



TCHIMES



The Monthly Local News For Clok

May 2015

EDITORIAL

Next copy is July 2015

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

WELCOME

Don't forget to check out www.clok.org.uk to find out about coming events and the results for the recent Summer Series Event in Cowpen Bewley, and last Sunday's Event at Sneaton Forest West. And lots more.

Cleveland Survival 2015

The Cleveland Survival is a friendly marathon length event open to walkers and runners based on an orienteering course to be completed within 12 hours. I'd had an idea that I wanted to do an off-road marathon before I hit 50 and this seemed like the perfect compromise- mixing the right length with a bit of navigation and not too competitive.

Richard and I have been training for this through the winter- knowing it was a bit of a step up from what we'd done before- we'd done the Long Distance Walking Association's Durham Dales Challenge in 2013 and the Yorkshire Three Peaks in 2014 but not in a race. So several Winter Sundays have seen us plotting a route on the North York Moors and heading out for around 13-15 miles, it has seemed that most Sundays when we haven't been orienteering the weather has been horrid so we were well prepared for what the Survival day brought. We were helped by Dave Allison and Caroline Graham (first female) giving us maps and old route cards to 2edestri with. You are given the start location 2 weeks before; this year it was Ingleby Greenhow, but you only get your route card after the start and need to spend a few minutes drawing the route on your OS map. (Worth 2edestrian this). We were fortunate in that one of our training runs was from here so that improved our confidence and we found the navigation generally very straightforward (much easier than TD5!) The route ran us up into the Cleveland Hills and west along the Cleveland Way before skirting south around Urra Moor towards Bilsdale. We then turned east and dipped down into Tripsdale then over to Bransdale before heading north above Farndale. Then it was a slog west for around 5km along the dismantled railway (sparing thought for the poor 2edest who had to build this remote exposed line) directly into a 50mph headwind. At least by this point the rain had stopped. Ah we thought it must be downhill soon and surely at some point the wind will be behind us but it was not to be. I am not exaggerating when I say it seemed that the whole route was uphill into the wind. Checking Garmin later revealed that's exactly what it was. The down hills were steep and everything else was gradually up and the wind only abated in the valleys. Another 5km followed northwards along the Cleveland Way above Greenhow Bank before mercifully we dropped down to Bank Foot and back along the Ingleby Beck.

There were 11 checkpoints along the way, several manned by cheerful Cleveland Mountain Rescuers with water on offer, and half way round a wonderful cup of tea. We used orienteering-style punching to prove we had gone to all the unmanned points

We were welcomed back to the village hall with a hot meal and tea which was very, very welcome. I have never been so exhausted which I think was

largely due to the weather rather than the terrain or the distance. We hadn't stopped mainly because of this but had 3edestri on the hoof- flapjack, malt loaf and small bite sized peanut butter or pate sandwiches and a banana. On the whole this worked well eating a small amount every 1-1.5h, except I didn't eat when I should have done about 3km from the end and really slowed down- I didn't 3edestria what was happening and probably will another time. This coincided with Richard's knee giving up and him hobbling straight-legged into the finish.

Will there be another time? At the moment I'm not sure- it's less than a week to the JK and it seems that every muscle aches and just now I'm thinking it wasn't such a good idea except for providing me with the perfect excuse for a poor performance over Easter! The concept and the 3edestrianiz is great, and it's nice to help raise funds for such a good cause so I would strongly advise other orienteers to give it a go- I was pleasantly surprised at our placing 36th from 162 in 6h 47 minutes. There were several other CLOK members taking part, Mick Garrett has done it many many times and won it outright many times and was the first over 50 and over 60 at 5h and 17 minutes and Dave Allison was just behind at 5h and 25 minutes. Adrian Martin also highly placed at 5h 52min. Well done too to Craig Atkinson and Abbie Hull, apologies if I missed anyone else.

Carolyn Rigby

Darlington Maze – Simply Amazing!

