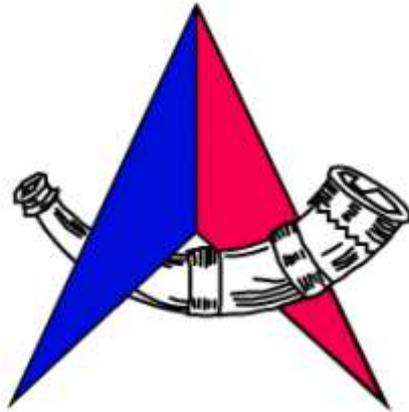


# The Clarion



**Claro Orienteering Club  
November / December 2014  
Issue 138**



Luke and Nathan Parker with the YHOA Junior Squad at the Junior Inter-Regional Championships

## Club Contacts

### **Chairman**

Stan Appleton

stana@claro-orienteeing.org.uk

### **Fixtures**

Graham Ramsden

grahamr@claro-orienteeing.org.uk

### **Committee / Assistant Fixtures**

Richard Kirk

richardk@claro-orienteeing.org.uk

### **Committee / Relays**

Ruth Ker

ruthk@claro-orienteeing.org.uk

### **Membership**

David Gugan

membership@claro-orienteeing.org.uk

### **Social Secretary**

Vacant

### **Newsletter Editor / Publicity**

Vince Grealy

vinceg@claro-orienteeing.org.uk

### **Webmaster**

Tim Moon

timm@claro-orienteeing.org.uk

### **Secretary**

Vince Grealy

vinceg@claro-orienteeing.org.uk

### **Treasurer**

Linda Kelly

lindak@claro-orienteeing.org.uk

### **Committee / Coaching**

Phil Headford

philh@claro-orienteeing.org.uk

### **Committee / Mapping / Club League**

Allen Banister

allenb@claro-orienteeing.org.uk

### **Equipment**

John & Susan Birtwistle

sueb@claro-orienteeing.org.uk

### **Junior Reps**

Nathan & Luke Parker

### **Compass Sport Trophy**

David Gugan / Mike Hind

### **Schools / Development**

Jemima Parker

jemimap@claro-orienteeing.org.uk

[www.claro-orienteeing.org.uk](http://www.claro-orienteeing.org.uk)

@ClaroOrienteers

---

## Editorial

---

### CONTENTS

Contacts	2
Editorial	3
Pately Prattlings	3
Membership Update	7
AGM	7
The Weekend the Clocks Went Back	8
Social Secretary	8
Steak Production	8
UK Orienteering League	9
JRIC 2014	10
Race the Castles	11
Coaching Corner	13
MBO 1: Haglöfs Open 5	15
MBO Leagues	16
Club Kit	17
Strava	17
Future Events	18

---

Welcome to another action-packed edition of Clarion. There's lots to report and to look forward to in the extended run up to Christmas. This edition brings you Stan's address from the AGM, updates from Scottish castles, some exploits of our excellent juniors and more. Mike Hind's coaching tips about catching features made me smile as at SYO's Tankersley event recently I had to use the M1 to relocate. Obvious enough, Mike?

Looking forward, we have two more Claro events before Christmas; our night event at Hookstone on 29 Nov is an ideal time to try night O if you have not done so (help will be on hand!), or dust off the night skills if you plan to do the British Nights in Leeds in Feb. Then on 7 Dec we have Dob Park. We have one more Wednesday Street-O event before the new Winter series from January, and the Yorkshire Superleague 2014 has one event left, at Ilkley Moor on 30 Nov. Have fun!

## PATELEY PRATTLINGS – Our Chairman, Stan



*For this edition Stan's usual piece is replaced by his address to the AGM for those who could not be there.*

When Graham handed over the chair to me last year he described the role as like juggling three hedgehogs in one hand and tickling a trout with the other. Not only was I new to the chair but new to committee as well so I must begin by paying tribute to the rest of the committee who kept me on the straight and narrow – well more or less.

Our programme for 2013/14 has followed broadly the same pattern as in the previous year though perhaps the emphasis and profile of some activities may have changed a little. We've kept busy during the dark nights with our

fortnightly street score events - or Lamos as they've been known by some - with steady numbers of runners including welcome visitors from other clubs and some fresh faces who we hope may join us as members. A simple format with basic skeletal maps has kept organisation of these to a necessary minimum. As you know these are continuing over this next autumn and winter when we're hoping to offer a modest social element at the end. Coming from other sports as I have, I found orienteering a less sociable experience with few opportunities to put faces to names or to learn lessons from each other's performance. We need to do what we can to overcome that so that we can welcome new starters of any age into the sport in a more supportive way. That's not a criticism of Claro but an observation about the sport as a whole.

