



TCHIMES



The Monthly Local News For Clok

March 2015

EDITORIAL

Next copy is Early May 2015.....
..... and we look forward to articles about the
JK event at Easter in the Lake District, and
hearing about (hopefully) the club's successes
both individually and in the Relays.

Please e-mail any articles etc. To either
TChimesEditor@hotmail.com or
jflibby@gmail.com.

WELCOME

Thanks to everyone who submitted articles to this edition

Presentation of Joe Wright Trophy for 2014

The Joe Wright Trophy is awarded each year to a person who has made a major contribution to the running of the club. This year the trophy was awarded to Maureen Webb. She is the club membership secretary, she helped run the seven race summer series, organised the club dinner, and is always volunteering to organise events, or play a key role in putting them on.

Maureen is shown below receiving the wonderful trophy at the annual dinner from Connie Wright.

Well done Maureen, and keep up the good work!



CLOK Training 2015

Background

In late 2014 the coaches in CLOK got together to discuss the training and coaching that CLOK offers. At the time we were running

- CLOK junior training on Monday evenings in Guisborough
- a weekly Club Night in Darlington
- informal weekly training in Swainby.

These have had some successes, such as bringing through some now very successful juniors, and getting new members into the sport that might not have otherwise got hooked. However, various drawbacks were identified:

- Putting on weekly sessions is a significant commitment for a few individuals (both in the preparation and the delivery) leading to some coach “fatigue”.

- There is a limit to how much “real” orienteering coaching can be delivered from the same location each week, particular once you have progressed past TD1/2 (white/yellow) standard.
- Fixed weekly training helps attract new members (and that is the idea that the British Orienteering “Club Night” initiative was based around), but we were finding it wasn’t getting enough people into “mainstream” orienteering to justify it (bringing a friend to a “real” orienteering experience tends to work far better!).
- Numbers were low or falling at the sessions.
- We wanted to use our pool of coaches to serve our existing members better.

Therefore we decided to stop the Darlington club night, and the Guisborough junior training, and try something different – a series of monthly Saturday morning training through the winter/spring.

However before discussing that, we should pause to acknowledge those who have contributed a huge amount over the years to coaching at these weekly sessions:

- Gilly Hale, Mick Garratt and Neil Hunter (and before they moved to spend some time in the US, Paul and Linda Thornton) who have put on the Guisborough junior training every week in term-times over many years. Several of them have also played major roles in the North East Junior Squad too, with Mick being lead coach in recent years.
- Chris Wright and Stephen Hopper (and previously Ian Scott and Rebecca Simpson) at Darlington club nights.
- Rob Bailey who puts on informal weekly training at Swainby (and will be continuing to do so).
- Other club members who have helped on occasions too.

Winter/Spring Training Mornings

So the idea was to put on forest-based training once a month, on a Saturday morning. A lead coach would put on a couple of technical orienteering exercises, open to all CLOK members (and neighbouring clubs if they are interested). People can just turn up and run the exercises. However the lead coach is always on hand to give a briefing beforehand, highlighting orienteering techniques to concentrate on, and talk to people afterwards to discuss how the exercises went, what went well, and how the person might improve, before heading out on another exercise. So far we’ve had three training days:

- January: Newton Hanzard joint with NEJS, with Mick Garratt planning the exercises and leading NEJS, and Duncan Archer leading the CLOK members.
- February: Birk Brow, nr. Guisborough, led by Paul Taylor. Neil Hunter also put on some junior training.
- March: Live Moor Plantation, nr Swainby, led by Rob Bailey.



Each session had typically had 2-3 exercises, each with a different focus. For example at Newton Hanzard, some exercises were well suited to practicing compass bearings, or attack points (see map above). At Birk Brow Paul had taken some liberties with the map, blanking out bits to make you stick within a mapped corridor, or use a rough compass across the blank bits. On another exercise he removed the north lines, rotated the map, and took the paths off (!!), to make you focus on the

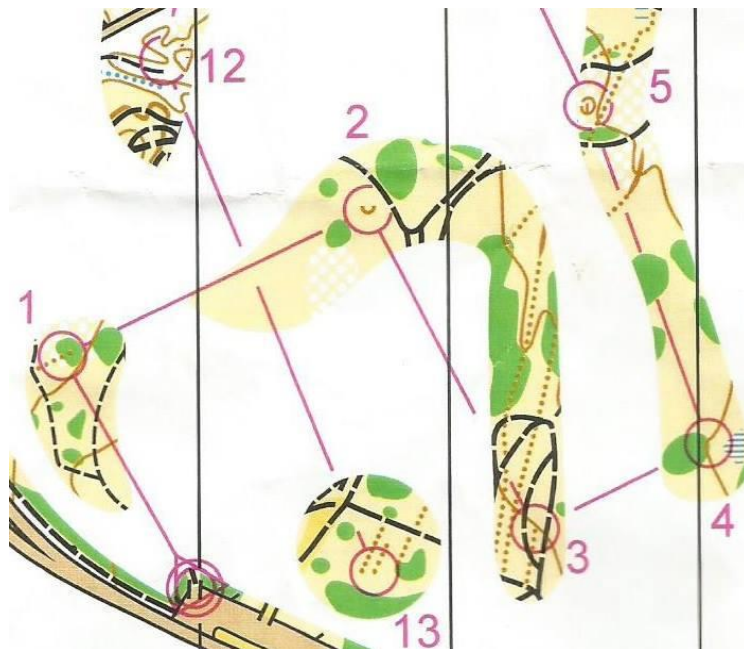
remaining map detail (mostly gorse bushes!). See some examples below. Participation has been good with over 20 people at each of the first two sessions, and many favourable comments. The third session took place last weekend.

