



TCHIMES



Extra edition – February 2015

CompassSport Cup 2015 FIRST ROUND Sunday 15th March 2015

The draw for this year's CompassSport Cup has just been announced and **CLOK** have been drawn with **EBOR** and **AIRE**.

The event will take place on **15th March 2015 at Hamsterley Common** run by Northern Navigators.

NATO, NN, CLARO will be competing in the smaller clubs competition at the same event.

For members not familiar with this competition, it is a team event run over colour coded courses ranging from Orange to Brown. Each age group is allocated to a particular course (see below).

CS Class	CompassSport Course	BOF Age Classes	Class Size
1	Brown	Men Open	Large
2	Short Brown	M20- M40+	Large
3	Blue Women	Women Open	Large
4	Blue Men	M50+	Large
5	Green Women	W20- W45+	Large
6	Green Men	M60+	Large
7	Veterans Short Green	M70+ W60+	Large
8A	Junior Men (Green)	Men 18-	Small
8B	Junior Women (Short Green)	Women 18-	Small
9A	Orange Men	Men 14-	Small
9B	Orange Women	Women 14-	Small

Clubs can have any number runners in each class but a maximum of 4 runners can count for each class, with a total of 25 runners counting for each team.

CLOK will pay all entry fees for this competition, and the club captain completes the entry, therefore individuals should not enter the event directly (more details later).

I would hope we can be very competitive in this heat. We have beaten EBOR for last three years but lost to AIRE by 26 and 57 points in last two years. Our slight advantage this year is we are closest club to event so hopefully can get a good turnout. AIRE will get their best runners to the event and they are very strong in certain classes.

The winning team goes through to the final which this year is on 18th Oct 2015 at Helsington Barrows near Kendal so fairly close for CLOK and much better than our last final in the SW.

PLEASE PUT THESE DATES IN YOUR DIARY AND CAN ALL MEMBERS TRY AND GET TO THE EVENT.

With only three clubs (possible entry of only 100-120) then point scoring will be close as I suspect some classes will only have 10 or so entries so all individuals will get 90 plus scores. We need numbers there to hopefully push other clubs down the scoring.

If you want further details please email on alan.cranke@ntlworld.com or ring 01642 554159.

I will send more details about the event when they are available and try and get an entry template on the CLOK website.

Alan Cranke

CLOK JK RELAY TEAMS 2015

As the 2015 season approaches, the first major relay is on the horizon. This year the JK is being held in Lake District over Easter weekend, the relays on Easter Monday (April 6th) are being held in Graythwaite which I believe is one of best areas in lakes for orienteering.

I am coordinating the entry of CLOK teams and we aim to run as competitive teams as possible but also give everyone a run no matter what standard they are at present, competing in areas such as Graythwaite can only aid orienteering development of new and more experienced runners.

The club pays entry fees for all runners competing in the relay for CLOK.

Most relay classes in the JK are based on the combined age of the 3 runners, making it much easier to put teams together. Also, the second leg tends to be shorter which also helps balance teams.

If anyone wants a run please contact me by e-mail alan.cranke@ntlworld.com or ring 01642 554159. I will also contact members individually when I see that they have entered the individual events.

I would encourage members with young children W/M 10/12 to give them a go in the mini relay which is a fun, fast and furious event based on Yellow standard courses. This relay is first off at 10:00 (aimed total winning time for all 3 legs of approx 35min).

If we end with a team short of a runner then we always try and get a runner from another club and try an ad hoc class. We did borrow the Norwegian winner of a W12 class a few years ago.

I hope all CLOK runners entering the JK individual events will aim to stay on until the fourth day and turn out for CLOK. Don't worry about letting a team down because without you there wouldn't have been a team.

I will be entering teams by 11th March 2015.

Thanks,

Alan Cranke

Note: At present we have 10 names including Cat Taylor in possibly her last relay run in England before hopefully coming down the run-in for GB in world champs in Scotland.

And Now Something Completely Different – CLOK Generator

For a few years CLOK has had a generator, and it has done good service. However, it is now getting difficult (often impossible) to start. Marion and I are not good enough mechanically to fix it so that it will be reliable at events. Is there anybody out there who has the skills (and time) to look after it so that it will still be a valuable asset for the club? We have had it serviced in Northallerton, but after a couple of events it would no longer start again. If you can help, get in touch. Thanks.

Peter Archer