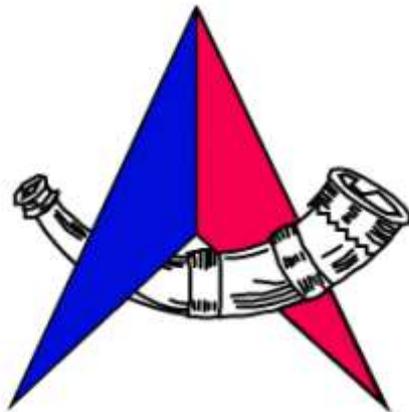


The Clarion



Claro Orienteering Club
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Graham Ramsden powers his way to the finish at the British Champs

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Editorial

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So, welcome to the first edition of The Clarion with me as Editor. I feel that I have a hard act to follow, but Lindsey has given me a comprehensive handover which I think was the least she could do after stitching me up for the job! To get my own back, I made her the first person I asked to write an article - about the British Champs (see page 6). Many thanks to Lindsey for all your hard work. Already I have learned that whilst it is not too difficult getting people to agree to write things, getting them to *actually* write them is considerably harder. I shall have to improve my tactics.

Despite the fact that we are at the end of the usual "season", there has been quite a bit happening. We have put on some excellent events, such as le Tour de Jennyfields on 25th May, we've had Claro winners at York and Beverley, we've had Claros representing the club in the British Champs and Mike Cope and his merry band put on a fantastic Primary Schools Championships that was almost as loud as the Tour de France finish in Harrogate, only higher pitched!

Following the publicity paper sent out with the last edition, I have collated some feedback on page 6, and there is a related piece about Twitter. It will be interesting to see if we manage to get it going. More on this in due course.

Elsewhere, there are the more usual event reports and notices. Once I get into this editing lark I would like to try a few changes, although without straying too far from the time-honoured format. I am always up for comments (preferably constructive!) so if you don't like something, or you would like to see something else, please say. Meanwhile, many thanks to those who have contributed in this edition. I expect I shall be on the lookout for contributions from now on, so watch out if you see me coming.

Finally, please forgive the print quality for paper copies. I am investigating laser printer options now Geoffrey has taken his with him.

PATELEY PRATTLINGS – Our Chairman, Stan



I must start by giving a warm welcome to our new editor, Vince Greal, who has taken over the keyboard now that Lindsey has moved up closer to her family in Stirling. At the farewell barbecue held by Lindsey and Geoffrey many of us were able to express our thanks for all that they'd done for Claro over the years. They plan to remain Claro members and not go Forth so we should still see them in familiar colours, possibly as soon as the Lakes 5-Days in a few weeks time.

Although Vince has only been with us for a couple of years he's got a wealth of O-experience from his time with Mole Valley and with the Forces and has plenty of ideas for taking our communications and publicity forward. Clarion is safe in Vince's hands.

Did you get out to watch the Tour de France? Wow, what a spectacle and what an experience. I got up to the 'Cote de Cray' on the first day, along with 3000 others, and was just bowled over by the sheer scale of the event, the friendly banter between spectators and the relaxed approach of the police and the stewards. It all kept the atmosphere light and helped to build up the crescendo for when the riders came. On the second day I was up on a crag just below the summit of Kex Gill, sorry 'Cote de Blubberhouses', that we'd christened Cavendish Crag before we heard of Cav's unfortunate withdrawal. I'm sure we've all had experiences of a weekend that we'll remember for a very long time.

Another amazing sporting experience was helping at the Harrogate and District Schools Orienteering Championships at Goldsborough Hall. Mike Cope and his team had put an awful lot of work into mapping and planning this super venue and were rewarded too for the all of the work put in with the Wednesday afternoon schools events that led up to it. We had an incredible 219 entries for this event for Years 4,5 & 6 and the sight of the massed starts, year by year, for this score event was one to behold – particularly for the photographer who was nearly buried in the stampede! Our challenge now is to harness all that enthusiasm and translate it into regular orienteers of the future.

