



TCHIMES



The Monthly Local News For Clok

October/November 2015

EDITORIAL

Next copy is DECEMBER 2015

**Please e-mail any articles etc. To
TChimesEditor@hotmail.com**

Thanks to everyone who sent in articles!

Make it a Happy New Year for 2016

Gill and Mike Hardy would like to invite members of CLOK with no better plans to join them on January 1st, 2016 for a New Year run on Saltburn beach followed by the usual lasagne and mulled wine or soft drinks in Upleatham. Meet at Saltburn Pier for an 1100 start. Please let the Hardy's know if you plan to come (01287 624521).

Winter Technical Training

Last Winter the club organised a series of four training days on Saturday mornings in some good technical areas, and they were well attended and enthusiastically received. This initiative will probably be repeated between the New Year and Easter (and maybe longer), so look out for details. If anybody would like to plan one of these sessions let [Peter](#) know.

Some Coming Events

There are plenty of CLOK events coming up between now and Christmas, so why not use them to get in shape and feel you can have an extra helping of turkey and Xmas pudding!

CLOK Autumn Short Race Series 2015

Race 1 Robin Hoods Bay (near Whitby)	Saturday 14 th November
Race 2 Geneva Woods (Darlington)	Saturday 28 th November
Race 3 Stewart Park (Middlesbrough)	Saturday 5 th December
Race 4 Teesside University (Middlesbrough)	Saturday 19 th December

All the races have three courses for Juniors (M/W14-), Youths/Vets (M/W18- and M/W55+), and Open. Each course is designed to have a winning time of about 15 minutes.

Short races are meant to be fast and fun!

Prices are £4 adults and £1.50 for juniors/students. All races use SI punching, and courses are printed on waterproof paper. Registration is from 1000-1030 with starts from 1015-1100. Further details on the CLOK web site. www.clok.org.uk

Sunday events:

Sunday 15th November Goathland, near Whitby
http://www.clok.org.uk/Events2015/151115_Goathland.htm

Sunday 13th December Cod Beck, Scarth Wood Moor and Whorlton Moor
http://www.clok.org.uk/Events2015/151213_CodBeck.htm

NEOA leagues

For the 2016 calendar year NEOA is running two leagues; one for traditional cross country races and one for urban races. The races to be included, the scoring rules and classes are shown below. Why not get these dates in your diary, and try to win your class. It is hoped to have prizes for class winners.

North East Orienteering League (NEOL) 2016

Events:

07/02	NATO	Urban	Cramlington
06/03	CLOK	Country	Hutton Lowcross
08/05	NN	Country	Bewick Moor
15/05	CLOK	Country	Silton
21/08	NATO	Urban	Newcastle
11/09	NN	Country	Cragg Estate
09/10	NATO	Country	Callaly
06/11	CLOK	Middle	Newton Hanzard

Best 6 scores to count.

North East Urban League (NEUL) 2016

Events:

07/02	NATO	Cramlington
17/04	CLOK	Whitby
03/07	CLOK	Barnard Castle
21/08	NATO	Newcastle
02/10	CLOK	Guisborough
20/11	NATO	Killingworth

Best 4 scores to count.

Classes (separately for men and women):

Young Juniors	12-
Juniors	16-
Open	18+
Veteran	40+
Super Veteran	55+
Ultra Veteran	65+

To run in nominated courses. Running up a course will be deemed to be competing in the class on that course.

Scoring:

Within each class, 100 points for the winner of an event, 99 for second, 98 third, etc.

Some News from the CLOK AGM

There have been a few changes to people working on behalf of the club this year, and some are carrying on. Here are some names you need to know:

- Diane Mayes has taken over from Joan Selby as club secretary. Joan still does a lot of other things, though!
- Chris Mackenzie is the new Officials Finder for Organisers, Planners and Controllers for events. Please support him by volunteering to do something next year. A list of events is shown later in the edition.
- Peter Archer is stepping down from being chairman, and we expect an announcement soon on who is taking over.
- Alan Cranke continues to look after the club's relay teams – see below for the events this covers.