During the spring we ran our Spring Flowers series using rural venues, SI timing and proper O-maps. A lot more work goes into these events both before and on the day and while it's a good way for novices to get some planning and organising experience it can become a burden on a small core of folks at the heart of them. We were particularly stretched when (for the best of reasons) we backed our evening Spring Flowers events onto the Harrogate Schools afternoons. Committee is keen to see the basic principle of the Spring Flowers series continue but with particular attention being given to better calendar planning and spreading of the workload. Let me thank Mike Hind and Tim Moon particularly for all of the work that they've put in over the three years that the series has been running. For those who don't know, Mike lives in Keswick and Tim in Ilkley so many miles have been travelled for our benefit.

This year our Level C events have achieved a higher profile than is sometimes the case as we've hosted the regional qualifiers for both the CompassSport Cup at Guisecliff and the Yvette Baker Trophy at Valley Gardens. The Jennyfield Urban event was a round of the UK Urban League (formerly the Nopesport League) whilst Lindley Moor was Claro's round of the YHOA Superleague and Conyngnam Hall of the YHOA Night league. I don't want to steal any of the thunder of treasurer Linda but the combination of these events boosted the club's accounts enabling us to add to our stock of SI boxes, buy new lightweight stakes (as seen at Lindley Moor) and of course the infamous pop-up group tent. We also aim to invest some of this in further coaching development and in refreshing our first aid training. We must however bear in mind that our 2013/14 venues had low costs as well as a high income and this is unlikely to be repeated in the near future.

Venues continue to be a concern. We have lost Scotgate Ash as it becomes a nature reserve and the current MOD land agent won't let even the BAOC have orienteering events on its land. Early optimism about Fountains Abbey and Lightwater Valley proved groundless. More positively we have been able to persuade YHOA to allow us to reschedule our future winter events into April so that we can work around shooting interests to reopen some 'mothballed' locations.

All of this work on events has been overseen and coordinated for the last four years by Chris Dicken to whom we owe an enormous debt of gratitude. Chris is finally standing down from that role having also worn so many other hats for the club. But he's not saddling up, clipping in his cleats and cycling off into the sunset. Rather, Chris is putting on an even bigger hat by taking on the major role of Principal Organiser for the second day of the JK Festival in 2016.

YHOA as a region is responsible for the whole of JK2016, under the leadership of EPOC's Alistair Tinto and our own Mike Cope, and the second day is to be deep in Claroland at Timble and Beecroft. Yorkshire clubs will be working together on this and Chris is expected to have close support as assistant organisers from a senior Ebor member as well as from Graham Ramsden. The scale of running the JK can't be overstated and I would ask all of you not only to clear Easter 2016 in your diaries but also to be ready to be approached by Chris or his team as time goes on. We'll need every pair of hands we can muster and not necessarily in the team roles that you have for Claro events.

The Club League (CCOL) has continued successfully throughout 2013/14 and the 2014/15 series has now kicked off with a flurry of events coming thick and fast, including one or two just outside our usual YHOA territory as we recognise CLOK and PFO events can sometimes be easier to get to. Events run by YHOA clubs will be given preference if there's a clash though. We aimed to present the awards for the 2013/14 series at the club picnic at Plumpton Rocks but as this wasn't at all well-attended we decided to defer them to a more suitable event. Committee is keeping the picnic under review and one thought is to hold the next event in Valley Gardens, using the control sites of the permanent course to reduce the organiser's workload and to raise the visible profile of the club. Of course, if it's wet we all retire to the bandstand ! Thanks to Allen Banister for his coordination of the Club League, for his work in tweaking it for 2014/15 and also for his engineering talents in fabricating the SI fittings on our new control stakes.

While I'm thanking Allen let me also thank him and his team of mappers for keeping things up to date for us. When we lost the use of Scotgate Ash for the Yvette Baker Trophy we immediately moved the event to Valley Gardens assuming that the mapping and everything else was already in the bag; alas the council had undertaken a major exercise to clear rhododendrons and Himalayan Balsam from the Gardens and the Pinewoods so Allen and Geoffrey had to quickly update the map. Mike spent Copious time (sorry!) on producing a masterpiece of an ISSOM map of Jennyfield as well as mapping numerous schools and Goldsborough Hall for the Harrogate Schools series. Vince worked on an extension to the Lindley Moor map which avoids the need for the longer courses to have a tricky crossing of a fast B-road whilst Mike Hind made countless winter trips to Guisecliff to complete and confirm the mapping there prior to his planning of the well-received CompassSport Cup event.

Unseen by most of the members has been the work done in the Harrogate schools by a team including Mike Cope, Mike Hind, Tim, Jemima, Claire, Richard and others, culminating in a quite amazing final held at Goldsborough Hall where more than 200 youngsters showed that they'd at least learned the rudiments of orienteering as well as having a great sense of fun and enthusiasm. Jemima, Phil Headford and Richard Kirk have continued with some coaching and training for youngsters during the summer; while numbers were modest, some skills have been learned and some new members gained.

Lindsey has continued as Social Secretary but of course she is now doing Stirling service north of the border and while she's happy to organise the 2015 club dinner she recognises that being a 'virtual' social secretary isn't really viable so we'll be looking for somebody to take on this important role. Behind the scenes, Susan Birtwistle is another who's filled a number of club roles in the past but will now be standing down as secretary and indeed from committee; my thanks to Susan for all the paperwork and keeping us on the right side of BOF.