There is one more sessions to go at Skelder Woods (the nice white forest at the east end of the Hutton Mulgrave map as used for the Acorn, but only visited by Brown/Black courses) led by Duncan Archer. This is on Saturday April 11th (weekend after Easter). Hope to see you there!

Also feel free to pass me any thoughts on this new initiative. Should we do it again this time next year? Should we do all year round? Do you like this style of a series of short exercises to practice specific techniques (or would you prefer to just run a course)? Do monthly Saturday mornings work, or would you prefer weekly evenings from a fixed location like a club night (which inevitably means less real orienteering focus, but more regularity)?

Duncan Archer

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.....and now for the exciting Summer Series 2015

Dates (all on Thursday):

30th April - Coatham Woods

14th May - Cowpen Bewley

28th May - Birk Brow

11th June - Newton Woods

25th June - Highcliff

9th July - Fairy Dell

23rd July - Teesside University

(Please note Venues are **Provisional** and may alter)

Format: Registration - 5:00pm - 6:30pm

Starts - 5:00pm - 6:30pm

Course Closes 8:00pm

S.I. Punching to be used

3 Courses Short up to 2km TD2/3 approx

Medium up to 4km TD3/4 approx

Long up to 6km TD4

Organisers - Maureen Webb 01287 280918 maureen808512@gmail.com

Joe Trigg 01642 279668 joe.trigg@ntlworld.com

Annual Acorn Event at Hutton Mulgrave and Skelder

Our annual level B event was held in the east of CLOKland on 8th March and everyone I talked to enjoyed their course. More than 150 people ran on the day, and thanks should go to all who helped to make the event a success – a good map, good courses, good parking field, hot drinks, tempting cakes and reasonable weather! The club awards a trophy each year to the best results by CLOK female and male runners at the Acorn. There were many excellent runs, and this year's winners were:

- **Female** **Isabel Mayes**
- **Male** **Aidan Rigby**

CompassSport Cup at Hamsterley Forest

This is an annual competition between clubs, and this year we met EBOR and AIRE in the first round. There were lots of great runs from CLOK runners, and thanks to everyone who supported the club. The final result was a win for AIRE who had taken a strong team and were recent winners of the CSC final. Scores were AIRE 2426, CLOK 2389, EBOR 2194. CLOK scorers were.

	Course	Points Scored
Thomas Aspin	Orange	100
Alice Rigby	Blue	100
Jill Libby	Green	100
Aidan Rigby	Short Brown	100
Mark Bown	Brown	100
Alastair Mackenzie	Blue	99
Ann Cranke	Green	99
Hanne Kinnunen	Blue	99
Peter Bray	Brown	99
Rebecca Aspin	Short Green	98
Charles Mayes	Short Brown	97
Livia Wright	Orange	96
Wendy Taylor	Green	96
Carolyn Rigby	Green	95
Elizabeth Dean	Short Green	94
Paul Taylor	Green	94
Martyn Dean	Blue	94
Christopher Wright	Blue	93
Roy Bradley	Green	92
Joan Selby	Short Green	91
Graeme Addison	Short Brown	91
Bref O'Rourke	Green	91

Vicky Tucker	Blue	91
Alison Hodgson	Short Green	90
Diane Mayes	Blue	90

A big thanks to everyone for turning out to run in the competition. We failed to beat AIRE but I think we performed as well as we could. We did miss a few potentially big scorers and ended short of runners in some courses. I think the results above show what I have always said, that a club our size, which is probably a smaller club in the big boys cup, needs everything to go right on the day to win. Our top runners did magnificently to produce the high scoring points with 5 wins, and 4 seconds including three first / seconds. I always try and say everyone can score points in the team of 25 so try and finish and I think the fact Diane who was injured finished course and scored our last score of 90 points, and Bref who ran down from his normal colour with 91 points are just two examples.

My run of the day must be Aidan who started with tired legs after running English schools cross country on the Saturday yet still won the short brown by 10mins which is for 20- and 40+ which was excellent for 1st year 18.

So thanks for turning out for the club, I still believe if we can get a full team out with a few more juniors and all out top runners we can get very close in the NE / Yorkshire heat next year.

With some of the above performances , we can look forward to JK at Easter at which we have 13 relay teams across all age classes.

Alan Cranke

Do you want to update your CV?

Please see below a list of Tees Valley Sport courses that will take place in the next few months

First Aid in Sport (£35 per person)

- Tuesday 14th April, Teesside University, Darlington Campus 5:30 pm - 8:30 pm.
- Tuesday 14th July, Stockton Riverside College Bede Sport Centre, Billingham, 6 pm - 9 pm.

