



TCHIMES



The Monthly Local News For Clok

August/September 2016

EDITORIAL

Next copy is November 2016

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

Important Notice

The CLOK AGM will take place on Thursday 20th October. Details of the venue are given below, and the Agenda will be put on the club web site (www.clok.org.uk) nearer the time.

Make sure to like our CLOK Facebook page and our Twitter account for latest news and posts!

Facebook - Cleveland Orienteering Klub

Twitter - @CLOKofficial

Welcome to New Members

A warm welcome to the following new members:

Family Wood: - John, Elaine, Adam, Helen and Josh.
John McIntyre

Family O'Boyle: - John, Angela, Cerys and Nathan
Steve Scoffin

Notice of CLOK Annual General Meeting 2016

The AGM will take place on Thursday 20th October at 7:00pm. The venue is Sunnyfield House, 36 Westgate, Guisborough TS14 6BA.

If you are interested in getting more involved with the running of the club, have something to say, or simply want to see what goes on then please come along.

Once the meeting is finished a buffet supper will be provided (and it is free!).

The agenda will be published on the website prior to the meeting. If you wish to propose an item for discussion at the meeting please let the club secretary know.

Diane Mayes – 01642 724698 - secretary@clock.org.uk

Congratulations to Aidan Rigby on his performance at the European Youth Orienteering Championships in Poland. He did manage to mispunch in the Long race (you haven't lived until you have mispunched at a championship event!) but he had an impressive 10th place in the Sprint and in the Relay he brought the M18 team into 6th place with his second leg run.

Earlier in the year Aidan received an Award from Tees Valley for his commitment to their Future Champions Programme (this is open to talented athletes and players, aged 12 -18 years, participating in regional and national squads). See picture below.



Event Officials

It's that time of year where I look ahead for officials for our events next year. Please have a look at the list of opportunities below and drop me an email if you would be willing to take on one of the roles. Help will be given to new or novice officials so please get involved. Our events couldn't run without our main officials!

However, we also have an URGENT requirement for an Organiser and Controller for the event at Fylingdales on Sunday 12th December 2016. Any offers?!?

I'm also keen to appoint the officials for the Acorn event in March as a matter of importance.

Many Thanks, Chris Mackenzie, chrismackenzie0503@hotmail.com

Date	Location	Type	Level	Organiser	Planner	Controller
08/01/17	Hardwick Park	Team Score	D			N/a
12/02/17	Hutton Mulgrave	Long	C			
Sun 12 Mar	Lord Stones + Cringle Moor + Cold Moor	CompassSport Cup 1st Round	B			N/a – Outside of CLOK
02/04/17	Eston Moor	O-Cross	C			
14/05/17	Roseberry and Newton Woods	Long	C			
04/06/17	Ayton Moor	Long	C			
10/09/17	Stockton Riverside	Urban	C			
22/10/17	Sneaton	Long	C			
12/11/17	Boltby + Dale Common Moor	NE Score Champs	C			
10/12/17	Scarth Wood Moor	Long	C			

What is an O-Cross?

I am not sure if other clubs do this, but here is what CLOK has done in the past. It is like a one person relay. Typically, there will be three courses (A, B and C). It will have a mass start, with half the runners on course A and half on course B. At the end of the first leg, course A runners will then run course B and vice versa. On the third leg all runners will do course C so there is a proper head to head race to the finish.

JWOC 2016

By Alice Rigby

After a long period of winter training and three sets of selection races at the JK, Northern Champs and British Champs I was selected to represent Great Britain at the Junior World Orienteering Championships (JWOC). This year it was held in the Swiss Alps near Saint Moritz. At JWOC each nation can bring six M20s and six W20s with races including sprint, middle qualifier, middle final, long and relay. I was selected to race the middle, long and relay (3rd leg for women's GBR2).

We headed out the Wednesday before racing started to begin acclimatising to the altitude and to train on relevant terrain. The opening ceremony was inspiring with Simone Niggli (event direction and multiple time world champion) and the Swiss President speaking. The first race was the sprint, which I didn't run. However, it was great to spectate the GB team on a very hilly and technical course. Meg Carter-Davis was the best British result of the day coming 7th, just off the podium.

Next it was my turn to race in the long distance. At the previous evening's team meeting I was informed that I was one of the athletes randomly chosen to wear a GPS unit. This added to the pre-race nerves but I tried to view it as a useful experience and at least I would be able to view my route afterwards.

The long race was held at Val Müstair with its main challenges being able to cope with the areas of technical contours when tired from the steep slope running at altitude. This got the better of me when, at the end of the long leg #5 I attacked the control one re-entrant early. I have inserted my GPS trace for amusement purposes but I don't think Mum was seeing the funny side while watching the trace live in the arena.

