



TCHIMES



The Monthly Local News For Clok

January 2016

EDITORIAL

Next copy is *MARCH* 2016

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

WELCOME

I hope you all had a great Christmas and all the best for 2016!

In this edition we have a new feature, which gives a welcome to new members and news of the exploits of members in the forest and related adventures. Thanks to [Paul Taylor](#) for writing this, and feel free to give him any news for the next edition.

Important items in this edition include details of forthcoming training, CLOK dinner, nominations for the Joe Wright Trophy, details of all the best events and details about the helpers' code for reduced price runs at our Northern Championships weekend on 16/17 April. And don't forget to support your club at the CompassSport Cup.

****Important Notice****

If you have not already done so, don't forget to renew your membership!!

Welcome to New Members

We would like to give a warm welcome to new members Peter and Karen Jessup. Peter and Karen live at Carmel Road South in Darlington

News of Members

Kath Aspin travelled to Dublin to represent England in the British and Irish Masters Cross Country Championships. Following a great season where she won the North East Masters Cross Country Championships and set a series of PB's in road races, Kath was one of only four ladies selected for England in the Veteran 45 category. At a very wet Santry Park in Dublin she had a solid run to help her England team to a Bronze Medal, just 1 point off Silver won by Northern Ireland with Gold going to a strong home Ireland team. Well done Kath!

Loftus Poultry Run (20th December 2015)

Not an orienteering event but a very popular race where CLOK members have often competed in the hope of winning a prize that would enhance their Christmas feast – poultry being most prominent prize.

In the men's race Russ Best (ex CLOK) was 2nd and Aidan Rigby 10th.

In the ladies' race there was a great battle between American based Kirsty Legg and Great Britain Orienteer and World Number 5 Cat Taylor. More used to running on her own through forests with a map and compass, Cat made a rare road outing and was tested by Kirsty's race craft. Having dropped behind with a couple of miles to go, Kirsty used her strength to pull back in the last mile into a strong headwind to pip Cat for the win.

In the team races, 2 CLOK members claimed prizes as members of the winning Ladies team - there were turkeys for Alice Rigby and Kath Aspin. Kath was also rewarded as 3rd vet45.

CLOK members spotted running well amongst the 450 runners included Richard Rigby, Carolyn Rigby, David Aspin, Bob Howe, Geoff Hine and Paul Haydon.

CLOK Autumn Short Series

Congratulations to the winners:

Junior M	George Martin	Junior W	Natalie Martin
Youth M	Thomas Aspin	Youth W	Rebecca Aspin
Open M	Aidan Rigby	Open W	Saskia Warren
Vet M	Neil Hunter	Vet W	Joan Selby

CLOK Level C Event Cod Beck

Excellent and well attended event at a snow bewitched 'Sheepwash'. Shame there was nowhere for the Ice Cream van to park.

Good results for CLOK members included:

Brown: Aidan Rigby 2nd Mark Bown 4th Alastair Mackenzie 5th

Blue: Hanne Kinnunen 4th

Green: Martin Dean 3rd Ann Cranke 4th

Short Green: Roy Bradley 2nd Kevin Gallagher 3rd Joan Selby 4th

Light Green: Peter Jessup 2nd Eileen Bedwell 4th
Orange: Karen Jessup 1st
Yellow: Liam Green 1st
White: Esme Tucker-McAuley 1st

NN Chopwell Woods

Known as “Choppers” to seasoned campaigners, this Boxing Day Charity Score Event was well patronised by CLOK with 6 out of the top eleven scores including 4 from Team Wright. It may have rained a bit.

Chris Wright 2nd, Dave Riches 3rd, Rob Bailey 5th, Eloise Wright 9th, Livia Wright 10th, Alana Wright 11th.