There was one surprising incident at Goldsborough Hall when a youngster came to us with the stub of a dibber that she had snapped partway through her run. She was able to take us to the location where it had happened and found the

business end of the dibber on the ground by the control. This caused one or two of us to check our own dibbers and sure enough I found that I'd got a stress crack in my own dibber in the place where the Goldsborough dibber had broken. The only reason I can think of is that I run a lot of Urban O's where the SI boxes are gripped with the wire going through the dibber hole, restricting the available free play in the hole. Consequently I've just replaced my dibber, taking the opportunity to upgrade to a faster one; one second saved per control might not seem worth bothering about until you start doing urban sprints with 24 controls in 15 minutes. Not that I'm competitive of course !

I was recently reminded by one of our founder members about the pronunciation of our club name. I've been asked several times at JKs or Six-Days events what Claro stands for, is it an abbreviation, or was I from County Clare in the west of Ireland. I'm sure most of you know that it relates to the name of the mediaeval wappentake that included the area we now know as Harrogate and Ripon. I wasn't around then but David Day seems to know all about it. Anyway, back to the pronunciation, it rhymes with aero (like the chocolate bar) not with arrow. I'll try to get it right in future.

Finally, a short plug for the inaugural Nidderdale Triathlon on Saturday 13 September, in the afternoon. It's organised by a team from Pateley Bridge leisure centre, including Harry Dowdell as cycling manager and myself as run manager. It's a sprint triathlon with a 400m pool swim, a 20km ride and a 5km run and we're looking for marshals. If you can help in any way by giving a few hours in the afternoon please get in touch with me; no skills required and you should get a goody bag with a T-shirt. I know it won't have the same kudos as Geoffrey's Tourmaker kit but it could become a collector's item !

Stan Appleton

Membership Update

David Gugan informs me that there is nothing to report this month on membership. However, there is one small thing that everyone could usefully do; Tim Moon maintains the club group email address (clubmembers@claro-orienteing.org.uk). Anyone can use this; if you send a message to this address it goes to all club members on Tim's list. Tim's challenge is keeping the addresses updated. Enclosed with this edition is a list. **Please** check your entry and let Tim know of it needs updating or adding if missing. Tim is tim@claro-orienteing.org.uk.

Claro Publicity

In the last Clarion you will have read Phil's piece introducing the separate discussion document on publicity. Whilst we were not exactly snowed under with responses, we did get quite a few, so our thanks to those who did make the effort - much appreciated. There was broad agreement and a number of helpful comments and suggestions. The next step is for the committee to consider next steps on 22 June, but initial priorities are likely to include work on the website and a gradual development of social media, starting with Twitter.

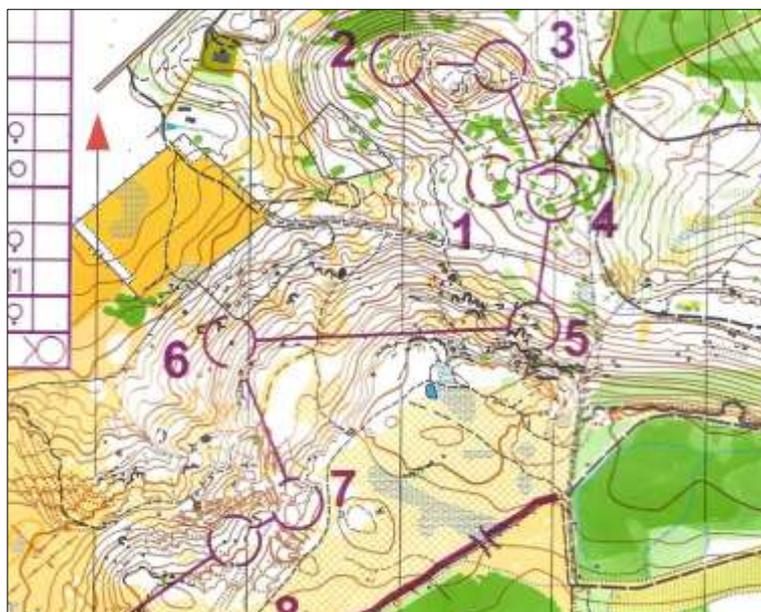
2014 British Champs, Northumberland, 31 May / 1 Jun 2014

Individual - Lindsey Hensman

New Clarion editor Vince might have thought it was a great wheeze to get me to write an article about BOC for the mag, but it was a week before he plucked up courage to ask! Fortunately for him I had already been tipped off, and as I thought I owed him a favour for taking over the Clarion so willingly, I agreed.