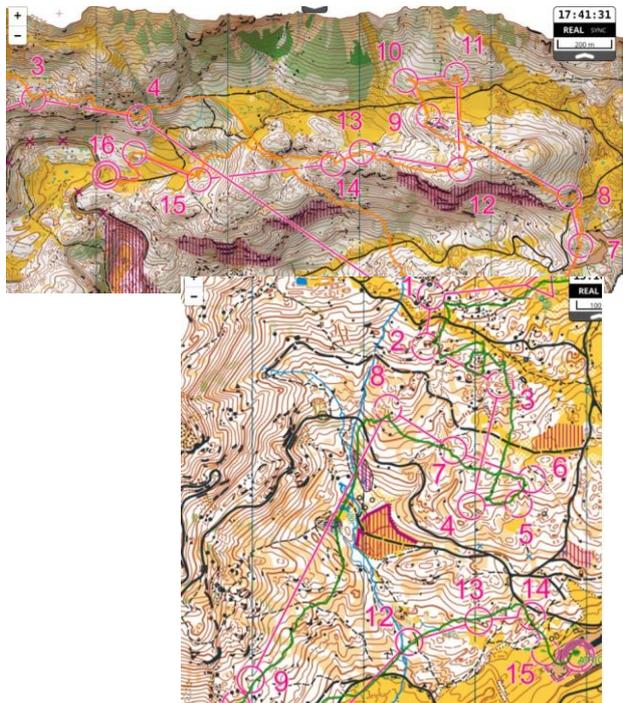
After this error I knew I just had to get to the end safely and was pleased with most of the rest of my run. I did take some questionable route choices, namely not taking the path to #6 and being pretty much the only person to go straight over the hill to #9. (I made it onto the World of O analysis for that one!) By #14 I was exhausted, chose a poor route to #15 and finished in 88th very glad there was a rest day scheduled for the next day.

Next up was the middle qualification where the top 20 in each heat make it into the A final. This was held at Ftan, a steep wooded hillside with intricate contour detail. Again I had GPS. Unfortunately, I found the terrain really tough to move through as the long grass hid the rocks and brashings below, which wasn't helped by an early start. But it was probably more my error to #3 that cost me a spot in the A final. I didn't drop down enough contours from #2 and once you've lost contact in that sort of area you're done for.

To say I was gutted at the finish is an understatement but chats with parents, Aidan, coaches, Sarah and teammates alongside ice cream helped. I was really sorry not to run the B final but understood that having fresh(er) legs for the relay would be no bad thing. Spectating the middle final was definitely worth it as Meg brought home the first podium of the week finishing in 4th. That afternoon I reran the middle Q with Mark, BOF's technical coach, which was a useful confidence boost going into the relay.

I always enjoy relay races and the spectacular arena with big screens, run throughs, quarantine for athletes and alpine views added to the excitement. Hearing that Meg and Fiona were leading the first leg at TV control 1 was exhilarating news and Jenny (GBR2's 2nd leg) went out in 2nd. I went out in 5th with a group including GBR1's Julie. We worked together until TV1 where she lost me and went on to podium in 5th, which is the best women's relay result ever. After small errors on #5 (tricky downhill

leg across a slope) and #6 I had a steady run to the finish. We ended up 16th but 5th second team, which is thought to be the best women's second team result. Only the JWOC party remained, a long standing tradition. It was great to relax after an intense week and also good to meet athletes from other countries. Although I didn't have the races or get the results I wanted at JWOC I have learnt so much about my orienteering. JWOC is a massive step up from anything I had experienced before and I had a great week with some awesome people. I am already excited to move into my last year as a junior and am motivated to put the physical and technical training in to improve. I am, as ever, grateful to Sarah Hague for all of her coaching input as well as to everyone in ShUOC and CLOK. Also I'd like to thank CLOK for helping me to fund my trip to Switzerland.



BUSY CLOK JUNIORS

CLOK young juniors have had a busy few months, and you can catch up with them by going to the club Facebook page. Following their success in winning the local heat of the Yvette Baker Trophy they went to Hertfordshire for the final in early July, and they all performed well against much older opposition. Then in early September they went to the Peter Palmer day/night relays, and again did the club proud. Find out more from the postings on Facebook for 4th July and 11th August. Congratulations to all the runners, and a big thank you to the parents who helped to organise and accompany them. As they all get older, I am sure we will see some podium finishes!

Peter Archer

Coming events

There is a good programme of local CLOK events coming up in the next three months. Full details of each event when available will be on the club web site.

2nd October	Guisborough Urban event
6th November	Newton Hanzard (O-Cross, described above on page 4!)
12th November	Staites (Race 1 in Autumn Sprint Series)
19th November	South Park, Darlington (Race 2 in Autumn Sprint Series)
3rd December	Wynyard (Race 3 in Autumn Sprint Series)
11th December	Fylingdales traditional cross country race
17th December	Yarm School (Race 4 in Autumn Sprint Series)

Other North East events include:

8th/9th October	The October Odyssey weekend hosted by NATO at Simonside and Slaley Hall
30th October	North East Score Championships hosted by NN at Bishop Auckland Park

I hope you all enjoy them and we look forward to seeing you there.

Coming events

Peter Palmer and Yvette Baker