Has anybody seen the new website and weekly newsletter? Of course you have, but it's not finished yet as we want to try to make parts of it a bit more interactive so that for example the 'Lifts' section is more self-managing. There's more to be done with Twitter and Facebook too but rest assured that we haven't forgotten the importance of paper either. Thanks to Vince and to Tim, who has kept the old website going and has been so open to developing the new one. In the next few months we want to find out just what you all want from the

club, including armchair members as well as those who never miss a league round.

I can't end without recognising the achievements of our members, whether in improving national rankings, in attendance at both local and national events, in winning leagues or championships or just in getting stuck in and volunteering to help. My one lasting memory I will carry from my 2013/14 orienteering year is of the atmosphere and fun of having FOUR relay teams at the JK in South Wales, where the sheer joy of club team spirit shone through whether you were 11 years old or six times that. The 'high five' as Lois handed over to me amid cheering Claros, in front of the Claro flag and tent, was magical !

Thankfully we've nominations to take each of the roles of both secretary and fixtures secretary but with Susan leaving committee and Chris now attending only on an ad hoc basis that still leaves an opportunity for somebody else to join us. Don't be put off, we really do welcome fresh blood.

*Stan Appleton*

## **Membership Update**

We have two new families who have joined the club since the last Clarion. A warm welcome to Jon and Rebecca Garner and their parents Mark and Alison; Jon and Rebecca took part in the training events in the summer. Welcome also to Alexandra and Eve Whitaker and their parents Jonathan and Helene, who have been regulars at club events and activities already. We hope you enjoy your orienteering with the club.

All existing members - you should by now have received your renewal notice from British Orienteering. Please don't forget!

## **AGM**

The AGM took place on Thursday 23<sup>rd</sup> October 2014. It was the 24<sup>th</sup> AGM since the club's foundation on 4<sup>th</sup> September 1990, so the club is now in its 25<sup>th</sup> year. The meeting was well attended and there was some lively discussion, both during the meeting and over tea and cakes afterwards (thanks Susan!). The various changes to club officials are as now reflected in the list on the inside cover and the minutes are up on the website (under Club > AGM).

## The Weekend the Clocks Went Back

You will have seen Linda's excellent idea (following a question at the AGM on turnout at league events) to capture a snapshot of what we were all doing the weekend the clocks went back. We had a great response - so much so that I can't fit it in Clarion without resorting to several volumes, so it will appear on the website shortly. Well worth a read. Thanks Linda!

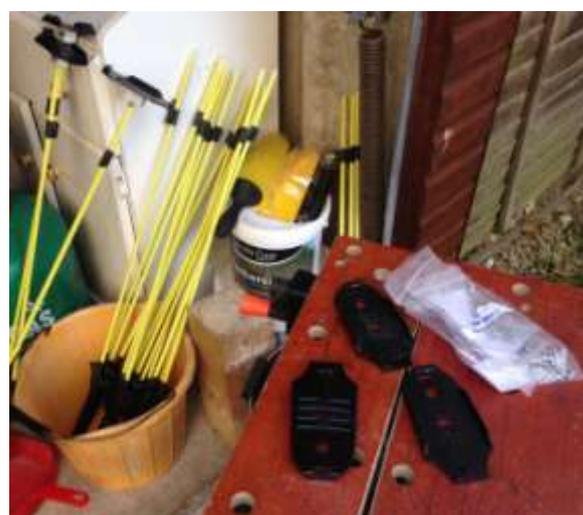
## Social Secretary

We need your help! Since our long-standing Social Secretary Lindsey has moved to Scotland we have a vacancy. Lindsey has kindly agreed to organise the next annual dinner (Friday 13<sup>th</sup> March - for your diary), but we do need someone to take over. It is not a lot of work; all you need is a bit of enthusiasm. Please consider if you could do it and if you can please get in touch with Stan.

## Steak (Stake) production - Allen Banister

*As mentioned in Stan's address, some people have been busy making kit and saving us money...*

You might consider steak production to be something like rearing animals and then preparing them for consumption (no offence intended for the veggies amongst you). However this year, the Banister garage has been turned into a stake production line. With assistance from the Moon procurement organisation and the Appleton precision engineering company, we have added 50 lightweight stakes to the club equipment with the intent of making the planner's role of "getting them out there" as easy as possible. Also in true Yorkshire spirit, keeping the cost for doing so as low as possible. For would be planners out there – no time like the present to volunteer!



## UK Orienteering League

The UK Orienteering League is now completed for 2014. Eight Claros made the top 50 for their age group. Well done to Lindsey Hensman for the highest position, with 12<sup>th</sup> W65 and 214<sup>th</sup> overall across all classes.