Although scheduled for the end of the English half-term week and combined with the British Relay Champs, this BOC never attracted the numbers or the quality of entry that might have been expected. Northumberland is a big place, and only Newcastle itself has decent communications with the rest of the UK. Effectively buried in a remote corner of the country near Rothbury, the offer of some fantastic new terrain would have made a difference, but the crucial turn-off was the cost – individual entries were £25. Eleven Claros made the trip, three of whom opted to just enter the more reasonably priced colour-coded courses.

Assembly was right next to the car park field, fortunately dried out by a mini-heat wave which had begun a few days previously. The warm weather continued over the weekend, with the Saturday of BOC being particularly hot. The club tent, located right on the finish line courtesy of Vince, offered some welcome shade.



The Championship courses were long and the terrain tough, so fitness was key. The area was in three parts. Thrunton Wood is a steep area with a lot of rock, brashings and knee-high bilberries in the places which weren't various shades of green, Callaly Moor is well supplied with equally high heather and Callaly Crag is very steep indeed (see map). Most of the senior courses had long path runs to join these different parts but the shorter TD5 courses were squashed hither and thither in Thrunton Wood as a path run to somewhere else would have made the course too long!

Add the heat to the fearsome terrain, and it was a very tiring day. But then it was the British Championships!

M50L - 8.1km, 330m climb, 20 controls. 58 entries			
1	Jonathan Musgrave	MAROC	69:42
30	Vince Grealy	CLARO	113:38
48	Graham Ramsden	CLARO	143:46
M55L - 7.4km, 320m climb, 18 controls. 48 entries			
1	Mark Saunders	BOK	71:18
rtd	John Birtwistle	CLARO	--:--
M60L - 6.7km, 240m climb, 19 controls. 41 entries			
1	John Britton	MDOC	78:23
26	Mike Hind	CLARO	126:45
M65L - 5.8km, 190m climb, 16 controls. 53 entries			
1	Andy Hemsted	HOC	60:13
31	Geoffrey Hensman	CLARO	100:45

Claro Results

W45L - 5.9km, 200m climb, 15 controls. 38 entries			
1	Jenny Peel	SYO	62:35
7	Ruth Ker	CLARO	81:57
W55L - 5.9km, 200m climb, 19 controls. 28 entries			
1	Maggie Scrugham	ESOC	91:35
rtd	Susan Birtwistle	CLARO	--:--
W65L - 4.4km, 125m climb, 12 controls. 26 entries			
1	Carol Pearce	DEVON	71:22
11	Lindsey Hensman	CLARO	88:03
Blue - 7.0km, 280m climb, 18 controls. 31 entries			
1	Ray Ward	ESOC	68:55
16	Allen Barnes	CLARO	121:52
Green - 4.8km, 130m climb, 14 controls. 46 entries			
1	Janet Adams	SYO	65:27
26	Linda Kelly	CLARO	104:57
rtd	Jackie Barnes	CLARO	--:--

Relay - Graham Ramsden

Day 2 of the British Championships weekend was the relays and after the eternal courses of the previous day (see Lindsey's report) I approached the event centre feeling a little uneasy. It was a short drive away from the camp site that Mike Hind and I had been staying in at nearby Bellingham and the reason I was a bit unsure was the sprained ankle that I'd inflicted upon myself after two hours of slogging through Day 1's dense vegetation; another day that long might hurt! The event was held at Cragg Estate and Chesterhope Common which is very much like our own Scotgate Ash with its 'wealth of contour and rock detail resulting from previous mining activity', as described in the event programme. We had two teams entered, Claro Classics in the Men's short and Claro Arrows in the M40. As with all these relays the age and gender of the people wanting to run determine which class is entered. So the Men's short team consisted of John Birtwistle, Lindsey Hensman and Geoff Hensman whilst the M40 team consisted of Mike Hind, Ruth Kerr and me. As you can see the

'Men's Short' consisted of very few short men and the 'M40' was either not men or very much not 40.

