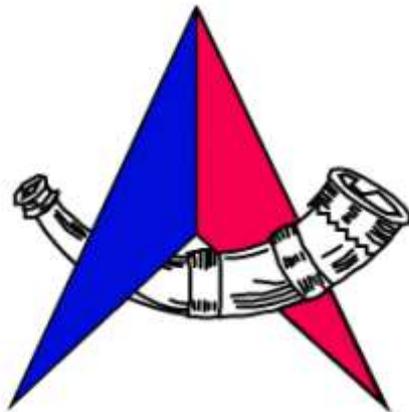


The Clarion



**Claro Orienteering Club
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Not long now to the JK! Lindsey Hensman in action at the JK Relay 2014

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Editorial

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Welcome to the first Clarion of the New Year. I guess it was inevitable, but it appears that the honeymoon period is over as it was a struggle getting material for this edition - perhaps it was the post-Christmas void, my lack of energy in chasing people, or maybe just a slow news period. Anyway, rest assured I will be on your case for interesting and stimulating articles for the next edition.

Between now and then there is a fair bit going on. There will be 4 Winter Blues Street-O events, 3 Club League events, the British Night Champs in Leeds and an overseas trip to the Portuguese Orienteering Meet, so there should be some decent news from that lot!

Meanwhile, I hope all those New Year's Resolutions are holding up. It looks like we are in for a cold snap, so wrap up warm and remember it is only 10 weeks until the clocks change...

PATELEY PRATTLINGS – Our Chairman, Stan



Happy New Year to you all, particularly to our members north of the border where they seem to make more of the year change. Pity there's not much orienteering up there for you though. You might have the terrain, but we've more events !

I'm just back from Aire's event at Shipley Glen, a great little start to the New Year with good organisation and planning in a pocket of terrain in the heart of the built-up area. I've stapled my print-out to the map and put it into the box file with all the others and it's dawned on me that as a relative newcomer of four years experience Shipley is only the second venue that I've revisited so far, discounting four or five visits to Harlow Hill ! That's in contrast

to one Claro veteran who told me he 'always' makes the same mistake whenever he comes to Shipley Glen.

So I've got a boxful of maps, what will I do with them ? Will I preview future events by studying the detail of my last visit there, will I use Routegadget to mug up on other people's routes or even use Google Earth to get an overview of the venue, or is that becoming obsessive nerdiness ? Folks do that, of course, but it's not for me; I like the surprise and sense of exploration from seeing each place as though it was my first visit, of picking up my map at the start as though I'd never seen it before. I'm never really sure what to look for on the blank map provided in the start lane other than trying to spot where the start is.

Let's treasure our maps in whatever way we find them. I was reading that many in society feel that the day of the paper map is over, and it's certainly true that that Ordnance Survey's business plan is based around supplying data rather than paper sales. The driving test is set to include proper use of SatNav and I've already been told that I'm irresponsible and reckless if I go hillwalking without a handheld GPS, while geocaching has become a fast-growing activity. Even my previous motorsport activities seem to have thrown out grid references and OS maps in favour of 'tulip' diagrams (thumbnail pictograms of each road junction) while LDWA 'challenge' events are increasingly supported by route instructions of the "turn left at the second stile and go through the gate" variety.

Other challenge events put up arrows to mark the way and competitors will recce the route beforehand, often unaware that the route is over private land with access granted for race day only. My present irritation is with those events that fail to clear up their signage after them. In Nidderdale we've walking and running events, cycle sportifs, motorcycle and 4x4 trials, horse trailrides, all with their own signs and arrows. The entrants are all welcome as they bring spending power into the area, but I've just spent four afternoons out running to clear up plastic orange arrows from one challenge event that used Guisecliff and the Upper Dale; no doubt the organisers hoped the arrow fairy would deal with it. Whatever happened to the challenge of finding your way with map and compass !

So let's be proud of our skills and ability to find our way around, even if we make errors and waste seconds or minutes here or there. If we can deal with an O-map then we should certainly be able to understand OS Landranger or Pathfinder maps, a Phillips road atlas and maybe even a marine or aeronautical chart. Let's hear it for those folks who survey and produce our maps, whether

our orienteering club mappers or the staff down in Southampton who produce the best publicly available maps in the world. Long may they continue !