Relay and team events 2016

At the AGM, I offered to carry on sorting teams for relay / team events in the coming year. If plans work out I am hoping to semi-retire in early 2016, so hopefully will have more time to sort out teams in 2016.

Compassport Cup 2016

The first round is being held on **13th March 2016** and I will be putting our first choice as the event in **the Harrogate area** (area not known yet) organised by CLARO.

Although entry form not available yet, I am pretty certain we will be allocated to this event. I expect AIRE, EBOR to enter the cup competition at this event, others who may enter are SYO and Lakeland, which would be a strong group of clubs.

SYO have just finished in first three in the 2015 final in Oct and therefore if they enter and win the event an extra team would go to the final from the Harrogate event.

Can all members please try and keep the above date free, as I say each year everyone is needed to score the points or push other clubs members down the order.

CLOK pay the entry fees, more event details later.

Other key dates.

28th March JK Relay at Storthes Hall near Huddersfield, (rest of JK in N.Yorkshire / Leeds area).

So hopefully we can get a big turn out

1st May British relay Brown Clee, Bridgenorth

26th June Harvester, Cleeve Hill, Cheltenham (may be provisional date / area) . Would clash with Dales weekend.

11th Sept Peter Palmer team event in East Midlands

25th Sept JIRCs in Scotland (for junior regional teams)

16th Oct CSC final in Sheffield.

More info later for all these events, if I have missed team orienteering events other members are interested in, please e-mail: alan.cranke@ntlworld.com

From Nowhere to Somewhere (from Aidan Rigby)

I always think it's a tense moment when the whirr of the split's printer bursts to life. Whether the tension comes from the terror of the miss-punch, the thrill of the result to come or the fear that you lost one too many seconds. It's a different emotion though I had when I looked at day 1 of the Oringen: mine was confusion. I had finished in 89th. I had run well, I had lost minimal time and had not in fact miss punched. I was nowhere. The eventual winner beat me by 25 minutes. It's hard to believe I could go much further than that. Surely I'd done all I could to guarantee a good result. How wrong I was. 5 weeks, 289km and 600 controls later I was in a much better position to judge that race and in hindsight it was rubbish.

From reading that it would be easy to be scared off from Oringen so it's probably time to tell you how much I enjoyed it. The events, organisation, terrain, atmosphere and orienteering was incredible; on a different scale entirely to even the UK's biggest events. If you haven't been, go! Back to the forest and things were going downhill. Day two I was 95th, day three I was 99th. I was beginning to think that even nowhere was somewhere. Then it clicked I was using the wrong weapon from my armoury. The use of speed doesn't work against Sweden. It beats you every single time. Don't get me wrong here: I am not saying run slowly but don't whatever you do run faster when you make mistakes. The best weapon an orienteer possesses is concentration and it is the one I believe you must use to combat Scandinavia. I focused, I read my map and I thought more often. I climbed into 64th. I then tried again but concentrated to a new degree and I finished the last day in 45th.

I don't want you to think I'm being naive and stating the obvious when I say concentrate. In the UK we can switch off. We can take a compass bearing and run until we see that stream or path etc. In Sweden if you do that you end up in Norway. The concentration is needed to individually pick out every feature and use it to help you find the tiny form line hill in the dense green. Also don't misinterpret my results, 45th was not my best run whatsoever. I lost 2min at #1 and #13. The point is that earlier in the week I wasn't concentrating at the end I was. Concentration alone however doesn't make you orienteer well, things were still not going as well as I'd like.