The gruelling courses of the first day did not reappear and a good time was had by all. Run times ranged from 30 odd to 40 odd minutes and although neither team could be found near the top of the results list we had a jolly good time. Oh yes, and my ankle didn't get too much worse despite my hobble round the course.

If you want to experience the buzz of the Champs without having a long, tough course, then try the British Middle Champs in Rugeley, Staffs on 7th Sept, or even the Sprint Champs the day before. Entries open now on www.fabian4.co.uk

Twitter: why not give it a go?

A few folks have asked about some guidance for Twitter, so this is the first of some occasional pieces on social media stuff. I know it's not everyone's favourite topic, but if you have not tried it... well why not?



So, firstly, what might we want to use Twitter for? After all, it does have a reputation for providing the facility to see pointless information about what people had for lunch and so on. Well, apart from being seen to be "modern" and appealing to those for whom M/W35 still seems a long way off, I think there is a key reason; pretty much all our non-face to face communication these days is either by email or is a one-way broadcast (web, Clarion, current Twitter). These channels are useful, or even vital, but what we don't have is an effective way of having a broad conversation across the club for those inclined to take part. Our sport is not really that much a team sport (bar the odd relay), we don't have a clubhouse and even when at the same event we start at different times on different courses and often miss one another. Twitter can help with this. I am not saying it is the "be all and end all", and it will not be everybody's cup of tea. Some people will likely never do it, but many might, and I think we should at least give it a try and see. It is free, after all.

Twitter Basics

One barrier is people feeling uncertain about starting to use Twitter; how do I get started and not make a fool of myself? Well, whilst I am far from an expert, I can set out the basics and offer a few tips that we can use. You might know all this; feel free to skip if so. Here we go.

What is Twitter?

Essentially, Twitter is an easy to use, free capability that allows users to post short (i.e less than 140 characters) messages (referred to as "tweets") that any other user could potentially see. What is crucial is that it is easy to post - on a computer, tablet, smartphone or even by text. Any time, any place anywhere and all that. The clever bit is how you get to see the posts of others and manage the flow of information that you see, more of which in a minute. A common concern is that anybody might read what I tweet - well, that is true, but there are around half a billion tweets sent every day. 76% of those are on a mobile device and remarkably 77% of accounts are outside the US. There are currently more than 240 million monthly active users in 35 languages. Which is pretty amazing considering it only started in 2006. And they are probably not all on the edge of their seats waiting for a tweet from you, so don't be shy!

So, how does it work?

To start, you need to sign up (doh!). Go to twitter.com and look for "sign up" (funnily enough). You need an email address and you need to choose a twitter name (that nobody else has already bagged, so unlucky, Mr John Smith!). The convention is that you have an actual name (e.g. Fred Smith) and a twitter name that starts with @ (e.g. @fredsmith147). Congratulations! You are now the proud owner of a shiny, new Twitter account. You can add a picture (or stick with the default white egg - bad idea), a few short bio words and do some other simple customisations if you like.

Who should I follow?

Twitter works on the concept of "followers". With half a billion tweets a day, there needs to be some means of controlling what you get to see. You do this by "following" people. When you do, their tweets appear in your stream on your home page. It's super easy - you just click the big, blue FOLLOW button next to their name when you find them! When you do, that person gets a notification to say you are following them. You can unfollow just as easily, but then they don't get a notification - you just slip away quietly. It takes time to fine tune your list, and it is an ongoing process. A great way to start is to find someone obvious (like [@ClaroOrienteers](#) for example) and click on their icon. This shows their profile page with links to who follows them and who they follow. Whizz down the list of people they follow and select the ones you want to follow too. These lists are open and nobody sees how you found people. Repeat until bored, then weed out people who don't live up to your expectations.

Twitter will also give you some suggestions, some of which are helpful (but Justin Beiber? Really? I don't think so).

