



# TCHIMES



For all your Local News about Clok

March 2016

EDITORIAL

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## Members News

**A warm welcome** back to Mark Tyszka. Mark has re-joined CLOK after being in exile at HALO for a number of years. Those who hang onto old maps will find Mark's name on early editions of CLOK maps alongside the likes of Dave Allison and Malcolm Conway.

**Congratulations** to Mark Bown and Hanne Kinnunen who recently announced their engagement.

**A warm welcome** to Paul Chapman. Sorry we're a bit late on that one Paul!

## **CLOK successes at recent events**

### **Flasby Fell.** AIRE Level C 24<sup>th</sup> Jan

Good entry on a mild January Sunday but few from CLOK despite the lack of alternative events. Good performance from Chris Mackenzie who came 3<sup>rd</sup> on the Blue course.

### **Cong Burn.** NN Level D 31<sup>st</sup> Jan

Physical terrain on steep sided valley near Chester Le Street. Duncan Archer was second on the Brown, Phill Batts 1<sup>st</sup> on Blue, Roy Bradley 3<sup>rd</sup> on Green.

### **Brodsworth Woods.** SYO LC 31<sup>st</sup> Jan

Community Woodland near Doncaster. Quite a large turnout for reclaimed colliery spoil heaps – a bit like Cowpen Bewley without the glamour. Dave Riches 4<sup>th</sup> on Blue. Isla Mathieson 5<sup>th</sup> on Short Green.

### **Hutton Mulgrave and Skelder** 14<sup>th</sup> Feb

We seemed to attract more folk than anticipated to our event in a wood that is getting quite physical in the most technical areas. We ran out of Blue, Green and even String Course maps! British Team stalwart, Matt Speake came all the way from Norway and whizzed round the Brown course in 58 mins with Alastair Mackenzie in third place. Chris Wright second place on the Blue. Nice to see Nikki Graham back orienteering and winning the Light Green. Isobel Mayes won the Yellow and Esme Tucker-McCauley won the White.

### **Midlands Championships. Sherwood Forest NOC** 28<sup>th</sup> Feb

A great place to go if you really want to stretch your legs. Well done Aidan who pranced round M18E at a rate of 5.3min/km to win by 2 mins. Family Aspin didn't do so badly either with David coming third on M45S, and Rebecca coming in 5<sup>th</sup> on W16A. Anne Cranke was 6<sup>th</sup> on W60L. Nick Martin 5<sup>th</sup> on M45S.

### **North East Night Championships Hutton Lowcross CLOK** 6<sup>th</sup> Mar

Night orienteering isn't everybody's 'cup of tea' but if you have proper lighting and get out into the forest at night it can be so rewarding. Congratulations to CLOK runners - Charles Mayes winner of the A course with David Aspin in second place. Martyn Dean won the B Course and Rebecca Aspin won the C course.

### **Hutton Lowcross CLOK** 6<sup>th</sup> March

Tough out there with some long times – great that the weather was kind to us. The “warm welcome” from the Hutton Village resident was more than compensated for by the first class parking team. Top class runs by Duncan Archer 1<sup>st</sup> on the Brown. John Hunter 3<sup>rd</sup> on Blue, Phil Newton 3<sup>rd</sup> on Green, Barry Harrison 1<sup>st</sup> on Short Green, Livia Wright 2<sup>nd</sup> on Light Green, Martin Adamson 1<sup>st</sup> on Orange, Isabel Mayes 2<sup>nd</sup> on Yellow and Rebecca Mayes 2<sup>nd</sup> on White.

## **Joe Wright trophy**

Joe Wright was a founder member of the club, and distinguished by the large amount of voluntary service he gave to the club. The trophy named in his honour 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. At the presentation at the recent CLOK dinner I was happy to acknowledge the long list of past recipients (see CLOK website <http://clok.org.uk/Members/JoeWright.htm>), stretching back 25 years, and some of the early winners still devoting many hours – all testament to our thriving club.

Richard Rigby was award to trophy for 2015 and now joins that list, as a result of his continued contributions over the last year. These include planning (stepping up to plan his first level B event at the October Odyssey 2015), controlling (recently gaining his qualification for controlling Level C events), joining the committee to take on the role of treasurer, and actively contributing to discussions about how we can take the club and sport forward to appeal to the next generation of orienteers.

**Duncan Archer**  
**CLOK chairman**

## **Whitby Urban Event – Saturday 16<sup>th</sup> April** **Northern Championships at Mulgrave Woods – Sunday 17<sup>th</sup> April**

The races over this weekend in mid-April represents the biggest event that CLOK has put on for some years. Preparations are going well, and there are already more than 400 entries over the two days with more than four weeks to go! However, there are not many CLOK entries so far, so let us have a big turnout for what will be two great races. Don't forget though to offer you services as a helper – where you get a reduced entry fee. Entries are via Fabian4 with links on the club web site, and the helpers code is **North2016**.