<b>M20</b>	36 <sup>th</sup>	Edwyn Oliver-Evans	49	<b>W55</b>	26 <sup>th</sup>	Linda Kelly	198
<b>M50</b>	22 <sup>nd</sup>	Vince Grealy	271	<b>W55</b>	43 <sup>rd</sup>	Susan Birtwistle	135
<b>M65</b>	13 <sup>th</sup>	Geoffrey Hensman	327	<b>W65</b>	12 <sup>th</sup>	Lindsey Hensman	335
<b>M65</b>	33 <sup>rd</sup>	Stan Appleton	205	<b>W65</b>	48 <sup>th</sup>	Jackie Barnes	105

One of the challenges with the UK League is that events are nationwide, and so often quite a distance to travel. However, for the coming year we are lucky as we have more than our share of events within easy reach, so why not try a few next year? Scores are for you best 10 events of the 19 possible. The full list is below:

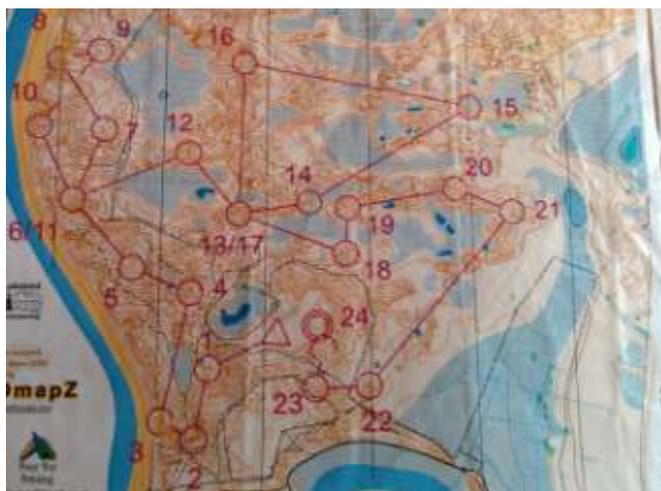
<b>Date</b>	<b>UK O League Event</b>
7 Feb 14	The Nower, Dorking - Southern Champs Weekend Sprint Event
8 Feb 14	White Downs & Netley, Dorking - MV Southern Champs & Interland
28 Feb 14	Middleton Park, Leeds - British Night Champs
1 Mar 14	Cawthorne/Deffer, Barnsley - BNC Weekend Event
3 Apr 14	Lancaster University - JK Weekend Sprint
4 Apr 14	Ulpha Park & Barrow Fell, Ulverston - JK Weekend Individual 1
5 Apr 14	Bigland, Ulverston - JK Weekend Individual 2
18 Apr 14	New Beechenhurst, Forest of Dean - British Long Champs
9 May 14	Aldershot Barracks, Aldershot - British Sprint Champs
10 May 14	Naphill and Park Wood, High Wycombe - British Middle Champs
12 Jul 14	Newcastle Quayside, Newcastle - Newcastle Quayside Urban Race
3 Aug 14	Glen Strathfarrar, Inverness - Scottish 6 Days - Day 2
5 Aug 14	Darnaway, Inverness - Scottish 6 Days – Day 3
19 Sep 14	Malham Tarn to Arncliffe, Settle - Dales Weekend Day 1/Northern Champs
20 Sep 14	Hawswick Clowder, Upper Wharfedale - Dales Weekend Day 2/YHOA Champs
10 Oct 14	Eastham Country Park, The Wirral - DEE Sprint Weekend - Forest Sprint
11 Oct 14	City Centre and Business Park, Chester - DEE Sprint Weekend - Urban Sprint
7 Nov 14	Haverthwaite Heights, Ulverston - LOC Middle Distance Event
8 Nov 14	Bethecar Moor, Coniston - LOC event

## Junior Inter-Regional Championships 2014 - Luke and Nathan Parker

The JIRC are the Junior Inter-Regional Championships, which are held annually between the squads of the 9 English Orienteering regions plus Scotland, Wales and Northern Ireland. This year Nathan and Luke were selected to run for the Yorkshire and Humberside Squad. Each squad can bring a maximum of 24; 4 from each of the age classes M/W14, M/W16 and M/W18. Nathan ran M18 and Luke ran up a class as M16 (as he was the oldest M14 in the squad).

This year the Championships were held in the South Lake District. The first day was at Graythwaite (technical woodland), with individual races, and the second day at Roan Head (sand dunes) with relay races in teams of 3 (each team consisting of a M16, M14 and M18).

Overnight accommodation was at a school in Ulverston – although we thought (or rather our Dad thought – and we think that he was right) that we would sleep better in a B&B than on a sports hall floor with 200 children plus adults.



Technical - sand dunes at Roan Head

It was fun being in a competition with just young people and with your squad supporting you - especially in the relays where the sand dunes made for good grandstands. It was interesting watching runners run through the points and amusing watching when they could not find the points or ran in



Grandstand views - no pressure...

the wrong direction (mentioning no names Nathan!).

Overall it was good experience. We ran well, if not brilliantly, but learnt a lot in very technical terrain (see map above).