Leaving Sweden and heading into Scotland was a complete change. It turns out reading every contour in Scotland is slow and pointless. It also turns out that it's just as easy to lose time in Scotland as in Sweden. This was the BOF talent camp and we were training in the heart of the Cairngorms near Aviemore. We quickly went technically back to basics where it was highlighted that even the best orienteers in the world still spend time just simply taking bearings. Breaking down my skills helped me to identify some of the other problems that contributed to my result at Oringen day 1. I was inaccurate with exit bearings and was too lazy with making decent plans. I worked on these with the help of the coaches there and learnt lots in and out of the forest. Next stop the Scottish 6 days.

The Scottish was interesting this year. I went in physically exhausted. Technique training unfortunately does involve running and after 2 weeks of fast running I was tired. I also went in thinking my technique was as good as it could be. Safe to say I was obviously wrong. First day despite a good start I was left floundering in 5th with a 5minute error because I choose to ignore my compass. Day two my compass still wasn't used as I drifted off to lose two minutes: a margin that would have won it. Unlike Oringen, in the UK you aren't punished results wise for every mistake you make. That doesn't mean to say you shouldn't be orienteering well, however. Darnaway on day 4 I started well and I had a section where I had 8 1st splits in a row and was winning by 3min. But this turned out to be irrelevant because a few concentration lapses and tired legs saw me too slot into 5th. A race is never won until it is over.

This said I was getting somewhere. I was now appreciating the real way to orienteer. I was getting it right more often and was aware of my basic skills and more complex navigational techniques working to help me find controls. My physical state was now impacting on my mental strength and

I struggled to focus well and be disciplined with my orienteering. It was time to have a break and think about where I could go next. Unfortunately I had day 6 left to complete but it's probably best if we don't mention that!

A long drive and a plane journey later I was back in Sweden where it had all begun three weeks before. I was on the other side of the country in Stockholm with the JROS tour at OK Ravinen. This was to be the true test of progression, where had I gone from and where could I get to before the summer ran out. First sign things were brightening up was a contour only long legs exercise. Despite a miss near the end, the first three controls were possibly worthy of the adjective "faultless" and on one of the hardest maps I have ever attempted this was an achievement. I kept training hard and was learning more and more about what it entailed to "spike" a control. Things were put under the test in a 9km gaffled individual mass start race with many Swedish WOC athletes in the line up (Olle Bostrom went on to win). Considering that must have been the fastest I've ran in that intensity of contour and rock detail and I navigated most of the way on my own, I lost only 2minutes max. . Something was going right. The level of experience I've had this summer has taken me far compared to many of my British rivals.

This article does seem rather self-centric there's a lot about my orienteering and how I've felt but I do believe my experiences over the last few weeks have real resonance to all orienteers in the club. Perceptions of your own performances must change to allow improvement; being satisfied with your current standard, no matter how high you think it is, will stagnate development technically. Oringen was my kick-start into this but you don't need to be beaten by dozens of Swedes to change your own opinion of racing. If you breakdown, analyse, train and review: development will come and this has been what the last few weeks have been about for me. I am so far ahead of where I was 5 weeks ago. I'm nowhere near where I want to be with my orienteering but at least I'm now somewhere.

I would like to add a big thank you to all coaches and people who have made this 5 weeks possible and especially to the club for helping to pay for coaching camps.

Gothenburg 2015 (from Alice Rigby)

This summer I attended the JROS Gothenburg tour along with 13 other top year M/W18s and M/W20s and had an amazing time. This tour is designed to be 'self-help' with the athletes planning and organising their own training as well as the shopping, cooking and cleaning. Staying at the club hut belonging to Saveldalens AIK gave us the perfect setting to do this. It is surrounded by high quality terrain and has good public transport links.

Much of the training had been planned by older members of the group and we also took advantage of some organised training. This included long training on the first Sunday, Savedalen's club night relay simulation and the Gothenburg district championships middle and relay races on the last weekend. Transport to these was organised by Katrina and Mikey was in charge of race entries. The rest of the time we did our own training with a rough overall plan drawn up at the beginning of the week. One morning we all went and did a gaffled trains exercise which was a really good way of testing our race pace orienteering in Scandanavian terrain. Other exercises included contour only O-intervals near the club hut and a tour champs long distance race planned and organised by Richard. On the half rest day we went into the centre of Gothenburg and ran the JWOC middle final from 2008 as well as a sprint race around Chalmers University.

