

The Clarion



**Claro Orienteering Club
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Tamsin Ker in full flight at the JK Relay at Graythwaite

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Editorial

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The main news in this edition is about the JK - the biggest annual orienteering event in the UK - which this year was in the Lake District. We had a good showing and Graham Ramsden has written about his experience of running and helping. Since then there has been lots of activity locally, with our Spring-O series, schools other local events for organised groups. The Spring events are going well, and it is good to see so many Claros out as well as people from other clubs. The CompassSport Trophy also took place just as the last Clarion was going to press, Sadly, we didn't quite make it despite our best efforts, but next year.... Meanwhile, Chris Dicken gives us his insight about being Controller for that event. Enjoy the spring weather!

PATELEY PRATTLINGS – Our Chairman, Stan



Well we so nearly made it. It seems ages since we gathered up at Hamsterley Common for the CompassSport Cup qualifier but it was just too late for the last edition of Clarion. Six points, that's all it was, six points gap behind the winning team from NATO. Thanks to each and every one of you who turned out and ran your hearts out for the club and thanks to Dave Gugan and Mike Hind for getting things organised.

We gave this year's CompassSport Cup our best shot because we felt it was going to be an opportunity to get to a relatively close venue and if we made it through to the final we would only have to travel to the Lake District. Well the good news is that it gets even better for 2016 and we've no excuses for not having a really great turnout. Why ? Because Claro has itself been asked to organise a qualifying round for the north-eastern of the country,

probably using Timble, and the national final is scheduled for just north of Sheffield, to be run by SYO. Watch this space for more details.

One reason for Claro being invited to run the CompassSport event is because as a club we're not specifically involved in running a day of the JK. As you'll be aware though we're responsible for organising the starts on each of the four days – hence the sight of Chris Dicken and Graham Ramsden loitering in the start areas on JK2015 and taking careful notes. And of course Claro's Mike Cope is joint co-ordinator for the whole of JK2016. It will need each and every Claro member, of any experience level, to be ready to muck in and help if it's to succeed. I know I'm repeating myself but it's critical to the event's success.

Speaking of major national events, BOF has recently asked clubs and associations their views on a proposal that seems to distance BOF from direct involvement in the JK or the national championship events. They suggest that clubs, associations or indeed third parties might be able to tender for the right to organise any of these major events. The tendering body would pay a significant fee to BOF but then be free to organise the event virtually as they see fit then keep the profits (or bear the loss) from the event.

Hmm, I'm afraid I've seen this sort of business model in my previous experience in motorsport, another sport that relies heavily on volunteers for organisers and marshals. It wasn't long before major rallies were organised by private companies or a few 'superclubs' and not much longer before volunteers got fed up with giving their time and effort for nothing yet somebody else making money from it. The previous model of mutual aid between clubs, similar to our current O-model, was lost for major events. How long before we see the Red Bull JK, with archery sections, mudslides, and artificial obstacles? What of those regions that have no terrain suitable for a JK or those, like Wales, with great terrain but which rely on support from clubs beyond the principality. The YHOA committee didn't take long to reject this proposal from BOF and vote for the status quo.

BOF seem keen to look at these strategic issues at the moment and so have also launched an on-line questionnaire asking members their views on a future vision for orienteering. It's simple to complete and doesn't take long so I'd urge all of you to have a look at this and give BOF your thoughts.

Enough of heavy-duty sports politics. Many of you know that I've recently come back from the London Marathon but what a fantastic experience that was and what a friendly and supportive atmosphere was created by the tens of

thousands of spectators and what camaraderie between competitors. And what a lot of portable loos gathered on Blackheath Common for the start ! But nearer home it's been great to see the success of the Wednesday evening Spring-O events with more than 30 runners at each of the first two events and the training and coaching for both beginners and improvers. If you've not been to one yet, give it a go. You won't regret it.

Stan Appleton

Membership Update

The club now has 91 members - 77 senior and 14 junior. We have one new member to report - a warm welcome to Chris Bryant (M50). We hope you enjoy your orienteering with the club and look forward to seeing you in the forest.