The Yorkshire and Humberside Squad came third overall behind Scotland and the North West. Generally the further north the squad, the better it was (other than the South West). Lots of teams in the relay mis-punched, including the

Scottish first and second male teams, and unfortunately Luke's team (but not Luke).

## **Race The Castles – Four Events But Where Was The Fourth Castle? - Lindsey Hensman**

Next year's World Orienteering Championships take place in Scotland, and as an introduction and training opportunity for the world's elites, and top-class orienteering and spectating for the rest of us, two high profile weekends of competition called 'Race The Castles' were organised either side of the Scottish half-term. The first weekend saw World Ranking Urban Races in Edinburgh and Stirling, including a fiendish tour of the inside of Stirling Castle, with WRE classic events at Balmoral and Forvie Sands the following weekend.

There were over 600 runners for each of the city races, including several Claros. A warm and sunny day in Edinburgh was enlivened by the discovery that the Urban/Sprint specification for how close together similar controls can be is different from that in Forest O. A number of high-profile people, including our respected chairman, were dsq for punching at the wrong tree, only to be happily re-instated later.

Geoffrey and I had offered to help early on Sunday in Stirling, an event organised by our local club. Tim was staying for the weekend, so by default he became a helper as well. Seven o'clock saw us set off in the dark and the mist for the Castle Esplanade to be briefed on how to keep elite orienteers from mowing down Japanese tourists. How FVO managed to get the Castle authorities to agree to having 600 people running through the courtyards, halls and battlements is a mystery. Actually at the arch-way where I was situated there wasn't much running, but an awful lot of standing still, darting off and returning bewildered to the self-same place.

The Start was on a grassy patch immediately in front of the Castle, with no time to adjust to the map or plan routes before the complexity and confusion began. The WRE starts began at 8.30am, giving most of the elites time to be out before the tourists arrived an hour later. Such was not the case for the 'ordinary' runners who often found themselves the subject of wonder. The possible difficulties and overcrowding in the narrow alleys and unsighted corners were greatly reduced by the freezing foggy weather, which must have deterred a number of tourists. People here call it 'atmospheric'.

A dozen Claros and friends came back for lunch and post-race analysis (Vince - the locals tell me that over the railway-bridge was quicker, so well done), before



The start in the mist at Stirling - *Photo: Geoffrey Hensman*

travelling onward. It was good to see everyone again and catch up on the Claro gossip.

Only Linda (and family) made the return trip the following weekend for the 'proper' orienteering on Deeside. The intervening weather

had been glorious – Stirling had been a very chilly 'one-off' – and the grounds of Balmoral Castle were spectacular. We didn't quite park our cars on the lawn, but we were only a couple of hundred metres away from the house. The event details said that the estate is managed for recreation rather than commercial exploitation and it was indeed a lovely wood. Although some of the hillsides were reputedly bouldery, the planner had succeeded in keeping the Green course in the best bit, and with a prowl round the flower and vegetable gardens afterwards, it was a thoroughly enjoyable day. I hope Her Maj invites us back.....

Sunday's race was at Forvie, a complex sand-dune area (did they mean Race the Sand-Castles?) not quite in the same league as Penhale Sands in Cornwall, but challenging nevertheless. What it did have were several areas of marsh, one of which proved to be quite uncrossable, at least on the route I chose. The map did show a stream in it, but in my haste I failed to notice this, and seeing someone I knew happily running directly opposite, I took the plunge.

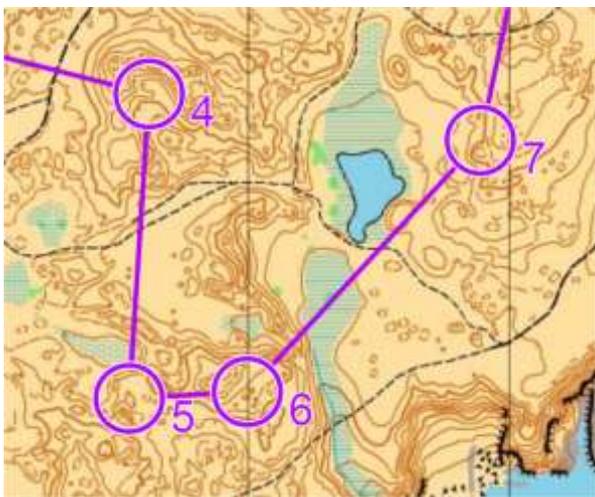


Brown - the new club O-suit colour - *Photo: Wendy Carlisle*

When you are up to your waist in muddy water and reeds it is very difficult to extract yourself. A huge

effort and high knee-lift is required to release one leg to put in front of the other, and you end up just floundering about in the same spot. Making no progress in a forward direction I decided to beat a retreat – making no progress in the reverse direction either. Fortunately the reeds and associated grot were sufficiently thick that I was able to haul myself up and crawl along the ‘surface’ back to dry land. My map, compass and dibber had been submerged in the mire during this escapade and required a good deal of cleaning off on the tiny part of my O top which was still dry. A waterproof map is definitely not stain-resistant, but the added brown pattern didn’t excuse my then running off in the direction of #8, instead of #7.