In between all of this great forest experience we had time to relax. The tour involved frequent trips into Gothenburg to sightsee, have a meal out and eat ice cream. Swimming in the lakes and use of the up to 10m high diving boards (by the braver ones) also featured daily in between sessions in the forest.

Finally, I'd like to thank Richard and Rachel, the only adults to accompany us, for making this tour possible and facilitating its running. Also thank you for putting up with, at times, interesting culinary creations and late nights when frogs mysteriously arrive in the girls' room. Thanks should

also go to JROS for giving each of us a grant towards the cost of the tour which made it a very affordable as well as enjoyable 10 days of orienteering abroad.

Junior members of Cleveland Orienteering Klub (CLOK) joined with other local clubs to represent the North East in the premier junior team competition of the year. The Junior Inter-Regional Championships were held in Cannock Chase with 12 regions from across England, Scotland, Wales and Northern Ireland attending. On the first day the orienteers competed in individual events with Aidan Rigby claiming a superb 2nd place on the M18 course against the countries best young orienteers. On the M14 course, Thomas Aspin was 28th and Joseph Metcalf 35th. Oscar Anglim was 31st on M16 and Alexandra Hare 19th on W14. Rebecca Aspin came 14th and Saskia Warren 22nd on W16.

The second day consisted of relay events with each male / female team comprising of a M/F16, M/F14 and M/F18. Saskia, Alexandra and Rebecca came 10th with Oscar, Thomas and Aidan coming 12th.

O-Safe- British Orienteering Safeguarding Policy

This important policy was discussed at the CLOK AGM on 13.10.15 and it was agreed that the club should have an up to date list of members with a DBS check (previously CRB check). The club has details for those who obtained their DBS check or CRB through British Orienteering but we felt it would be very helpful to know which members have a DBS or CRB with another organisation or through their employment especially if this has been registered on-line to be transferable between organisations. Please could everyone who has a DBS or CRB check let me know by emailing carolynrigby@doctors.org.uk. The new draft guidance for British Orienteering is available on the BOF website:

<https://www.britishorienteering.org.uk/images/uploaded/downloads/O-Safe%202015%20discussion%20draft.pdf>

Thank you.

Carolyn Rigby, CLOK child welfare officer.

CLOK Events for 2016

Date	Location	Type	Level	Organiser	Planner	Controller
2016						
03-Jan	Flatts Lane	Team Score	D			
14-Feb	Hutton Mulgrave & Skelder	Long	C	Wendy Taylor	Steve Restorick	Paul Taylor
Sat 5 Mar	Hutton Lowercross	NE Night Chp	C			
06-Mar	Hutton Lowercross	Long	C	Will Dehaney		
Sat 16 Apr	Whitby	Urban	B	Maureen Webb	Karen Poole	TBC
Sun 17 Apr	Mulgrave Woods	Northern Champ + ACORN	A	Paul Thornton	Duncan Archer	Tony Thornley (AIRE)
15-May	Silton	Yvette Baker	C	Archers		
03-Jul	Barnard Castle	Urban	C			
04-Sep	South Gare	Long	C	Joe Trigg	Crankes	Duncan Archer
02-Oct	Guisborough Town	Urban	C	Maureen Webb	Paul Thornton	Chris Mackenzie
06-Nov	Newton Hanzard	Middle	C			
11-Dec	Fylingdales	Long	C		Paul Taylor	

Lost Property

At the first day of the October Odyssey at Eston somebody lost a key on a silver (ish) chain about 0.5 metres long. If it is yours, give Peter Archer a ring on 01609 882420.

.... And finally, well done to everybody who helped to put on a really good weekend of orienteering at Eston and Silton for the October Odyssey – and we made £500 profit.