any of our events during this year. Thanks also to all those who have assisted on the day. Events would simply not take place without all this help.

Below is the schedule for 2015 – please contact me if you are able to fill any vacancy.

Joan – 01642 782475 or

[joanselby.clok@uwclub.net](mailto:joanselby.clok@uwclub.net)

| <b>OFFICIALS VACANCIES - 2015</b> |                                |             |              |                                |                  |                      |
|-----------------------------------|--------------------------------|-------------|--------------|--------------------------------|------------------|----------------------|
| <b>Date</b>                       | <b>Location</b>                | <b>Type</b> | <b>Level</b> | <b>Organiser</b>               | <b>Planner</b>   | <b>Controller</b>    |
| Sunday 4<br>January               | Flatts Lane                    | Team Score  | D            | Joan<br>Selby                  | Joe<br>Dobbs     |                      |
| Sunday 8<br>February              | Coate Moor                     | Long        | C            |                                | Duncan<br>Archer |                      |
| Sunday 8<br>March                 | Hutton Mulgrave<br>+ Skelder   | ACORN       | B            |                                | Paul<br>Taylor   | David Horn<br>(EBOR) |
| Saturday<br>28 March              | Bank Foot                      | Long        | C            | Will Dehany to do one of these |                  |                      |
| Sunday 17<br>May                  | Sneaton Forest                 | Long        | C            |                                |                  |                      |
| Sunday 28<br>June                 | Preston Park +<br>Eaglescliffe | Urban       | C            |                                | Ann<br>Cranke    |                      |
| Sunday 6<br>September             | South Gare                     | Long        | C            | Neil<br>Hunter                 | Karen<br>Poole   |                      |

| Date           | Location                                       | Type               | Level  | Organiser            | Planner          | Controller     |
|----------------|--|--------------------|--------|----------------------|------------------|----------------|
| 3+4<br>Octobe  | Eston Moor (Sat)<br>South Boltby<br>(Sun)      | OCTOBER<br>ODYSSEY | B<br>B | Richard<br>Rigby Sat |                  | Rob<br>McKenna |
| 15<br>November | Goathland North                                | Long               | C      |                      | Neil<br>Hunter   |                |
| 13<br>December | Cod Beck/Scarth<br>Wood Moor/<br>Whorlton Moor | Long               | C      |                      | Duncan<br>Archer | Phill Batts    |

### **CLOK TRAINING SESSIONS DARLINGTON**

We are looking for people to come and join us at Polam Hall School in Darlington. Please can everyone to pass on to Family and Friends. Please contact [lewis.bremner09@hotmail.co.uk](mailto:lewis.bremner09@hotmail.co.uk) for more details.

### **Chairman's Report for CLOK AGM 2014**

It has been another busy year with much to report. The club has organised more than twenty events, providing a wide variety of orienteering opportunities across the area for the membership. We also played a major part in putting on the British Long Distance and Relay Championships despite it taking place in Northumberland nearly 100 miles away. Great credit should go to those members who took on busy planning and organising roles, and the many others whose efforts helped to make the event a success. Our coaches have been busy throughout the year as well, running physical and technique training sessions. Why not give their sessions a try - they work hard to plan them and we can all improve in one way or another! Looking ahead the club has also supported the next generation of coaches when several juniors got a qualification earlier this year. There have been many successes to applaud through the year on both the national and international stage. Well done to all of you, and to everybody who supports you. It is always good to read in Focus, CompssSport etc. about CLOK members achieving success.

As a club we face two big challenges, both of which have been with us for a while:

- We struggle to get enough people to volunteer to plan and organise events. This makes the job of the officials finder more difficult and busy people end up doing even more. A good step towards doing a major job is to volunteer to help at events.

Please try to do it before the organiser has to ring up.

- Although membership is strong at the junior age group, and also at the mature end of the club, we do not have many members between 20 and 45. Unless we can find ways of attracting this age group into the sport, there is a danger that membership levels will fall and there will be an even greater strain on those that are left.

There are lots of people working very hard to keep the club running smoothly; organising, planning, controlling, mapping, updating the web site, development in schools, coaching, overseeing equipment etc. Thanks to all of you (you know who you are), without whom the club would founder. A special thanks to Joan Selby for her tireless work as club secretary, and the multitude of other jobs she does

Looking forward to next year, it promises to be another busy and exciting one. Whatever your personal goals for the year I hope you all enjoy your orienteering, and are able to contribute to running the club and/or the many events it will put on.

The World Orienteering Championships are taking place in August in Scotland in 2015, and it will be really exciting to be there. A massive volunteer effort is needed to run the championships, and I hope many of you can contribute to that as well as competing in some of the wonderful forests being used.