What do all the funny symbols like @ or # or RT mean?

Tweets are limited to 140 characters, which is a good thing as it keeps things brief and dynamic. No essays allowed. Built into it are some conventions, and some others are adopted. Here are a few:

- **@somebody** - every profile has associated with it a name (like Claro) and a handle (like **@ClaroOrienteers**). If you include **@ClaroOrienteers** (or any other handle) in a tweet, that person gets a notification that they have been mentioned. The **@somebody** also turns blue and becomes a link to that person's profile page. If you misspell the name it looks like it has worked, but nobody gets notified and the link fails.
- **#hashtag** - The other sort of special word is the hashtag. This is basically a means of linking tweets to a topic. If you type **#orienteering** it turns into a link that when clicked shows all tweets tagged with **#orienteering**. We should use one for the club. Unfortunately, **#claro** is used by lots of Spanish people as it means "light" in Spanish, so let's use **#clarooc** instead if your tweet is about club activities. That way, if you click on **#clarooc** you get to see all our tweets. At the moment, we don't do this so Linda or Allen have to retweet (see below) any message from the **@ClaroOrienteers** account.
- RT means re-tweet and is conventionally used to repeat somebody else's tweet so it goes to your followers too. This is why celebs are always being asked to retweet as it makes it visible to all their followers.

So, that's it for the first piece on Twitter. More to follow. Why not give it a go? It is free and if nothing else you can sign up and lurk - just reading things you are interested in - before taking the plunge and tweeting anything. It might be great for the club! Go on - you know it makes sense! I am more than happy to help if you are stuck or have any questions - and no question is too basic. We have all been there. Happy tweeting.

Vince (but you can call me **@vincegrealy**)

Primary Schools Champs at Goldsborough Hall on 24 June - Jemima Parker

Following on from the hugely successful Wednesday Primary Schools series, Goldsborough Hall, near Knaresborough, was the stunning venue for the 2014 Harrogate District Primary School Orienteering Championships on 24th June. Over 200 children took part, with fifteen schools represented. Richard Taylor School triumphed as overall champions for the second year running, with Pannal Primary School and Fountains Earth C.E. Primary School coming second and third.

During the morning the teams were able to sharpen their orienteering skills with a grid exercise, a map walk and a training course all in the grounds of the beautiful 17th-century stately home. There was also a tree quiz which visited some of the trees planted in the gardens by HRH Princess Mary and Viscount Lascelles and their royal visitors, during the 1920s and 30s. It was a rare opportunity for the children and staff to visit these private gardens which were laid out by Richard Woods during the 1750s in the style of Capability Brown.

Then in the afternoon it was time for the main competition, which was a score event with a mass start for year 4, then year 5 and finally year 6 children. The children had a maximum of 15 minutes in which to try to visit as many of the 20 controls as possible. As the pictures show, the start at the Grand National is probably quieter!

The individual winners achieved some pretty fast times, including Claro's Lois Parker who was fastest Year 6 Girl by a good margin, and not much behind her older brother, who was part of the helper team and ran the course to check it. The prizes were awarded by Mr Mark Oglesby, owner of Goldsborough Hall.



And the're off! The Year 4s start

Mike Cope did a fantastic job of organising and co-ordinating a team of club volunteers and the Harrogate School Sports Partnership. Stan summed it up with his comment; "The enthusiasm of the children from so many schools across Harrogate and Nidderdale was a joy to see and showed great potential for the future." Comments from the kids included "That was amazing", "That was so much fun" and "I am nearly dead but it was great!". Mike now has a great portfolio of thank-you letters from happy children.

Diary Date: Claro AGM

The date for the AGM has been fixed for **Thursday 16th October 2014**. It will be at the same venue as last year - Harlow Hill "Green Hut" - at 8pm. More details will follow nearer the time, but this is the key meeting of the year for all club members to find out what is going on and have your say. Please put it in your diary today!

Claro Fixtures Secretary - Chris Dicken

A short reminder to all that at the AGM the club will need a new Fixtures Secretary. Unfortunately, so far, I've not had a response to my previous article on being Fixtures Secretary. I'm more than happy to talk anyone through the role, just let me know. Look forward to hearing from someone out there.