Safeguarding and Protecting Children (£28 per person)

- Thursday 14th May, Brierton Sports Centre, Hartlepool, 6 pm - 9 pm.
- Tuesday 9th June, Teesside University, Middlesbrough, 6 pm - 9 pm.
- Monday 6 July, Redcar Fire Station, 6 pm - 9 pm

To book places and pay online please use the website www.necoursefinder.org

The cost of courses will be reimbursed by the club.

Our Next Events:

Saturday 28 th March	Level D event at Bankfoot – details available shortly
Saturday 11 th April	CLOK training day at <u>Skelder Plantation</u>
Thursday 30 th April	Summer Series at Coatham Woods - see earlier article
Thursday 14 th May	Summer Series at Cowpen Bewley – see earlier article
Sunday 17 th May	Level C event at Sneaton

CLOK LEAGUE 2014

- **Results** based on 8 CLOK events, areas given below
- **Best 5** races to count
- Results in red boxes did not count for league as the correct course for the age class was not run
- **Top three** in each class only are shown. Full details available from peter@archerhome.demon.co.uk
- **Winners get a trophy** to keep for a year. If you have not got yours yet, let Peter Archer know and he will try to get it to you at the next event.

Womens' Open

Name	Age	1	2	3	4	5	6	7	8	Best 5
Carolyn Rigby	45	77.37	69.75	0.00	0.00	58.08	90.45	0.00	0.00	295.65
Caroline Mackenzie	50	71.85	50.68	50.80	0.00	82.05	0.00	0.00	107.10	255.38
Susan Wadd	45	0.00	0.00	0.00	0.00	96.29	77.25	0.00	0.00	173.54

Veteran Women

Name	Age	1	2	3	4	5	6	7	8	Best 5
Joan Selby	70	58.39	0.00	0.00	92.63	89.08	86.43	56.27	0.00	382.80
Eileen Bedwell	80	0.00	39.88	0.00	94.78	52.10	79.13	49.72	77.65	353.38
Clarissa Napier	75	53.64	63.28	65.98	0.00	0.00	83.93	0.00	70.41	337.25

Youth Women

Name	Age	1	2	3	4	5	6	7	8	Best 5
Sophie Mioceovich	18	81.97	0.00	69.92	119.78	0.00	100.80	75.83	0.00	448.30
Alice Rigby	18	106.02	98.50	0.00	0.00	0.00	111.31	0.00	0.00	315.83
Ellie Wright	18	0.00	92.12	0.00	0.00	0.00	87.11	0.00	0.00	179.23

Junior Women

Name	Age	1	2	3	4	5	6	7	8	Best 5
Livia Wright	14	71.25	0.00	62.25	85.50	0.00	61.81	0.00	0.00	280.81

Natalie Martin	12	79.44	0.00	0.00	0.00	0.00	84.08	35.91	0.00	199.43
Niamh Tucker-McAuley	10	131.32	0.00	85.56	0.00	98.30	0.00	0.00	0.00	98.30

Mens' Open

Name	Age	1	2	3	4	5	6	7	8	Best 5
Paul Leonard	45	80.00	0.00	67.45	105.84	0.00	96.05	58.28	61.59	410.94
Neil Hunter	50	89.41	85.73	60.94	0.00	0.00	0.00	81.65	85.95	403.68
Brendan Anglim	40	116.39	85.49	0.00	0.00	0.00	0.00	92.69	0.00	294.57

Youth Men

Name	Age	1	2	3	4	5	6	7	8	Best 5
Timothy Hunter	18	89.51	92.26	0.00	0.00	0.00	0.00	0.00	87.27	269.04
Aidan Rigby	16	137.88	111.85	0.00	0.00	0.00	0.00	0.00	0.00	249.73
Thomas Hodgson	18	111.98	98.90	0.00	0.00	0.00	0.00	0.00	0.00	210.88

Junior Men

Name	Age	1	2	3	4	5	6	7	8	Best 5
Oscar Anglim	14	0.00	105.82	0.00	0.00	0.00	0.00	54.70	0.00	160.52
Ewan Wadd	12	67.77	0.00	0.00	0.00	66.61	0.00	0.00	0.00	134.38
Thomas Aspin	14	64.95	0.00	37.61	0.00	0.00	0.00	0.00	0.00	102.56

Veteran Men

Name	Age	1	2	3	4	5	6	7	8	Best 5
Christopher Wright	55	106.85	96.15	72.37	129.92	98.31	103.92	99.24	0.00	538.24
Alastair Mackenzie	55	105.71	104.25	91.87	0.00	0.00	110.00	99.05	111.88	530.90
Martyn Dean	55	0.00	0.00	68.56	101.81	87.05	93.13	0.00	89.56	440.12

Event 1 = Mulgrave

Event 2 = Hutton Lowcross

Event 3 = Newton Hanzard

Event 4 = Whitby

Event 5 = Roseberry

Event 6 = Northallerton

Event 7 = Eston

Event 8 = Ayton Moor