Yorkshire Superleague 2015

There have now been four events of the ten in this year's Yorkshire Superleague. The rule change this year requiring two or more scores to qualify means there are a lot fewer scorers so far. Allen Barnes leads the way in top spot for M70. In M65, Stan Appleton (9th), Mike Cope (11th) and Tim Moon (14th) and Allen Banister is 11th M55. There is a bit of a gap now, with the next event in August as part of the White Rose event. Our brimham Rocks event is the penultimate on 22 Nov 15. Full details on the new YHOA website - yhoa.org.uk.

CompassSport Trophy - Vince Grealy

So the agony is over for another year. On paper we had a really good chance this year, but it was always going to be close. The scoring is quite complicated for these competitions, so for those of you that can bear it, a brief review of the rules and what actually happened is below. If you don't want to revisit it then look away now!

The CompassSport Cup and Trophy are the annual national inter-club competitions. Larger clubs compete in the Cup and smaller clubs (less than 125 members) in the Trophy. The heats are held in February and the final in November. Clubs can elect which heat they go to within reason, and as such the number of clubs varies, as does the number that go through. Last year there were 6 small clubs in our heat, this year three so only one to qualify.

The idea of the competition is to test club strength in depth across all the age groups, so there are nine different classes with age groups spread across them. There is no limit to the number of people that can run any course, but each individual can only run once competitively. People can "run up" - that is do a harder course, but not down, so an W60 could run as W45 but not the other way round.

The team score is made up of the best 13 scores, but each club can only count two scores from each class (or pair of classes in some cases). This is where the tactics come in, as not only do we need to consider who our counters might be, but also our non-counters who might finish above counters for other teams, thus pushing the other team's score down. The two biggest factors are firstly getting the maximum possible turnout from club members (especially those likely to count) and secondly planning who to run which class to maximise the potential.

This is what happened. There are endless options for "if only", but in the end it was not to be. Now, next year we really have got a good chance...

| | Club | Score | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8A | 8B | 9A | 9B |
|---|-------|-------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|
| 1 | NATO | 1285 | 197 (2) | 0 (0) | 198 (2) | 100 (1) | 197 (2) | 197 (2) | 98 (1) | 0 (0) | 98 (1) | 100 (1) | 100 (1) |
| 2 | CLARO | 1279 | 96 (1) | 199 (2) | 0 (0) | 99 (1) | 99 (1) | 197 (2) | 195 (2) | 198 (2) | 0 (0) | 98 (1) | 98 (1) |
| 3 | NN | 969 | 195 (2) | 0 (0) | 99 (1) | 98 (1) | 98 (1) | 0 (0) | 193 (2) | 0 (0) | 100 (1) | 0 (0) | 186 (2) |

The scorers were:

| CLARO | | |
|-------------------|-------|-------|
| Name | Class | Score |
| Adrian Parker | 2 | 100 |
| Mike Hind | 6 | 100 |
| Luke Parker | 8A | 100 |
| Liz Potterton | 5 | 99 |
| Vince Grealy | 4 | 99 |
| Allen Barnes | 7 | 99 |
| Nathan Parker | 2 | 99 |
| Eve Whitaker | 9B | 98 |
| Luke Fry | 9A | 98 |
| Ben Gugan | 8A | 98 |
| Stan Appleton | 6 | 97 |
| Jonathan Whitaker | 1 | 96 |
| Jackie Barnes | 7 | 96 |

| NATO | | |
|-----------------------|-------|-------|
| Name | Class | Score |
| Sue Metcalfe | 5 | 100 |
| George Hare | 4 | 100 |
| Joanna Abbott | 3 | 100 |
| Alexandra Hare | 9B | 100 |
| Joseph Metcalfe | 9A | 100 |
| Alasdair Wilson Craw | 6 | 99 |
| Nick Green | 1 | 99 |
| Adrian Barnes | 6 | 98 |
| Chris Stafford | 1 | 98 |
| Roxanne Siadat | 8B | 98 |
| Kirsty Davies-Walters | 3 | 98 |
| Andrew Nicoll | 7 | 98 |
| Jane Malley | 5 | 97 |

