



# TCHIMES



For all your Local News about Clok

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EDITORIAL

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## Members News

**Congratulations** to the following CLOK members who have been selected to represent Great Britain at international competitions or training camps this summer:

- Alice Rigby – Junior World Orienteering Championships (JWOC), Switzerland, <http://www.jwoc2016.ch/>
- Aidan Rigby – European Youth Orienteering Championships (EYOC), Poland, <http://eyoc2016.pl/>
- Rebecca Aspin – Junior Regional Orienteering Squads (JROS) training camp, Deeside, Scotland, <http://www.jros.org.uk/>

We wish them all the best, and look forward to hearing about their travels when they get back!

**Congratulations** to Northern Champions at Mulgrave Woods on 17<sup>th</sup> April:

Aidan Rigby M18

Alice Rigby W20

Jill Libby W55

Eileen Bedwell W85

Cat Taylor has been selected to represent GB at the World Orienteering Championships in Stromstad (Sweden 20<sup>th</sup>-28<sup>th</sup> August). Another one for the calendar. Just search WOC2016 and get live results and maybe even live streaming for free!

Cat competed in the European Championships (Czech Republic) during the week 21<sup>st</sup> – 28<sup>th</sup> May. Recovering from a prolonged foot injury she didn't feel on top of her running with a disappointing run in the Long Qualifier (11<sup>th</sup>) and felt reluctant to compete in the Final. She fared better in the Middle Qualifier (1<sup>st</sup>) but was disappointed again in the Final coming 15<sup>th</sup>. Cat had a steady run on the second leg at the Relay but somehow managed to mis-punch. Cat may not be on top form yet but is pleased to have been able to compete at all.

## See how they ran

### **Ray Demesne NATO 20<sup>th</sup> March**

Mainly open moorland with some nice coniferous forest. Tough heather and marsh in the open with some nice rock detail. Used for the Northern Championships a few years ago. Best results were Rob Bailey 3 on Blue, Becky Bailey 4 on Green, Peter Archer 3 on Short Green

### **JK 2016 Easter Weekend**

A busy weekend for many of us. Just the wrong distance to travel every day comfortably. The terrain couldn't have been more varied – University campus on Day 1, steep rocky woodland on Day 2, fast limestone grassland on Day 3 and muddy woodland on Day 4. Superb Controlling by [Paul Taylor](#) on Day 4? No need to reply!

### **JK Sprints (Leeds University) YHOA 25<sup>th</sup> March**

M55 Paul Thornton 6<sup>th</sup>, W16 Rebecca Aspin 12<sup>th</sup>, W20E Alice Rigby 6<sup>th</sup>, W75 Clarissa Napier 5<sup>th</sup>, W85 Eileen Bedwell 1<sup>st</sup>.

### **JK Wass YHOA 26<sup>th</sup> March/JK Kilnsey YHOA 27<sup>th</sup> March**

M18E Aidan Rigby 3<sup>rd</sup>. M21E Mark Bown 29<sup>th</sup>, M40L Julian Simpson 6<sup>th</sup>, M50L Charles Mayes 27<sup>th</sup>, M55L Alastair McKenzie 19<sup>th</sup>, W16A Rebecca Aspin 14<sup>th</sup>, W20E Alice Rigby 2<sup>nd</sup>, W21 Hanne Kinnunen 18<sup>th</sup>, W35L Pippa Archer 6<sup>th</sup>, W40L Diane Mayes 11<sup>th</sup>, W85 Eileen Bedwell 2<sup>nd</sup>.

### **JK Relays (Storthes) YHOA 28<sup>th</sup> March**

CLOK1 (Men Open – 52 teams) 21<sup>st</sup>, CLOK2 (Women Short – 35 teams) 14<sup>th</sup>, CLOK3 (Women Short) 28<sup>th</sup>, CLOK4 (M165 – 61 teams) 10<sup>th</sup>, CLOK5 (Mixed Ad Hoc – 80 teams) 9<sup>th</sup>, CLOK7 (Mini – 14 teams) 8<sup>th</sup>.

### **Lakeland Weekend LOC 2/3<sup>rd</sup> March**

Several members travelled over to the Lakes to run on superb technical terrain and fared as followed:

**Tarn Hows** (Middle Distance): Charles Mayes 16<sup>th</sup> (out of 94) on Brown, Clarissa Napier 3<sup>rd</sup> on V Short Green, Martyn Dean 4<sup>th</sup> on Light Green, Isabel Mayes 4<sup>th</sup> on Yellow and Rebecca Mayes 2<sup>nd</sup> on White.

**Holme Fell (Long):** Mark Bown 12<sup>th</sup> (out of 34) on the Black.

### **Londesborough HALO 10<sup>th</sup> April**

If you didn't go to this one you missed a treat! Glorious sunshine, fast runnable chalk wold beech woodland, grassy pasture land, buzzards and red kites overhead (searching for carrion possibilities amongst the flagging orienteers?) and a wonderful map. We couldn't compete in the Yorkshire Championships but a few of us did well otherwise. Eileen Bedwell 1<sup>st</sup> on W85, Alastair Mackenzie 1<sup>st</sup> on Short Brown and Natatie Martin 4<sup>th</sup> on W14.