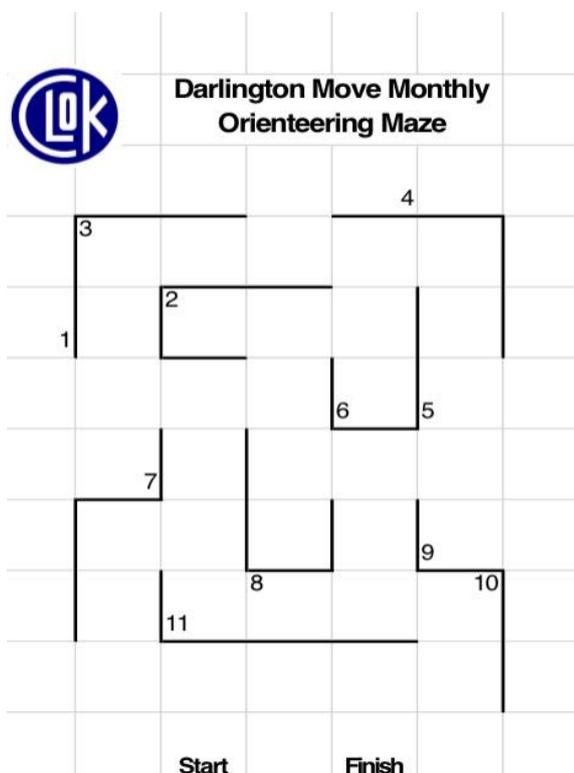
On Saturday 18th April CLOK put on two events in Darlington Town Centre as part of the Borough Council's drive to get more people interested in sport.

One course was a town centre trail, completely within the 3edestrianized areas, where at each point marked on a map people had to find answers to a clue (eg reading how far it was to the bus station from a finger post).

The second course was a maze that we constructed from thirty two 2.3 metre barriers – see layout below – and using SI boxes on stakes fixed to the barriers.

It is not as easy as it seems when running and continually turning round. Most people picked the longer route between 5 and 6, and between 9 and 10. More than 50 people had a go, and the winning time was 55 seconds by a young lad of about 12. Well done to Joan Selby, Mike Hardy, Stephen

Hopper, Lewis Bremner (more than just Tchimes editor), Matthew Dawes, Marion and Peter Archer for their efforts in putting on the event.



Peter Archer

Have you renewed your membership yet?

A number of people have not yet renewed their membership for 2015 (hopefully an oversight!). This edition of Tchimes has been sent out using the 2014 address list, but if you have not renewed by the next edition in July, you will no longer receive Tchimes.

Chairman and Secretary standing down

At the Annual General Meeting in October, both the Secretary (Joan Selby), and Chairman (Peter Archer) will be standing down from these posts after doing them for many years. Both are happy to continue on the CLOK committee, and will give any assistance that the new post-holders need. It is expected that most of the current committee will continue to serve bringing lots of experience, so you don't need to be on the committee already to take on these roles. In order to help you volunteer, a brief note on what each post entails is given on the CLOK website at the [members' area](#). Any offers, or questions, to [Peter](#) or [Joan](#).

Helping at Scottish Six Days

The biennial Scottish Six Days (S6D) orienteering festival around Inverness takes place from 2nd to 8th August this year, and I know many of you will be going. At the same time, and using the mostly the same forests, the World Orienteering Championships (WOC) will be going on. This all involves a huge amount of volunteer work and the Scottish region which is hosting the events needs help. This was identified a year ago, and I said that CLOK would be able to provide about 20 helpers on one of the days. This should be well within our capabilities, as there are already about 40 CLOK competitors entered. We are helping on Thursday 6th August, which is Day 4 of S6D and a rest day for WOC. I have asked if we can work on finish/download/results. There will be a range of jobs for people to do, and I am sure we can all get a run as well. If you can, please volunteer to help, and let me know (peter@archerhome.demon.co.uk or 01609 882420).