Apart from this ten minute adventure I had a good run – and a cheerful



Mind the swamp - from Routegadget

conversation about the state of my my picture on the run-in. White is not a good colour for an O top and I was afraid that I would be forced to buy a new one, or get an FVO garment before I had even joined the club, but it’s just amazing what Vanish will do. The map was a write-off, however, and if Vince wants to illustrate this article to show leg 6 to 7 on the Green at Forvie he’ll have to copy it from Routegadget. Perhaps we should go for black tops and waterproof trousers .....

<http://www.racethecastles.com> <http://www.woc2015.org>

## Coaching Corner

*In this edition's technique article, Mike Hind looks at pace counting, catching features and aiming off.*

### ***Pace counting***

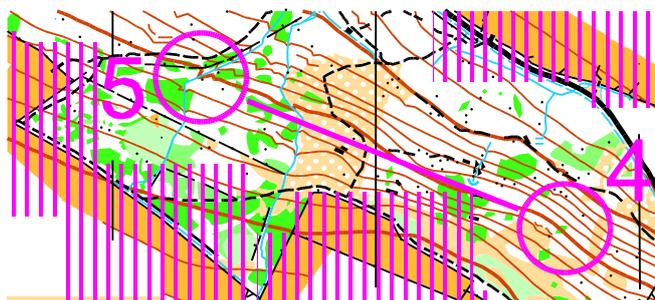
So now that we are all expert with handrails and attack points where do we go next? Well, it is kind of useful to know how far along your handrail you are at any given moment, because this gives you an early warning of your impending attack point so we need some method of distance estimation. The easiest way is to pace count. First you need to “calibrate” yourself. Find an O map of a local area (Valley Gardens would be good). The map extract is next to the junction of Harlow Moor Road and Harlow Moor Drive.

Measure off a 100m stretch of path (done in purple). Go out into the terrain and mark up your 100m start and stop points. Run at your normal pace from the start to the stop and count your paces ( count how many times your right foot hits the ground). Repeat two more times. Get a mean average (total foot strikes /3). Now do the whole thing again but this time in the forest ( you can just run parallel to the track but a few metres into the forest). You now know how many paces it takes to cover 100m when running. You may also want to repeat the whole thing to get a value for you walking paces so that you can use it in the slower bits of forest. Once out on your course all you have to do is calculate the distance you have travel along your handrail and use simple proportion to turn it into paces. So if you routinely take 40 paces to cover 100m and you have a 70m leg to do then it will take  $70/100 \times 40$  paces i.e 28 paces – Simple. Once you get used to it you will find that your brain can keep a pace count going in background so that you can get on with the rest of the thinking without noticing it. Go out NOW and calibrate yourself! Then practise on all your training runs till it is second nature. Pacing is only really accurate up to about 200m beyond that you need to start again!



### **Catching Features**

Now, Oh best-beloved, even though you have handrailed and attack pointed and paced, you may sometimes overshoot the control (Shock, Horror!), but how will you know? You will use a catching feature! This an obvious feature (so obvious that even a mentally-retarded baboon would notice it) which is located



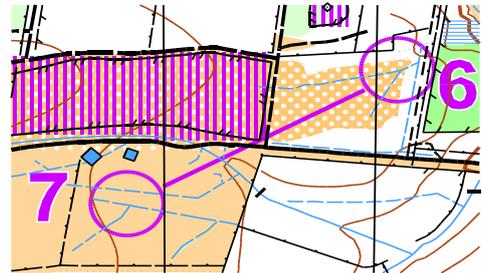
beyond the control. If you hit it you have gone too far...

So on 4-5, when you have hit the stream or the ruined wall you need to relocate and try again! Catching features can make pretty useful attack

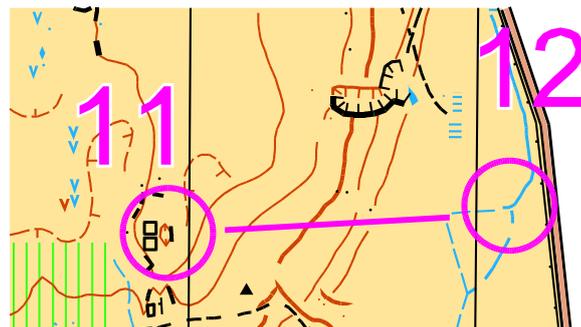
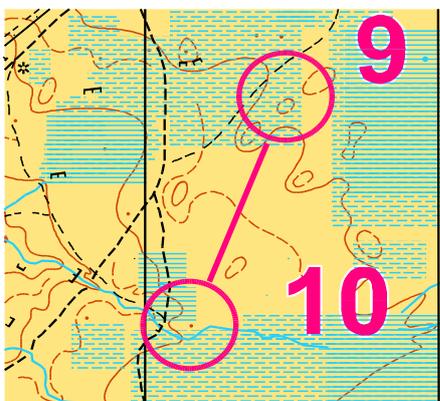
points if they are close to the control site. Run like the wind to hit the catching feature, then relocate and go back to your control. In the example above hit the stream and follow it down to the boulder.