Farewell to Malcolm Conway

Malcolm was for a long time a CLOK member, and sadly he died just before Christmas. He was born and brought up in South Yorkshire and from an early age enjoyed walking in the countryside. He and Marjorie were married in 1961, and after several moves with his work settled on Teesside working for Head Wrightson (later Kvaerner). It was here that he started orienteering and with Marjorie and their three boys joined CLOK and continued to pursue his love of outdoor activities. Malcolm used his skills of being methodical and accurate as a draughtsman to become a very proficient orienteer, and he was willing to give help to newcomers to the sport. For many years the CLOK Xmas party (held in late January!) was hosted by the Conways and we eagerly looked forward to it. When Malcolm retired from orienteering a few years ago, he continued to walk with Stockton Ramblers as long as his health permitted. More than twenty CLOK members attended the funeral service for Malcolm to say their farewells to a good friend.

Peter Archer

David Hale – Rest in Peace

David was born in London, and gradually moved northwards via Derbyshire and Nottinghamshire to arrive in the North East in 1976. He was always a keen runner, and by training was a mathematician. Not surprisingly the combination of physical and mental challenges posed by orienteering appealed to him. In the early 1980's he and his wife Liz resurrected the North East Junior Squad which they ran for several years and they became well known, and friends, to many of us in CLOK. For most of the time they were members of Northern Navigators, but also spent a few years in CLOK. David died just before Christmas, and our sympathies go to Steve and Gilly.

Joe Wright Trophy Nominations for 2015

Joe Wright was a founder member of Cleveland Orienteering Klub and served as Chairman for many years. He was distinguished by the large amount of voluntary

service he gave to the club and sadly died whilst orienteering at the White Rose event in 1991.

The Joe Wright Trophy is presented annually to the club member who, in the opinion of the Committee, has contributed most to the life of the club in the past year. Such contributions can vary greatly, from significant service in committee roles or other voluntary posts, to organising, planning or controlling many events or one large event, through to just helping out time and again in the background as a volunteer when required. A member may only receive the trophy once and there is a long list of past recipients on the CLOK website at <http://clok.org.uk/Members/JoeWright.htm>. The Committee would like to receive nominations for the 2015 Joe Wright Trophy in time for its February meeting (on 11th February, 2016) and will select the winner from nominations received. Please pass your nomination to myself or any Committee member. The presentation will be made at the **Klub Annual Dinner**.

The annual dinner will be held at The Royal Oak at Great Ayton on Friday February 19th 7.00 for 7.30pm. The menu and reservation options will go onto the website as soon as they are available.

Duncan Archer (duncan.Archer@metaswitch.com)

EVENTS in 2016 from Duncan Archer

I hope you all had a good time over the festive season and are looking forward to some exciting orienteering in 2016. If you are planning your year ahead, then here is a guide to some events or competition series you might like to target.

CLOK events – We will have our usual monthly Sunday events, a Summer Series on fortnightly midweek evenings April-July, and an Autumn Short Race Series. For CLOK events (and others that may be of interest to CLOK members), see the excellent page that Alastair maintains on the club website: http://clok.org.uk/Future_events.htm .

A particular highlight in 2016 will be our weekend of races in April, combining an urban event at Whitby on Sat 16th April and the Northern Championships at Mulgrave on Sun 17th April. These are included in a number of UK orienteering leagues (see below), and Sunday is a World Ranking Event, so we expect them to attract a significant nationwide entry and maybe even some international stars. They will provide a great opportunity for our club orienteers to compete in superb events on their doorstep. We will also need “all hands on deck” to help stage these events, so do please support the organisers when they come asking for volunteers to help out. Pre-entry is strongly encouraged to get the best prices, and the **CLOK helpers code** is **North2016**.

North East championship events – Moving slightly further afield we have annual competitions in the North East, hosted in a rotation around the open clubs in the region: CLOK, NATO and NN. In 2016 they are as follows:

- Sat 6th March: North East Night championships – hosted by CLOK in Hutton Lowcross

- Sat 8th / Sun 9th October: October Odyssey (including the North East championships on day 2) – hosted by NATO in Thrunton & Callaly
- Sun 30th October: North East Score championships – hosted by NN in Bishop Auckland Park

The rules, eligibility, etc. can be found at <http://www.neorienteeing.org.uk/docs/NEOACHampionshipRules.pdf> and further details on the individual events will be on the respective club web sites nearer the time.