Spring Flowers Wednesday Events 2014

The series of 8 Spring Flowers Wednesday events have now all been completed, with a lot of effort put in by a few dedicated individuals, most notably Mike Hind and Tim Moon. There were some great courses, although sometimes a rather limited turnout. Watch out for a review and some thoughts from those concerned in the next Clarion.

le Tour de Jennyfields - 25th May 2014

Saturday 25th May saw the club's contribution to the YHOA Urban League with an event in Jennyfields. Aably organised by Richard Kirk, it was the end of Stan's epic set of planning efforts using a new map by Mike Cope with Chris Dicken as controller. As le Tour fever was really gripping Yorkshire it seemed a grand idea to rebrand the event as le Tour de Jennyfields. Linda did a fantastic job of co-ordinating prizes for those



Tim M in full flow at Jennyfields

encouraged to run in yellow and there were spot prizes, all yellow, which were well received. It all went very well, despite the weather at times, and there were some very complementary comments on the day and on Twitter from other clubs. Well done all!

CLARO results from Jennyfields

Course A, 6.7km, climb: 100m, 24 controls. 15 entries					Course D, 4.2km, climb: 60m, 15 controls. 38 entries				
1	Kristian Jones	SBOC	M	00:35:29	1	Doug Dickinson	DVO	M	00:31:55
7	Edwyn Oliver-Evans	CLARO	M	00:47:25	23	Susan Birtwistle	CLARO	F	00:45:02
9	Nathan Parker	CLARO	M	00:48:24	25	Tim Moon	CLARO	M	00:46:12
10	Timothy Evans	CLARO	M	00:50:03	Course E, 3km, climb: 45m, 15 controls. 20 entries				
Course B, 5.7km, climb: 75m, 16 controls. 33 entries					1	Sheila Carey	OD	F	00:27:59
1	Paul Caban	INT	M	00:33:37	5	Jackie Barnes	CLARO	F	00:33:48
8	Vince Grealy	CLARO	M	00:38:21	9	Christine Hayes	CLARO	F	00:50:23
18	Mark Hewson	CLARO	M	00:48:32	Course F, 2.6km, climb: 25m, 14 controls. 12 entries				
21	Graham Ramsden	CLARO	M	00:49:21	1	Laura Hindle	MDOC	F	00:17:00
25	Andrew Lyon	CLARO	M	00:50:44	4	David Lyon	CLARO	M	00:20:46
Course C, 4.4km, climb: 55m, 14 controls. 58 entries					10	Jenny Claridge	CLARO	F	00:30:04
1	Adrian Pickles	AIRE	M	00:28:47	mp	Rebecca Wood	CLARO	F	00:22:55
17	Ruth Ker	CLARO	F	00:37:18	Course G, 1.9km, climb: 20m, 12 controls. 9 entries				
35	Allen Banister	CLARO	M	00:42:46	1	William Martland	EPOC	M	00:15:11
49	Jemima Parker	CLARO	F	00:46:34	6	James Wood	CLARO	M	00:17:59
51	Allen Barnes	CLARO	M	00:48:10	7	Mark Wood	CLARO	M	00:18:37
53	Arthur Clarke	CLARO	M	00:53:34					

MTBO Update - Tim Evans

Claro's Edwyn ranked in MTBO world top 100

Following competing at the world cup in Portugal in October and the 2 world ranking events at the April Danish training camp, Edwyn Oliver-Evans is now the top ranked British rider in the world MTBO rankings and one of only 2 in the top 100. Edwyn is 74th, followed by Sheffield's Andrew Douglas in 80th.

National MTBO Long Championships

The National Long Champs were held in Scotland over the weekend of the 14th/15th June. With Edwyn busy with A level revision, I made the trip up by myself. Owing to delays in sorting it out and watching the price go up whilst I dithered, I ended up camping instead of staying in a B&B and despite a good forecast, rain on the way up meant I was not looking forward to my first night under canvas for a number of years. I arrived at Dalbeattie with about 40 mins before the first start, and what should have been bike ready, warm up, get into the zone ended up with too much chat and a limited warm up.