I am happy to stand as chairman again (if elected). However, this will be my last year as I think it is time for a new face with new ideas. Peter Archer

## **Autumn Short Race Series event at Polam Hall School Some Photos**

**Well done to all participants!**





## **Orienteering Development Project Monthly report for October, 2014**

The first month of the new development year started with 262 participations, of which 204 were runners in the second inter-schools league competition at Preston Park. The remainder were introductory coaching sessions at two primary schools, one in Longnewton, Stockton and the other at Dishforth Airfield Primary, plus a staff training session at the recently re-mapped Acklam Grange Comprehensive. New, or updated, maps have been produced for Hartburn Primary and Northfield Comprehensive in Stockton, with introductory coaching and staff coaching arranged for November. Mapping is in progress at Highcliffe Primary, Guisborough, and Breckon Hill Primary in Middlesbrough. The permanent course at Skerne Valley, Darlington has been repaired and the Friends are interested in a Come-and-Try-It, and a re-map and re-think of the Bousdale Woods permanent course in Guisborough is also under way. In Co. Durham, Crook Primary has been mapped for the first time, and maps for Elemoor Hall Special School and Ouston Primary are in the process of completion from the 2013-14 Durham Schools offer. The Club were unable to respond to an invitation to mount a display for Redcar schools organised by Tees Valley Sport, but will be attending one for Middlesbrough Schools in November. Finally, we are about to register the club with the Cleveland Police "Giveitago" initiative to encourage young people to participate in activities with organised clubs, as opposed to hanging around

Prepared by Mike Hardy - circulation CLOK committee, Tchimes, webpage, Tees Valley Sport (Jean Lordon), Durham Sport (Ian Gardiner), Emma Nichol, Natalie Shaw, Rachel Atherton, Craig Anthony, Boris, Patrick, Phill, Rob McKenna, John Crosby, Mick Garratt, Rob Bailey, Rebecca Simpson, School Games Organisers, Sports Development Teams

## **And Finally! Clok Sprint Vests**

Hi everyone,

As part of the growth of sprint and urban orienteering many orienteering clubs have produced a sprint and athletics vest. I have designed a Cleveland vest with Kukri who made the England Commonwealth games kit. The vest design and sizes have been attached (one thing to notice though is on the back it says name, this will not be your own name but 'Cleveland Orienteering Klub' ) The tops will cost £21 for junior sizes

and £25 for adults. The tops will also be prizes for the sprint series, however, it is unlikely that a second order will be made afterwards so don't delay ordering; there is an eight week turnaround time so we want to order by 25th October - i.e in next 6 days. Orders or queries to me at 10rigbya@yarmschool.org.  
 Ideal Christmas presents!  
 Aidan Rigby



Team: Cleveland OK  
 Designer: Aidan Rigby  
 Date: 17.10.2014

**SUBL Gym Vest**  
 Design : Vender  
 Style Code : SGV

## CLOK SPRINT VEST




**Specification:**

- FABRIC: 180g Sublimated Eyedroplet 100%
- COLLAR: Bound Collar
- EDGING: Body Edging
- NAME: Name Middle Back
- CUFF: 10mm Cuff Binding
- LOGO: Logo Front Left

  
 Pantone 285

  
 Kukri White

  
 Kukri Cool Grey

  
 Cool Grey 8

  
 Kukri Reflex Blue

Follow us on:

 /kukrisports

 @KukriSports

 /kukrisports

 @Kukri\_Sports

**CONTACT THE TEAM**

Phone : +44(0)1772 338899  
 Email: gbhelp@kukrisports.com  
 www.kukrisports.com

2

#thisismyki

Adults sizes

|           | XXS  | XS | S    | M  | L    | XL | 2XL  | 3XL | 4XL  |
|-----------|------|----|------|----|------|----|------|-----|------|
| Chest     | 34   | 36 | 38   | 40 | 42   | 44 | 46   | 48  | 50   |
| Waist     | 28   | 30 | 32   | 34 | 36   | 38 | 40   | 42  | 44   |
| Neck Size | 14 ½ | 15 | 15 ½ | 16 | 16 ½ | 17 | 17 ½ | 18  | 18 ½ |

Childrens sizes

|            | 3-4yr  | 5-6yr  | 7-8yr  | 9-10yr | 11-12yr | 13-14yr |
|------------|--------|--------|--------|--------|---------|---------|
| Height     | 41     | 45 ½   | 50 ½   | 55"    | 60"     | 64 ½    |
| Chest      | 22     | 24     | 26     | 28     | 30      | 32      |
| Waist      | 22     | 23     | 24     | 25     | 26      | 27      |
| Inside Leg | 16 1/2 | 19 1/4 | 21 5/8 | 24     | 26 3/8  | 28 3/4  |

**And finally, finally, a few exciting events coming up.....**

**Sunday 16<sup>th</sup> November** at Eston Moor for a 45 or 60 minute score event.

**Saturday 22<sup>nd</sup> November** at Bousdale Woods, Pinchinthorpe for an Autumn Series Short Race.

**Sunday 14<sup>th</sup> December** at Ayton Moor for a full colour coded event.

**Saturday 20<sup>th</sup> December** at Albert Park for the finale to the Autumn Series.

**On January 1, 2015** why not welcome in the New Year with a walk or run on Saltburn beach, starting 1100 at the pier, then afterwards at Gill and Mike Hardys' in Upleatham for lasagne and mulled wine (or something non-alcoholic)? Please let Mike know in advance if you are planning to join them, to help with catering.

**Sunday 4<sup>th</sup> January** at Flatts Lane Country Park for the New Year Relays.

For more details, check out the [www.clok.org.uk](http://www.clok.org.uk) future events.