## Aiming Off

Aha! I hear you cry; “How will I know if I'm above the boulder or below it?” In this case if you always run slightly uphill you will know you are above the boulder for certain so you can turn right when you hit the stream. This is “aiming off”. If you are confident with your compass set a bearing to bring you out to one side of the control so you always know which way to turn when you hit the catching feature. This is a useful technique for controls on line features. For 6-7, from the Track/path junction take a bearing to hit the cross ditch East of the control site so when you hit the cross ditch you know to turn right.



Now have a look at these (all from 1:10,000). *Ed: I've enlarged them for readability. North lines 250m apart.* Think about how you would tackle each leg and how many paces would it take? My thoughts will be on the website in a week or so.



## Mountain Bike O: Haglöfs Open 5 Series 2014/15 – Race 1 – Lake District (Nathan and Adrian Parker)

We competed in this event on Sunday 2 November as a male pair. Jemima also competed with her friend Jo Anderson in the female pairs. This is a 5 hour running and biking score event.

We were very pleased (and a little surprised) to win the male pairs and take an early lead in the series (best of 3 scores over 5 events, between now and next April). Almost everything went right for us – with these events you need to make the right route choice and choose the correct balance for the course on the day between running and biking, and make assessments a long way out as to how many points you can visit and get back in time. You do well if you can select and complete an effective loop to maximise the high value points. According to Nathan's Strava we ran roughly a half marathon (with 500m of climb) followed by about 33k of mountain biking with about 750m of climb and a lot of rocky technical descents.



*Photo: James Kirby*

We won a £70 Haglöfs shell jacket each.

## **NYMBO and National MBO Leagues (Nathan, Luke and Adrian Parker)**

We have competed this year in the North Yorkshire Mountain Bike Orienteering League, and therefore also inadvertently in the National MBO league. There are about 8 or so races in the season and 6 races count.



*Nathan in action. Photo: Racing Snakes*

These are score events of 3 or 4 hours. Nathan competed in Y18 and Adrian and Luke as a Generation Pair.

We were pleased to win the NYMBO Leagues in our classes (although we could do with some more competition – considering the popularity of cycling we think more people would

enjoy cycling with a point) , and surprised to win the National League in each of our classes which we had not realised we were in.

Tim Evans came second in M50 in the NYMBO League – where there is a lot of competition – with a lot of tough riders.

Prize giving was at the last event of the season in Grewelthorpe (Near Krikby Malzeard). We won engraved glasses, NYMBO T shirts and beer.

On the previous page is a picture of Nathan in action near Ingleborough (where he over cooked it and Luke and Adrian beat him – brains over speed). The picture was taken by the photographer covering a fell race on the same day.

## Club kit

We will soon be ordering more club kit. For **Club O tops**, we don't carry much stock because we are a small club. Instead we order what people want at the time plus a few more of each to cover demand until the next order, so if you want a new one then you will get your chance soon once Allen has got details for prices. The design will stay the same. Watch out in the weekly news and on the website.



We are also considering a new **club jacket**. This would be something like a technical running jacket to wear at events (like many other clubs have). It might be branded for the club 25<sup>th</sup> anniversary. More details of proposals soon.

Finally, for non-technical clothing like fleeces, hoodies and so on we can get a wide range of items embroidered with the club logo as we have the artwork set up with a supplier in Harrogate. Have a think if you are interested and we will take orders soon.

## Strava

Some of you might think that Strava is a chain of Italian restaurants, but in fact it is a web-based running and cycling GPS tracker and performance monitor.

Who knew? Several of you will have stopped reading by now, but for those who like gadgets, it works by you uploading your GPS track data from your run or ride. There's a decent free app and all sorts of incentivising features like leaderboards, records and so on. That nice Mr Hind has set up Claro as a club, but so far he has only invited Vince, and he's uploaded nothing

as his gadget is broken, so Mike is lonely. If you want to keep him company then let Mike or Vince know for an invite.

<http://www.strava.com/clubs/Claro>

## **Future Events and Activities**

A few dates for those who like to plan ahead - before the next Clarion, entries will open for the British Champs on 1 Dec, the Scottish 6 day (or Highland 2015 as they are calling it this year) also on 1 Dec and JK2015 in the Lakes on 10 Dec. Probably more important is to look at accommodation if you are planning on going.

Over the Christmas period there will be the traditional Club Christmas Dinner, which will be on a Thursday evening. It will be preceded by a Footpath Run for those that want, but do come and join us for the meal. Details will be out shortly.

In the New Year, we will have the traditional Round the Stray run to see in the New Year on Thursday 8th January 2015 starting outside the Swan on the Stray and finishing inside.