Northern championship events – We also join in a rotation with our neighbouring regions of Yorkshire & Humberside (YHOA) and the North West (NWOA). In 2016 these events are:

- Sat 13th February: Northern Night championships – hosted by MDOC at Philips Park
- Sun 17th April: Northern championships – hosted by CLOK at Mulgrave (see above)

North East leagues – For the first time in recent history we are introducing two new leagues in 2016. One is mainly forest/moorland orienteering, with some variety thrown in. The other is dedicated to the growing number of urban events. These leagues are particularly aimed at those who usually orienteer at local club events, and are looking for something a bit further afield. These leagues should direct you to the higher profile events in the region that are worth travelling to.

North East Orienteering League (NEOL) 2016

7th February, NATO, Cramlington urban
 6th March, CLOK, Hutton Lowcross
 8th May, NN, Bewick Moor
 15th May, CLOK, Silton
 21st August, NATO, Newcastle urban
 11th September, NN, Cragg Estate
 9th October, NATO, Callaly
 6th November, CLOK, Newton Hanzard middle distance
 Best 6 scores to count

North East Urban League (NEUL) 2016

7th February, NATO, Cramlington
 16th April, CLOK, Whitby
 3rd July, CLOK, Barnard Castle
 21st August, NATO, Newcastle
 2nd October, CLOK, Guisborough
 20th November, NATO, Killingworth
 Best 4 scores to count

League results will be posted on <http://www.neorienteeing.org.uk/> as the series progresses, and further details on the individual events will be on the respective club websites nearer the time. We are also hoping to have prizes for class winners!

National leagues and competitions – There are a number of leagues and competitions for those interesting in quality orienteering outside the region (with some of the competitions not too far away):

- UK Orienteering League (UKOL) - <http://www.ukorienteeringleague.org.uk/>, a league of high quality events nationwide throughout the whole year
- UK Elite Orienteering League (UKEOL) - <http://www.ukeliteleague.org.uk/>, a league for junior and senior elite classes in the main March-June racing season
- UK Urban League (UKUL) - <http://www.oxfordfusion.com/ukul>, a league of urban events nationwide throughout the whole year
- Jan Kjellstrom (JK) - <http://www.thejk.org.uk/>, the largest weekend of competition in the UK that rotates around the country each year at Easter. This year it is hosted by YHOA in Yorkshire and the events are easily accessible for CLOK members. Individual events are at Leeds University, Wass Forest and Kilnsey Moor.
- British Championships and Relays - <http://www.theboc.org.uk/>, the premier event of the year nationwide, this year in the West Midlands.
- British Sprint and Middle champs - <http://www.britishsprintchamps.org.uk/> and <http://www.britishmiddlechamps.org.uk/>, this year in the South East, and with the sprint champs taking place in Olympic Park!

Happy orienteering in 2016!
Duncan Archer

CompassSport cup event 13th March 2016, Claro event at Timble (near Harrogate)

We have been drawn in a strong heat for this year's CompassSport Cup, against **AIRE, EBOR, SYO and WCOC**, and there will be a further 6 clubs at this event competing in the Trophy event for smaller clubs.

In the cup competition the winning club goes through to the final unless SYO win, in which case the second club will also progress to the final (due to SYO being in top 3 in last year's final).

SYO will have a strong team out as they will want to be in the final on home ground in Sheffield. We don't often come up against WCOC but they are certain to send a strong team across to Yorkshire in all classes but in particular the juniors. I believe they only lost out to Lakeland by a few points last year. We will have our annual battle with AIRE and EBOR.

For members who know little about the competition it is a team competition run over 9 classes, with the best 25 runners from each club counting (max 4 per class). We therefore need to get as many runners to the event as possible. Everyone can help with the score. We need our big boys/ girls to get the 90 plus points and our average runners to get top 10-20 places. If we have non-scorers they can still affect the result by pushing other teams' scorers down. So everyone turn up please (and get yourself some good practice in Yorkshire areas before the JK!).