After a minute to view the map and take in the instructions, I was off. MTBO is similar to urban orienteering; taking it steady and getting into the map scale and

speed to the first control is a good idea. So off I shot and for the 3rd time this year I messed up the first control. Fortunately I wasn't the only one. The next tricky option was leg 3-4; the options were a trudge through the forest or take fast fire roads but a much longer route. Not wanting to get lost or stuck in green forest with a bike, I opted for the long route and lost 3 minutes on those who braved the forest. After control 6 followed some very long legs with multiple route choices. I decided to take what looked the shortest, but required negotiating some windblown obstructions. In crossing one of these, a still-green fir tree branch decided to fight back and lock into my chain ring. I cleared it, but in looking back to check I managed to ride off the track and fall off, which slowed me down for a few minutes. Others took the longer route to avoid the obstacles and had a faster split. My last mistake was to the final control. In full flow, I was looking for a cut through which appeared to me to be marked as a faint track. Off I went down the wrong track and then managed to snag my leg on a bramble whilst running back out to pick up the obvious correct track 20 yards further on. The map was right; my reading in the rush of the race wasn't.

So at the end of day 1 I was in 3rd place, 43 seconds off the lead. All the 8 riders on the B course were all within 5 minutes, so it was all to ride for on day 2. As the other riders in my race retired to their nice beds I took my scratched and bruised body off to a campsite compete with the Scottish midge.

After messing up the start of day 1, I was careful to prepare better for day 2. With so little time difference I knew I had to get it right, but also take some chances. In the 1 minute review at the start I spotted a shorter, riskier route to control 1 that could require some running with the bike, but as it was only about 100m I thought it worth the risk and, if ride-able, would make the route to control 2 easier. The gamble paid off; it wasn't easy or quick riding, but by control 2 I was already 3m 30 sec up. The ride seemed to flow really well; I obviously had a better night under canvas than I thought. I finished 1st on the day, 11 mins ahead of David Frame, and winning overall by over 12 mins from Bob Cherry to become V50 Long Distance champion in the process.

Future Events

As we enter the main summer period it is time for some of the traditional multi-day events for those inclined, and perhaps to look to the diary for the start of the next season proper. There will be more information about local events like the Autumn/Winter weekday street events and Spring weekday events in due

course; in the meantime there is plenty to think about and a bit of a list on the back page.

On the multi-day scene, several Claros are involved even as I type with the **Swiss 5 day**, which this year is based in Zermatt. Nice and flat, but probably not horizontal! Back in the UK in the first week of August is the **Lakes 5 days**, (only every 4 years) with what looks like will be a good club turnout. Entries still open and you can do individual days if you are tempted by some quality Lakeland terrain. Then at the end of August is the **White Rose**, which this year shuns the traditional NYM forest fight for sunny Scarborough and a more urban feel. Might even be fun!

Looking ahead to beyond the summer, there is a lot to look forward to. Key dates for your diary are Claro events; **Lindley Moor** on **21st Sept**, a YHOA **Night League event** on **29th Nov** that now might well not be at Lightwater Valley and then **Dob Park** on **7th Dec**. Usual help will be needed. There will be the traditional range of club league events, more of which from Allen B in the next Clarion (I hope!), as well as Yorkshire Superleague, YHOA Urban League and YHOA Champs.

Don't forget the **British Sprint and Middle Champs** on 6/7th Sep if you want the big race experience, as they are not too far away in Staffs this year, and then we have **Race the Castles** around assorted Scottish landmarks, including the chance to visit the Hensmans in their new habitat, and The Queen (if she is in).

Other Notable Results

Congratulations to Stan Appleton for his win at the YHOA Urban at Beverley on 8th June. There were some great performances at the York City Races on 26th May, especially Ruth Ker's win (Womens Vets). Other top tens there included Edwyn Oliver-Evans (9th Mens Open), Tim Evans (9th Mens Vets), Stan Appleton (3rd Mens Ultra Vets) and Linda Kelly (10th Womens Super Vets).