CLOK Training

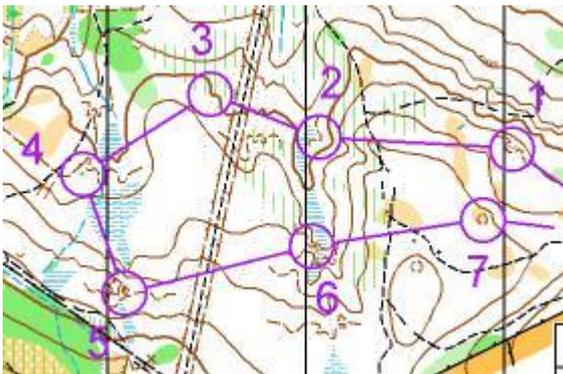
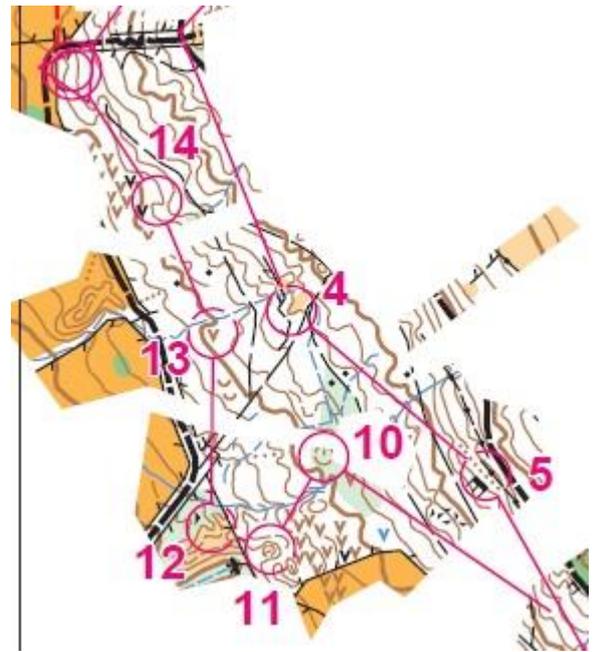
In the March 2015 issue of Tchimes I reported on the background behind CLOK's training, and how after a consultation we'd decided to stop two of the club nights, and instead focus volunteer efforts on monthly training sessions in the winter/spring. See <http://www.clok.org.uk/Members/Tchimes.htm> for more of the background. 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.

We've had four training days this year:

- 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, near Guisborough, led by Paul Taylor. Neil Hunter also put on some junior training.
- March: Live Moor Plantation, near Swainby, led by Rob Bailey.
- April: Skelder, near Whitby, led by myself.

I reported on the first two in the last Tchimes. The third and fourth were equally successful. Live Moor Plantation was first mapped for orienteering as part of the area used for the JK relays in 1996. Since then we've never had permission to get into most of the area (known as "Snotterdale" – I heard it was so called because "it's not a dale...") but have had access to Live Moor Plantation. It isn't big enough for a full event, but has plenty of detail and is ideal for small training sessions like this. Rob put on a contour exercise, and an exercise with parts of the map removed (see snippet right).

Much to everyone's surprise some felling was starting on the very day we were training right where the start was! We coped on the day, but there were fears it might be the last time we'd be in there for a while. However I've along the Cleveland Way through the area since, and it appeared the wood is still standing it has just been thinned (and maybe nicer for it?), so we may get back in again yet.



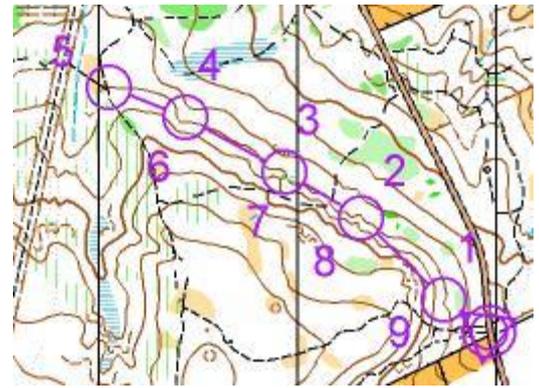
Skelder is (in my view) the nicest bit of the whole "Hutton Mulgrave and Skelder" map used for the Acorn in March. Only the longest two courses at the Acorn made it over into Skelder, and they only had a few controls in it. So with a newly updated map it seemed a shame not to go back there. The forest is really nice, much of it natural woodland, very runnable at this time of year, relatively few paths, and nice contour detail thrown

in – all adding up to a very pleasant experience. I put on three exercises practicing rough compass (see left), collecting features, and contouring (see below). I also knew the young Green and Mayes children would be there, so put on a white/yellow standard loop for them, which doubled up as a bonus loop for everyone else, challenging them to run round it without stopping (forcing you to plan ahead, read the map on the run, memorize, and anticipate what was coming up).

So thanks to all the coaches who helped put on the mornings, and I hope everyone who has attended has enjoyed them. Over the summer we'll take a break as we have the fortnightly summer series, and undergrowth starts to take over in some of the forests. In the autumn I'd expect the usual autumn series again, as well as regular Sunday events. But if there is sufficient demand I'd like to see the training mornings again in early 2016. Feel free to pass me any comments you have on them.