Classes are as below:

Class	Course	Age class
1	Brown	Men open
2	Short Brown	M20- M40+
3	Blue women	Women open
4	Blue men	M50+
5	Green women	W20- W45+
6	Green men	M60+
7	Vet short green	M70+ W60+
8a	Junior men (green)	M18-
8b	Junior women (short green)	W18-
9a	Orange men	M14-
9b	Orange women	W14-

We may ask people to run up classes if needed once we know who is entering.

The club pays all entry fees for members running a competitive class, I will try to sort lifts for any one with problems getting to the event.

PLEASE DO NOT ENTER EVENT DIRECT THERE WILL BE A CLUB ENTRY FORM COMING OUT TO TEAM CAPTAINS, AND WE WILL HAVE ALLOCATED START TIMES. I will complete the entry form and the club will send entry fees to CLARO. In the near future a form will appear on the CLOK website for you to say if you are going to the event, your age class, BOF number etc

At present no event details are on the CLARO website, please check CLOK website and we will add a link as details appear. I will try and get a link to an old map of Timble (Ings) put on website.

If interested more info about scoring etc can be obtained on www.pgopage.co.uk/compasssportcup.htm although all you need to know is you aim for a number close to 100 and CLARO will do the rest.

We are a smaller club in with some big boys, we have reached some finals in the past but we need **EVERYONE THERE, including me who goes to very few events at present.**

If you want any extra info e-mail me on alan.cranke@ntlworld.com or ring 01642 554159. You may get a call from me first !!

Alan Cranke
Team sort of captain

The Orienteering Foundation

Orienteering is a rather unique sport. It frequently takes place away from the public eye, in forests or on remote moorland, and as such attracts relatively little media or commercial interest (which some might say is a good thing). Training of orienteering technique requires courses to be planned, on suitable areas, with prepared maps, etc. (compare with say football and just having a kick around in the park). Competing often requires travelling considerable distance to events, perhaps with overnight accommodation. Those striving to reach the top of their game need weekends or weeks away on focused training camps in far flung corners of the UK or abroad. And projects for schools, permanent courses, outreach, etc. don't just happen out of nowhere.

What does all that add up to? Well if you look past individual entry fees (where local events at least are actually very good value for money), orienteering can be an expensive sport.

The "Orienteering Foundation" exists to promote the sport of orienteering through enhancement, innovation, and alleviation of hardship. It is a registered charity, independent of British Orienteering. It raises funds from those who feel they can offer their support, and it awards grants to orienteering projects.

Donors include those inclined to give money to a good cause, often those who have got a lot out of the sport and want to give something back (especially those who may have money to give, but not volunteer time – the other thing that makes the orienteering world go round!). Recipients indirectly include several CLOK members, including anyone who has been on a Junior Regional Orienteering Squad (JROS) summer training camp in recent years, or has represented England at some Home Internationals, or benefitted from some coach development projects.

There are many ways to give money, and I'd urge you to take a moment to consider whether you can contribute.

- Regular monthly or yearly donation – Most welcome as it provides sustained income to the charity. Even a small amount (say £5-£10 every month) makes a big difference over time, and Gift Aid claimed on behalf of tax paying donors significantly increases the value of any gift.
- One-off donation – Another way to give, for those who cannot make a regular commitment as above. Easy to do online on the Orienteering Foundation website.
- A bequest left in your will – A topic some of us don't like to consider, but the aging demographic of orienteers makes this worth considering. Guidance on how to do this is on the Orienteering Foundation website.
- Donation of volunteer expenses – Many volunteers do not claim expenses for travel etc., which is appreciated by the club. However, event entry fees are there to cover event expenses, so the club has the money to pay expenses. If you don't personally need the money, then why not claim it anyway and give it to a charity such as the Orienteering Foundation?

More details can be found at the website www.orienteeringfoundation.org.uk, or speak to me as I'm one of trustees of the Orienteering Foundation charity.

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