### **Going to the JK?**

More than 50 of us are going to the annual JK International Orienteering Festival held over the Easter weekend. It is fairly local with the Sprint race at Leeds University Campus, and the long distance races at Wass and Kilnsey, and the Relays (8 CLOK teams competing) near Huddersfield. Look out for the CLOK flag and tent (except at Sprint Race), and pleased help to carry and transport it if you can. I will see that they get to the Saturday event at Wass.

**Peter Archer**

### **KIT Amnesty**

Each year we find that some of the CLOK equipment goes missing from the store (!!) – not much, but the odd road sign or tent peg here and there gets stuck in somebody's car boot or at the back of their garage. If you have any items, then please find Marion or Peter Archer at an event and return them. Thanks.

**Peter Archer**

## Report of First Klub Training at Maybeck (Sneaton Forest)

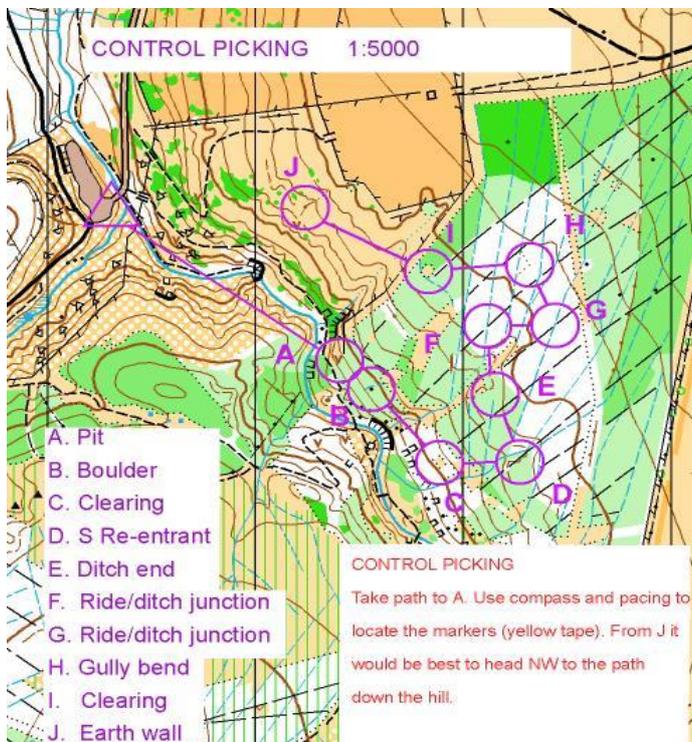
Or ...."what you may have missed".

On Saturday 23<sup>rd</sup> Jan the first of the 2016 Training Sessions was presented at the Maybeck part of Sneaton Forest – a surprisingly enjoyable area nowadays.

We planned three basic training courses, each slightly longer than 2km. Two courses using plastic bottles as markers and one course using high-vis tape.

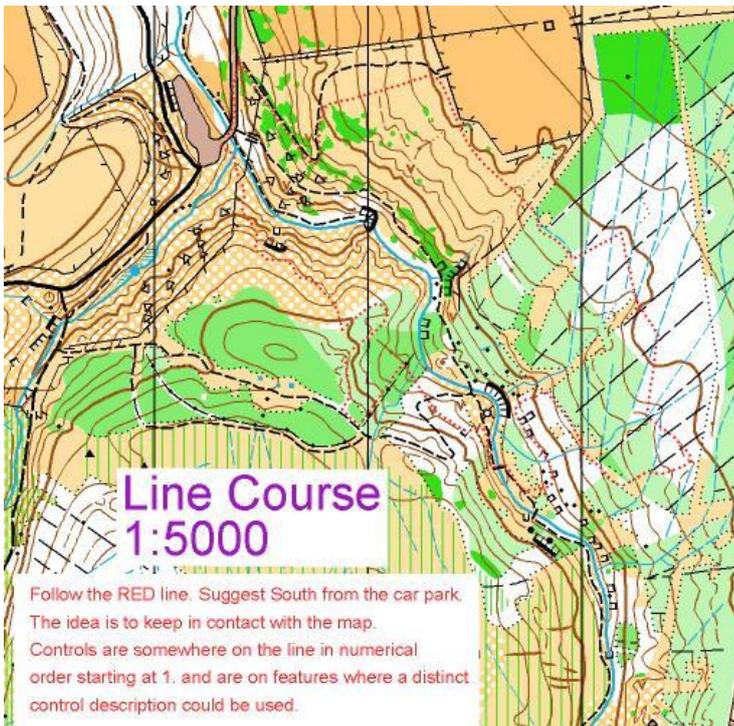
### Control Picking

Using pieces of high-vis tape on canes a course with a series of short legs was planned. Starting with a path run to get into the terrain the controls were picked up following short legs, using compass and distance estimation. The forest is pleasantly runnable although the visibility is a bit restricted due to the close canopy especially in the blocks of Sitka Spruce and Grand Fir. There are no paths to use and no real route choice but with plenty of changes in direction it was a bit like a middle distance course.