Finally, keep an eye on the website, which should shortly have new dates for both Wed night Street-O (Winter Blues) and Club League events from January onwards.

## Events Listing

This listing includes a selection of **local**, **regional** and **national** events currently advertised until mid April 15. It includes all YHOA events, and club league events up to Christmas are marked as \*. The website has separate lists for what's on locally, other events and club league events if you prefer a different filtered list.

Date	Event
<b>NOVEMBER</b>	
Sat 22 Nov 14	HALO YHOA Night League (C) - Primrose Warren, Scunthorpe
Sun 23 Nov 14	*HALO Regional Event (C) - Beverley
Sun 23 Nov 14	<i>Online entries close for Ilkley Moor</i>
Wed 26 Nov 14	Autumn Leaves StreetO 6 - Harrogate
Sat 29 Nov 14	<b>CLARO</b> YHOA Night League (C) - Hookstone Woods, Harrogate
Sun 30 Nov 14	*AIRE YHOA Superleague (B) - Ilkley Moor
Sun 30 Nov 14	WCOC Cumbrian Galoppen (C) - (tbc), Keswick
<b>DECEMBER</b>	
Sun 7 Dec 14	* <b>CLARO</b> Regional Event (C) - Dob Park
Sun 7 Dec 14	PFO Burnley (C) - Towneley Park & Colliery, Burnley
Sun 14 Dec 14	*CLOK Colour Coded (C) - Ayton Moor
Sat 20 Dec 14	EPOC YHOA Night League (C) - Royds Hall, Bradford
Sun 21 Dec 14	*EPOC Regional Event (C) - Royds Hall, Bradford
Sun 21 Dec 14	NOC Regional Event (C) - Walesby, Nr Worksop
Sun 28 Dec 14	*EBOR Regional Event (C) - Nr Helmsley
<b>JANUARY</b>	
Sun 4 Jan 15	*AIRE Regional Event (C) - Shipley Glen, Bradford
Sun 4 Jan 15	CLOK Team Score (D) - Flatts Lane, Middlesbrough
Sat 17 Jan 15	YHOA Night League (C) - York
Sun 18 Jan 15	DVO Regional Event (C) - Crich Chase, Matlock
Sat 24 Jan 15	YHOA Night League (C) - Hugset, Barnsley
Sun 25 Jan 15	SYO Middle Distance Event (C) - Hugset, Barnsley
<b>FEBRUARY</b>	
Sat 7 Feb 15	Southern Champs Sprint Event (B - UKOL) - Dorking
Sun 8 Feb 15	AIRE Regional Event (C) - Haworth Moor, Keighley
Sun 8 Feb 15	CLOK Regional Event (C) - Coate Moor, Great Ayton
Sun 8 Feb 15	Southern Champs (A - UKOL) - Dorking
Sun 22 Feb 15	YHOA Superleague (B) - Marsden, Huddersfield
Sun 22 Feb 15	NOC Regional Event (C) - Harlow Woods, Mansfield
Sat 28 Feb 15	British Night Champs (A - UKOL) - Middleton Park, Leeds
<b>MARCH</b>	
Sun 1 Mar 15	BNC weekend event (B - UKOL) - Cawthorne, Barnsley
Sun 8 Mar 15	CLOK Acorn Event (B) - Hutton Mulgrave, Whitby
Sun 15 Mar 15	CompassSport Cup Heat (B) - Hamsterley, Darlington
Sat 21 Mar 15	YHOA Sprint Championships (C) - Linton-on-Ouse, York
Sun 22 Mar 15	EBOR Regional Event (B) - Pickering
Sat 28 Mar 15	CLOK O-Cross (one man relay) (C) - Brierley, Billingham

Date	Event
Sun 29 Mar 15	YHOA Middle Championships (B) - Knapton Wood, Malton
<b>APRIL</b>	
Fri 3 Apr 15	JK Weekend Sprint (A - UKOL) - Lancaster University
Sat 4 Apr 15	JK Weekend Individual 1 (A - UKOL) - Ulverston
Sun 5 Apr 15	JK Weekend Individual 2 (A - UKOL) - Bigland, Ulverston
Mon 6 Apr 15	JK Weekend Relays (A) - Graythwaite, Windermere
Sun 12 Apr 15	AIRE Regional Event (C) - Calverley Wood, Bradford
Sun 12 Apr 15	East Midlands Score Champs (C) - Clumber Park, Worksop
Sat 18 Apr 15	British Champs (A - UKOL) - Forest of Dean
Sun 19 Apr 15	<b>CLARO</b> Regional Event (C) - Hanging Moor, Harrogate
Sun 19 Apr 15	British Relay Championships (A) - Forest of Dean

*It's just a run in the park...*



Come and join us for a Level C event at:

## **Dob Park**

Sunday 7<sup>th</sup> December 2014



### **Beginner friendly**

Courses: White (1.4km) to Blue (5.1km)

Registration from 10am, starts from 10.30am

Full details on the website