Stan Appleton

Membership Update

Welcome to new members the Reid family, who have already been out in force at various Street-O events; Mark (M45), Ewan (M12) and Isla (W8) all did well at Shipley Glen - well done! Welcome also to Andy Northey (M35), returning to the sport after enjoying orienteering at school. We hope you enjoy your orienteering with us and look forward to seeing you in the forest.

It is that time of year when the membership renewals date has passed, and British Orienteering have updated their lists to show those who have not renewed as lapsed. If that includes you, then you know what to do - your club needs you! Don't make this your last Clarion...

Club Kit

As previously billed, we are now taking orders for new club kit. For **Club O tops**, we don't carry much stock because we are a small club, and it would tie up a lot of our operating capital. Instead we re-order every now and then, so if you want one, now is your best chance for a while! The tops are by Trimtex, one of the leading O kit manufacturers. They are high quality and made to order.



You can order either a long sleeve or a short sleeve. The sizes all come up pretty small (elite O athletes must all be skinny!), so use the chart below, ask Allen or ask if you can try someone's on.

Unisex size (cm)	XS	S	M	L	XL	XXL	3XL
Chest	86-90	90-95	95-104	104-110	110-115	115-120	120-125

Cost: Adult: £40 Junior: £25 (the club makes a small loss at these prices)

Orders to **Allen Banister** by Sat 31st Jan 15, so we should hopefully have them before the CompassSport Cup weekend. Allen's details are on page 2.

Secondly, we are also taking orders for **items embroidered with the club logo**. Stan is sporting an example in the photo on page 3, but they can be any item or colour from a wide range, including sweatshirts, fleeces, polo shirts, hoodies and the like. If you want something, contact Vince and he will talk you through the options. Depending on demand we will probably place an order in early Feb, so orders by end of Jan please.

Relays - Ruth Ker

Dear Claros, I write to introduce myself as your new Club Relay Captain. Excited? You should be! There are two main events each year where the club usually puts in teams, and several other events where we could. The two main events are the British Relay Championships and the relay at the JK. The British Relay Championships are usually on the same weekend as the British Long Championships, and this year they are on Sunday 19th April in the Forest of Dean. Not only is this a long way off, but also it unfortunately clashes with a Claro local event, so it might not be a record turnout. However, the JK is reasonably nearby in the Lakes, with a strong turnout likely. The Relays are the last day, 6th April.

I am sure you have already planned your winter's training to peak for these two important events!

Please let me know what you would like to run and I will do my best to put you in a team empathic to your relay desires - be that fast, slow or indifferent. I also need your Name, Age Class, BOF number and SI number.

If we manage the first entry date we do save ourselves some money - so let's go for it - JK Senior Teams are £39 (so £13 each), Juniors £24 (£8 each) while British Senior Teams are £45 and Juniors £24. I'll ask you for some money once I've successfully inserted you into a team. It would be lovely to get a Junior Team (or two?) out at each event - my daughter Tamsin would particularly like to be part of a mini-Relay at the JK (M/W12-).....

It will make my job easier and more joyful if you give me your enthusiastic response ASAP and certainly by end January for JK and end February for the British.

Thank you,

Ruth Ker

National Rankings

At the turn of the year we are in a pretty good position for a small club. Our current membership officially stands at 74, although it should be nearer 100 when everybody renews for 2015. We currently have 47 entries in the national rankings, which don't include those under 16. We have 5 in the top 1000 and 6 who are in the top 20% for their age class. Top dog is Nathan Parker at 493rd. Well done to the top 20% folks: Allen Barnes, Ruth Ker, Lindsey Hensman, Stan Appleton, Vince Grealy and Geoffrey Hensman. The table below lists the 30 who have registered more than one ranking score:

	Rank	Name	Points	Class	Class position
1	493	Nathan Parker	7221	M18	33/136
2	509	Vince Grealy	7205	M50	75/485
3	568	Edwyn Oliver-Evans	7142	M20	35/96
4	874	Timothy Evans	6864	M50	127/485
5	910	Adrian Parker	6835	M45	111/378
6	1083	Stan Appleton	6683	M65	50/362
7	1131	Ruth Ker	6652	W45	24/207
8	1247	Mike Hind	6570	M60	111/406
9	1274	Geoffrey Hensman	6550	M65	69/362
10	1421	Allen Barnes	6427	M70	24/193
11	1485	John Birtwistle	6387	M55	172/437
12	1495	Graham Ramsden	6377	M50	200/485
13	1592	David Day	6296	M65	110/362
14	1670	Mike Cope	6242	M65	119/362
15	1765	Allen Banister	6159	M55	195/437
16	1887	Mark Hewson	6043	M45	175/378
17	1977	Lindsey Hensman	5955	W65	18/142
18	2034	Liz Potterton	5898	W55	58/213
19	2107	Linda Kelly	5802	W55	62/213
20	2169	Susan Birtwistle	5735	W55	69/213
21	2184	Jemima Parker	5710	W45	93/207
22	2216	Tim Moon	5694	M65	182/362
23	2309	Jackie Barnes	5583	W65	32/142
24	2539	Maja While	5267	W50	129/290
25	2866	Debbie Handslip	4609	W45	118/207
26	2998	Philip Headford	4303	M55	280/437
27	3076	David Gugan	4119	M55	284/437
28	3179	Chris Dicken	3824	M60	290/406
29	3183	Richard Kirk	3819	M65	248/362
30	3399	William Hickson	3230	M50	336/485

Dob Park - 7 December 2014

Claro hosted its third main event of the season at Dob Park, hot on the heels of the successful Hookstone Woods night event at the end of November. 121 competitors turned out on a cold, bright day, which made for some good running conditions. Dob Park is famously boggy in places, but courses were carefully planned by Colin John and the going was generally pretty good. 22 Claros braved the cold and none got stuck in the mud (or at least none owned up to it). Well done to Colin for excellent planning and Tim Moon for sound organising. Everything went well, although there was a disconcerting wait for a W80 competitor and Allen Banister did a great job of trying to split his knee in half. Fortunately his time on the Blue course was considerably quicker than his time in A&E.

Ticks - Do You Know What To Do?

At the Primrose Warren HALO event before Christmas the organisers put out as a tick alert. Whilst not that unusual, we have not had one of those for a while, so perhaps a general refresher is appropriate as we orienteers have a somewhat increased risk of being bitten.

So, what is the issue with these tiny little bugs? Well, in the UK many of them carry a bacterium (actually *Borrelia Burgdorferi Sensu Lato* if you were wondering) which, if transmitted through a bite, can result in Lyme Disease. If untreated this can be pretty nasty, so rather than scare you with a list of nasty symptoms, let's focus on what to do:

- Wear full body cover in the forest, especially if there is an increased risk. Lycra is better than traditional O trousers for this and gaiters help too. You could also use tick repellents on clothes or skin.
- After your run, change as soon as you can. If there is an increased risk, consider soaking your O-gear in very hot water for a good 20 minutes before washing, as the ticks cannot survive the constant heat.
- Always do a thorough search for ticks as soon as possible. It usually takes 24-48 hours of feeding to transmit the infection, so it is worth checking.
- If you find one, be careful removing it;
 - The best method is to remove by twisting gently until it releases, although this can be tricky as they can be pretty small. You can get special tools to make it easier, like the O-tom (see www.otom.com) or Trix (www.misotrading.co.uk). They are cheap.

- Don't squeeze the body during removal as it risks putting bacteria into your bloodstream.
- Don't apply Vaseline to it and don't try and remove it with a flame or meths for the same reason.
- Make sure you don't leave any parts in the skin.

If you do develop symptoms, then go and see your GP, as a course of antibiotics can effectively treat things if detected early. Better safe than sorry.