Duncan Archer

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Forthcoming CLOK Events

Thursday 28th May

Summer Series event at Birk Brow

Thursday 11th June

Summer Series event at Newton Woods

Thursday 25th June

Summer Series event at Highcliff

Sunday 28th June

This event was to be held at Preston park and surrounding urban area, but due to a clash with another event in the park it has had to be postponed. We are looking to run this event later and also to replace it with something else. The provisional proposals are:

Sunday 28th June

Mass start score event in Sneaton

Sunday 19th July

Revised date for Preston Park event

Keep a lookout on the CLOK web site for confirmation.

Thursday 9th July

Summer Series event at Fairy Dell

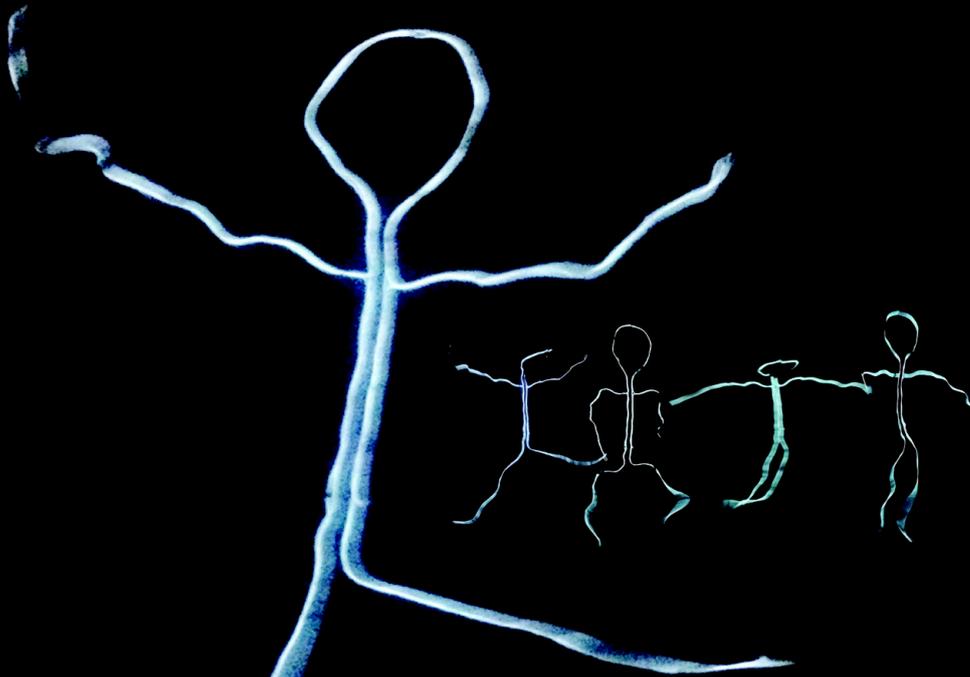
Thursday 23rd July

Summer Series event at Tees Barrage

..... and a special one-off night event

Northern Navigators invite you to the Durham Light Race - a level 'C' night event in Durham City, Saturday (evening), 20th June 2015.

This will be a unique opportunity to compete at an event which is part of the UNESCO International Year of Light 2015. One of a number of night events held around the world to celebrate our use of light. It is planned to be a one hour, night, 'score' type event held around the streets and alleyways



durham light race

Sat 20 June 2015 | 22:00 - 23:00

Meet at Palace Green, Durham Cathedral from 21:00

This event is part of a series of international events celebrating UNESCO's International Year of Light and the race promises to be an extraordinary mix of orienteering and light art.

Organised by Northern Navigators Orienteering Club with assistance from members of Cleveland Orienteering Klub, Durham University Orienteering Club and Newcastle & Tyneside Orienteers and open to all (junior competitors under 16 must be accompanied by an adult).

A small registration fee of £5 (adult), £2 (junior) applies and interested participants are asked to email [Borisspence@aol.com](mailto:borisspence@aol.com) to confirm a place.

The first 50 registered participants will have the opportunity to wear an illuminated hoodie designed by two local artists, but must be returned at the end of the race.

**First 50
registered kitted
with glowing stick
man hoodies!**



Further details can be found at www.northern-navigators.org.uk

of old Durham City. See [NN Fixtures Page](#) for details.