Forthcoming Regional / National events; August to December 2014

This is a selection of **regional** and **national** events up to Christmas. Watch the website or the next Clarion for **local** events and activities

Date	Event (Level)	Club	Venue
3-8 Aug 14	Lakes 5 Days (B)		Lake District
Fri 8 Aug 14	RHS Kids' Adventure day (D)	CLARO	RHS Harlow Carr Gardens
22 - 25 Aug 14	White Rose Weekend (B/C/D)	EBOR	Scarborough
Sat 30 Aug 14	YHOA Urban League (C)	SYO	Sheffield
Sun 31 Aug 14	Lincoln City Race (C)	LOG	Lincoln
Sat 6 Sep 14	British Sprint Champs (UK League) (A)	POTOC	Keele University
Sun 7 Sep 14	British Middle Champs (UK League) (A)	WCH	Brereton Spurs, Rugeley
Sat 13 Sep 14	Long O and Regional Colour Coded Event (C)	AIRE	Conistone
Sun 14 Sep 14	Peter Palmer Junior Trophy Relay (B)	HALO	Walesby, Nr Worksop
Sun 14 Sep 14	YHOA Urban League (C)	EPOC	Brighouse
Sun 14 Sep 14	CLOK Colour Coded Event(C)	CLOK	South Gare, Redcar
Sun 21 Sep 14	YHOA Superleague (C)	CLARO	Lindley Moor
Sun 28 Sep 14	Regional Event (C)	SYO	Wombwell, nr Sheffield
Sat 4 Oct 14	PFO Clitheroe Event (C)	PFO	Aitken Wood, Burnley
Sat 11 Oct 14	Race the Castles (UK League) (B)		Edinburgh
Sun 12 Oct 14	Race the Castles (UK League) (B)		Stirling
Sun 12 Oct 14	Regional Middle Distance Event (C)	EBOR	Brayton Barff, nr Selby
Sun 12 Oct 14	NOC Regional Event (C)	NOC	Byron's Walk, Nottingham
Sat 18 Oct 14	Race the Castles (B)	MAROC	Balmoral
Sun 19 Oct 14	Race the Castles (B)	GRAMP	Forvie, Aberdeen
Sun 19 Oct 14	Regional Event (C)	EPOC	Midgley Moor, nr Hebden Br
Sun 19 Oct 14	CLOK Urban Event (C)	CLOK	Northallerton
Sun 2 Nov 14	YHOA Superleague (C)	SYO	Tankersley
Sun 2 Nov 14	LOC Cumbrian Galoppen (C)	LOC	Tarn Hows, Coniston
Sat 15 Nov 14	YHOA Night League (C)	AIRE	Adel Woods, Leeds
Sun 16 Nov 14	British Schools Orienteering Champs (B)	AIRE	Temple Newsam, Leeds
Sun 16 Nov 14	CLOK Colour Coded Event (C)	CLOK	Eston Moor
Sat 22 Nov 14	YHOA Night League (C)	HALO	Primrose Warren, Scunthorpe
Sun 23 Nov 14	Regional Event (C)	HALO	Beverley
Sat 29 Nov 14	YHOA Night League (C)	CLARO	tbc
Sun 30 Nov 14	YHOA Superleague (B)	AIRE	Ilkley Moor
Sun 30 Nov 14	Cumbrian Galoppen (C)	WCOC	Bleaberry Fell (tbc), Keswick
Sun 7 Dec 14	Regional Event (C)	CLARO	Dob Park
Sun 14 Dec 14	CLOK Colour Coded (C)	CLOK	Ayton Moor
Sat 20 Dec 14	YHOA Night League (C)	EPOC	Royds Hall, Bradford
Sun 21 Dec 14	Regional Event (C)	EPOC	Royds Hall, Bradford
Sun 21 Dec 14	NOC Regional Event (C)	NOC	Walesby, Nr Worksop
Sun 28 Dec 14	Regional Event (C)	EBOR	Nr Helmsley

Full details at <http://www.britishorienteering.org.uk/> under Event Fixtures