Yorkshire Superleague 2014

Unlike the Club League, many of the national and regional leagues follow the calendar year. The Yorkshire Urban League has been reported as it finished earlier in the year, but the Yorkshire Superleague only concluded at Ilkley Moor on 30 Nov 14. There were 9 events in the year, with competitors scoring their best 5 for the league. Despite 1,169 runs from individuals from 72 clubs (the league is open to anyone, not just YHOA), only 58 scored 5 or more events, and we even managed two class winners, both of whom only attended one event! One factor is that to score against your class you must enter the correct course, hence some people have a score in a second class if they ran up. Allen and Jackie Barnes were the only Claros to run all 9, with Allen scoring an impressive 8th on M55L despite being an M70. Top ten finishes are shaded in the table below.

Name	YoB	Class	Runs	Position	Class	Runs	Position
Stan Appleton	1948	M65L	4	9=/106			
Allen Banister	1956	M55L	2	31/119			
Allen Barnes	1942	M65L	3	26/106	M55L	6	8/119
Jackie Barnes	1946	W65L	5	5/55	W55L	4	22=/70
Jenny Claridge	2000	W14-	1	4=/14			
Mike Cope	1947	M65L	5	3/106			
David Day	1948	M65L	1	63/106			
Timothy Evans	1963	M45L	3	14/112	M35S	1	17=/32
Stephen Fry	1969	M45S	1	44=/46			
Luke Fry	2004	M10-	1	6=/9			
Vince Grealy	1963	M45L	7	4/112			
David Gugan	1960	M35S	1	23=/32			
Ben Gugan	1997	M20-S	1	9=/12			
Debbie Handslip	1970	W35S	1	5=/25			
Christine Hayes	1959	W55L	1	37=/70			
Philip Headford	1959	M55L	1	75=/119			
Geoffrey Hensman	1948	M65L	4	11/106	M55L	1	68=/119
Lindsey Hensman	1948	W65L	1	31=/55	W55L	4	7/70
Mark Hewson	1967	M45L	1	78=/112			
William Hickson	1964	M45S	1	44=/46			
Mike Hind	1951	M55L	2	34/119			
Colin John	1952	M55L	1	97=/119			

Name		YoB	Class	Runs	Position	Class	Runs	Position
Linda	Kelly	1957	W55L	3	15/70			
Tim	Moon	1949	M65L	3	24/106			
Edwyn	Oliver-Evans	1995	M20-	1	19/21			
Jemima	Parker	1968	W45L	2	13/60			
Adrian	Parker	1969	M45L	3	12/112			
Nathan	Parker	1997	M20-	3	4/21			
Luke	Parker	2000	M14-	1	10=/11	M20-S	1	1=/12
Lois	Parker	2003	W12-	2	2/16			
Liz	Potterton	1956	W55L	1	33=/70			
Graham	Ramsden	1963	M45L	1	49=/112			
Philip	Robinson	1962	M45L	1	45=/112			
Alexander	Robinson	2000	M20-S	1	1=/12			
Maja	While	1965	W45L	1	23=/60			
Helene	Whitaker	1964	W45L	1	58=/60			
Alexis	Whitaker	2002	W12-	1	7=/16			
Eve	Whitaker	2005	W10-	1	7=/12			
Jonathan	Whittaker	1963	M45L	1	71=/112			

Claro 25th Anniversary - Lindsey Hensman

Claro was officially founded as a club when the club constitution was agreed at the first AGM. That was 4th September 1990, so that means that this year it is Claro's Silver Jubilee!

25 years, 17 new areas, over 150 formal events, dozens of informal events, probably over 1000 Thursday footpath runs, three local Schools Champs and 47 M/W 16+ in the National Rankings, 5 of them in the top 1000. Not a bad record for a small club.

Various celebrations will be held during the course of the year, starting with the Annual Claro Dinner and Prizegiving in March. This has been cunningly arranged for the Friday before our Compass Sport Cup qualifier to ensure the maximum turnout at both! Friday 13th is an easy date to remember, but since you have your new Diary to hand, why not make a note now....

Keeping with the successful formula of the last few years, the Anniversary Dinner will be in the upstairs function room at the Academy in Harrogate. It will be a three course meal with several options for each course. I will be sending an e-mail around with menu details nearer the time so you can make your choices.

We plan to have a display of club memorabilia (hands up who still has an original Claro O top?) and Claro achievements over the years. Following the Dinner, Chairman Stan will be awarding the Charles Lewsley Memorial Trophy

to the Claro member who in the opinion of the Committee has made the greatest contribution to the Club during the preceding year, or perhaps 25 years.