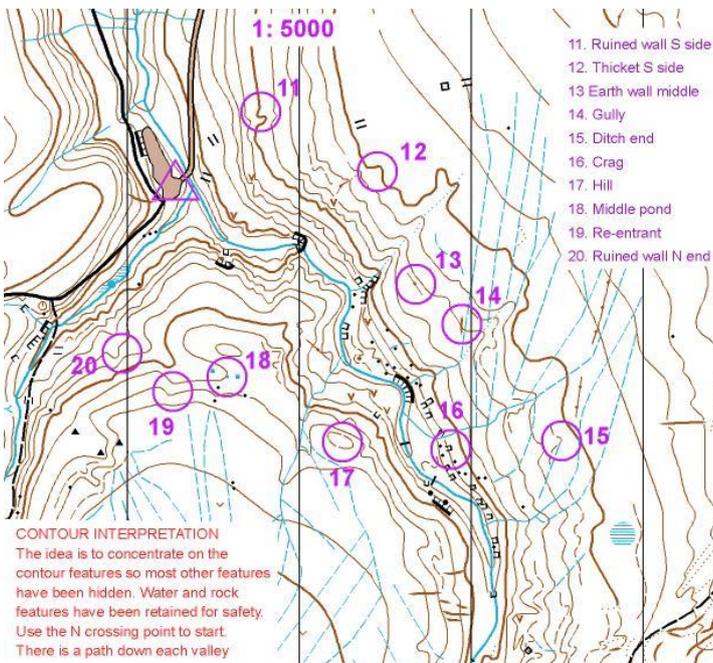
### Line Course

The skill here is to practice keeping in touch with the map in tricky terrain. Starting at the car park, there are markers placed along the (red dotted) line but not marked on the map. We placed the markers on features that could have a specific description and they were in numerical order so participants would know if they missed one.



## Contour Course

Most of the symbols were hidden apart from the brown, blue and black rock features (for safety reasons). The legs were through mixed forest and you needed to concentrate on the contours to help locate the controls where a direct line may have been unfavourable.



**Paul and Wendy Taylor**

## **New SI Boxes**

The SI boxes and associated equipment we use such as printers are bought and owned by NEOA. I am pleased to say that the region has recently acquired 20 new boxes that will be kept in the CLOK area, bringing our total to 74 boxes. This means that we will have less need to move boxes around the region for larger events, and will be able to have some boxes to be used for all the Summer Series without having to move them to use for monthly Sunday events. They were first used at the two recent events on Saturday night and Sunday morning at Hutton Lowcross. Planners should note that the box numbers are now 181 – 254 plus 2xStart, 2xFinish, 1x Clear and Check, and 2 small blue Clear boxes. Numbers 230 – 254 have been allocated for the Summer Series events.

**Marion Archer**

## **CLOK league 2015**

The results for the CLOK League in 2015 have now been calculated (thanks to Ann Cranke for doing it). The details of events included, and the overall winners are given below, and the full results can be found on the CLOK web site in the Members Area.

The league was based on the CLOK events at Coate Moor, Hutton Mulgrave and Skelder, Sneaton, South Gare, Eston, Silton, Goathland and Cod Beck.

### **Winners**

Junior women	Isabel Mayes
Youth Women	Alice Rigby
Women's Open	Vicky Tucker
Veteran Women	Anne Cranke (and she calculated the results!)
Junior Men	Liam Green
Youth Men	Aidan Rigby
Men's Open	Mark Bown
Veteran Men	Alastair Mackenzie

## Summer Series

This is a series of midweek evening events taking place between April and July 2016 in the Cleveland area. There will be eight events, with each competitor's best four results counting towards his or her overall series score. A handicap system will be applied taking into account age and sex. SI electronic punching will be used at all events.

Dates and venues:

Thursday 7-Apr-2016	Fairy Dell, Coulby Newham
Thursday 21-Apr-2016	Hardwick Park, near Sedgfield
Thursday 5-May-2016	Northallerton Town Centre
Thursday 19-May-2016	Marske Stray
Thursday 2-Jun-2016	Geneva Woods, Darlington
Thursday 16-Jun-2016	Pinchinthrope, near Guisborough
Thursday 7-Jul-2016	Saltburn
Thursday 21-Jul-2016	Summerhill, Hartlepool

Each event will have the following courses:

Short	1.5 - 2 km	TD2; i.e. Yellow standard
Medium	3 - 4.5 km	TD 4; i.e. Light Green standard
Long	4.5 - 6 km	TD4; i.e. Light green standard

## Other CLOK Coming Events

16 <sup>th</sup> /17 <sup>th</sup> April	Northern Championships Weekend at Whitby/Mulgrave
23 <sup>rd</sup> April	Training Event at Eston Moor
14 <sup>th</sup> May (possibly)	Postpones CompassSport Cup at Timble (CLARO)
15 <sup>th</sup> May	Silton Woods including Yvette Baker Trophy for Juniors
21 <sup>st</sup> May	Training at location to be arranged