### **Whitby Urban and Junior Sprint Selection Race CLOK 16<sup>th</sup> April**

What a dreadful day (weather-wise). The real winners were the very stretched CLOK team who worked so hard and pulled off a great event.

Good CLOK results included M18E Aidan Rigby 5<sup>th</sup>, W20E Alice Ribgy 4<sup>th</sup>

### **Mulgrave Northern Champs and Junior Middle Selection CLOK 17<sup>th</sup> April**

Luckier with the weather but not so lucky with the car park and the not-quite-accurate siting of the toilets. Emergency bussing seemed to work well though. Well done to all the hard working volunteers.

Mulgrave is a very tough wood, made even tougher by the sticky mud following a winter of heavy rain. A bit steep in places as well!

CLOK star performers included \*Aidan Rigby M18 1<sup>st</sup>, \*Alice Rigby W20 3<sup>rd</sup>, Alastair Mackenzie M55L 10<sup>th</sup>, Hanne Kinnunen W21L 2<sup>nd</sup>, Rebecca Aspin W16A 5<sup>th</sup>, \*Jill Libby W55L 4<sup>th</sup>, Terry Unsworth M65S 4<sup>th</sup>, Judy Unsworth W55S 1<sup>st</sup> and \*Eileen Bedwell W85 1<sup>st</sup>. (Asterisk for Northern Champions.)

### **BOC2016 Brown Clee HOC 30<sup>th</sup> April**

Nice varied terrain on one isolated Hill in south Shropshire. It's been the venue for the BOC and JK in the past and some CLOK members may remember when we were very narrowly beaten there in the CompassSport Cup Final by SLOW about 20 years ago. This time we had Alice Rigby 2<sup>nd</sup> on W20E, Rebecca Aspin 5<sup>th</sup> on W16A, Aidan Rigby 6<sup>th</sup> on M18E and Dave Riches 10<sup>th</sup> on M50S

### **Bewick Moor NN 8<sup>th</sup> May**

Who can resist the temptation to run on the Northumberland Fell Sandstone escarpment? Surely one of the most distinctively defined terrain in England.

Alastair Mackenzie 4<sup>th</sup> on Brown, Peter Archer 8<sup>th</sup> on Green, Mike Hardy 3<sup>rd</sup> on Short Green and Gill Hardy 4<sup>th</sup> on Light Green.

### **Silton CLOK 15<sup>th</sup> May**

Well done to Alan Cranke for getting some mileage out of a rapidly shrinking forest.

On the Brown Alastair Mackenzie was 5<sup>th</sup>.

On the Blue Martyn Dean was 1<sup>st</sup>, Stephen Powell 2<sup>nd</sup>, Paul Taylor 4<sup>th</sup> and Neil Hunter 7<sup>th</sup>.

On the Green Aidan Rigby 1<sup>st</sup>, Phill Newton 3<sup>rd</sup>, John Green 4<sup>th</sup> and Barry Harrison 7<sup>th</sup>

Short Green Peter Archer 1<sup>st</sup>, (that is a surprise 😊)

Light Green Jenny Martin 1<sup>st</sup>

Orange Dominic Green 3<sup>rd</sup>, Martin Adamsom 5<sup>th</sup>, Liam Green 8<sup>th</sup>

Yellow Isabel Mayes 1<sup>st</sup>

White James Martin 2<sup>nd</sup>

**Alan Cranke** was also the team manager for our Yvette Baker Trophy team of Aidan Rigby, Livi Wright, Dominic and Liam Green, Issy and Rebecca Mayes, George Martin, Niamh and Esme Tucker-Mcauley who won the north-east heat against NN and NATO. The team can now go forward to the national finals just north of London on 3<sup>rd</sup> July. Hopefully some others will have finished exams etc and can go as well.

**Well done** to Kath Aspin on a great time (and a personal best) of 3 hours 13 minutes at the London Marathon in April.

*Why not check out CLOK's Facebook Page (linked from the CLOK home page) to see some pictures from many of the above events. Well done to David Aspin who has taken most of them!*

## Summer Series

This is an excellent series of midweek evening events taking place between April and July 2016 in the Cleveland area. There are 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.

Maureen Webb and Joe Trigg have done a great job of coordinating the series and it has attracted an average of nearly 60 runners per event so far, with some local schools attending as well as the usual CLOK and other club runners.

Why not try and make it to some of the second half of the series. Full details of each event will appear on the club web site.

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

## CLOK Coming Sunday Events

Firstly, a reminder that the event at Barnard Castle on 3<sup>rd</sup> July has had to be cancelled.

The next Sunday event will be at South Gare, Near Redcar on 4<sup>th</sup> September, followed by an Urban event in Guisborough on Saturday 2<sup>nd</sup> October.