The Annual Dinner is the Club's once a year excuse for getting on the smart togs and having a civilised meal with friends, rather than the usual solitary sandwiches in the car after an orienteering event. It's always a convivial, relaxing evening and the Anniversary Dinner will be a highpoint of the year's social calendar. Younger members are very welcome as are friends and family. This year we will be inviting as many 'old' Claros as we can track down – if you know the e-mail address of someone who used to be a member, please let me know.

More details will follow about other events - in fact, we want your ideas too! Please have your say in the member's survey (see below) if you have any good ideas.

Membership Survey

You might recall from an earlier Clarion a piece about a membership survey. Well, it has taken us a bit longer than expected, but it is now ready. It will be launched online initially and we hope as many club members as possible will fill it in - not just one per family. It is short - its called the "60 Second Survey" for a reason. We are looking for your views on what your club should do as well as capturing some information at the same time.

We will leave the survey open online for a while, then close it and send a paper copy to those who have not responded, so **please** fill it in online if you can as it will save us money! Details on the website and in the weekly email news.

Club League - Allen Banister

We are now over half way in the 2014/15 Club League, with 13 events completed out of 20. So far, 47 people have registered a score and there have been five different winners. There is plenty of scope for the standings to change in the various categories, particularly as more people gain 10 counting scores, so look out for the remaining events. Next up is Airienteers' Level C Event at Haworth Moor on 8 Feb. Hope to see you there!

Winter Blues Street-O

The winter series of Street-O has started with a well attended event planned by Tim Moon. Why not have a go? Next is Wed 21 Jan in Jennyfields.

Events Listing

This listing includes a selection of **local**, **regional** and **national** events currently advertised until May 15. It includes all YHOA events, and club league events are marked as *. The website has separate lists for what's on locally, other events and club league events.

January	
Sat 17 Jan 15	YHOA Night League (C) - York
Sat 31 Jan 15	SYO Night Event Chesterfield
February	
Sun 1 Feb 15	SYO Regional Event (C) - Chesterfield
Sun 8 Feb 15	AIRE Regional Event (C) - Haworth Moor, Keighley*
Sun 8 Feb 15	CLOK Regional Event (C) - Coate Moor, Great Ayton
Sun 22 Feb 15	YHOA Superleague (B) - Marsden, Huddersfield*
Sat 28 Feb 15	British Night Champs (A - UKOL) - Middleton Park, Leeds
March	
Sun 1 Mar 15	BNC weekend event (B - UKOL) - Cawthorne, Barnsley*
Sun 8 Mar 15	CLOK Acorn Event (B) - Hutton Mulgrave, Whitby
Fri 13 Mar 15	Club Annual Dinner - The Academy, Harrogate
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
Sun 29 Mar 15	YHOA Middle Championships (B) - Knapton Wood, Malton
April	
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*
Sat 18 Apr 15	British Champs (A - UKOL) - Forest of Dean
Sun 19 Apr 15	British Relay Championships (A) - Forest of Dean
Sun 19 Apr 15	CLARO Regional Event (C) - near Harrogate*
Sun 26 Apr 15	EBOR Regional Event & Yvette Baker Heat (C) - Dalby, York*
May	
Sat 2 May 15	YHOA Urban League (C) - Sheffield
Sun 3 May 15	EPOC Regional Event (C) - Halifax
Sat 9 May 15	British Sprint Champs (A - UKOL) - Aldershot
Sun 10 May 15	British Middle Champs (A - UKOL) - High Wycombe
Sat 16 May 15	HALO YHOA Urban League (C) - Hull
Sun 17 May 15	CLOK Regional Event (C) - Whitby
Sun 17 May 15	HALO YHOA Urban League (B) - Hull
Sun 24 May 15	CLARO YHOA Urban League (C) - Knaresborough
Mon 25 May 15	EBOR YHOA Urban League (C) - York
Sat 30 May 15	Twin Peak Day 1 (B) - Glenridding
Sun 31 May 15	Twin Peak Day 2 (B) - Glenridding