JK2015 : Lake District

With JK2015 being in the Lake District the club managed a pretty good turnout, beating last year's creditable effort in South Wales by some margin. The overall impression was that the event went very well, with the only minor blip being the parking for the relay day which could have been disastrous. Graham Ramsden's article follows with details of his experience. It was certainly good quality, tough orienteering. There were some great results for the club mixed in with the usual few disasters. Particular mentions should go to Ruth Ker for winning W45 Short and Tamsin Ker for winning W14B. Unfortunately or chairman, Stan did not survive the Day 1 Sprint unscathed, but did not do sufficient damage to jeopardise his subsequent excellent performance in the London Marathon, with many miles of training at risk. Claro results are below.

JK2015 Individual Results

| | Sprint | | Days 2/3 | | Day 2 | Day 3 |
|------------------|--------|---------|----------|----------|-------|-------|
| Luke Parker | M16 | 23/59 | M16A | 25th/60 | 26 | 28 |
| Nathan Parker | M18 | 27/57 | M18E | 36th/50 | 38 | 43 |
| Davy Ker | M20 | 28/71 | M20S | 3rd/7 | 3 | 3 |
| Matthew Holl | | | M21L | 19th/40 | 21 | 27 |
| Adrian Parker | M45 | 56=/112 | M45L | 78th/106 | 88 | 82 |
| Graham Ramsden | M50 | 102/136 | M50L | -/125 | | 107 |
| Jeremy Walford | | | M50S | -/60 | | 44 |
| John Birtwistle | M55 | 107/121 | M55S | 19th/47 | 25 | 18 |
| Mike Hind | M60 | 64/98 | M60L | 43rd/111 | 54 | 43 |
| Chris Dicken | | | M60S | -/46 | | 22 |
| Geoffrey Hensman | M65 | 18/100 | M65L | 46th/108 | 54 | 46 |
| Mike Cope | M65 | 57/100 | M65L | 64th/108 | 75 | 64 |
| Tim Moon | | | M65L | -/108 | rtd | |
| Arthur Clarke | M65 | 67=/100 | M65S | 20th/32 | 21 | 26 |
| Allen Barnes | M70 | 27/41 | M70L | 28th/61 | 28 | 29 |
| Lois Parker | W12 | 13/43 | W12A | -/41 | 20 | |
| Tamsin Ker | W12 | 11/43 | W12B | 1st/7 | 1 | 1 |
| Jemima Parker | W45 | 46/78 | W45L | -/57 | 36 | |
| Ruth Ker | W45 | 8/78 | W45S | 1st/41 | 1 | 1 |
| Susan Birtwistle | W55 | mp | W55L | 34th/78 | 39 | 39 |
| Liz Potterton | | | W55L | -/78 | 42 | |
| Linda Kelly | W55 | mp | W55S | -/28 | 9 | |
| Christine Hayes | W55 | 75/78 | | | | |
| Jackie Barnes | W65 | 43/60 | W65L | 31/60 | 31 | 36 |
| Lindsey Hensman | W65 | 50/60 | W65L | -/60 | 20 | rtd |

JK2015 Relays

| Mens' Short Relay | | |
|-------------------|-----------------------|--|
| 14th/57 | Claro Cliffhangers | Luke Parker (31) Adrian Parker (16) Nathan Parker (16) |
| 45th/57 | Claro Cloudscapes | Mark Reid (55) Jeremy Walford (43) Davy Ker (39) |
| Womens' 120+ | | |
| 16th/18 | Claro Cloverleaves | Susan Birtwhistle (13) Linda Kelly (18) Jemima Parker (15) |
| Mens' 165+ | | |
| 57th/75 | Claro Clodhoppers | Geoffrey Hensman (67) Graham Ramsden (72) Mike Hind (41) |
| Womens' 165+ | | |
| 7th/32 | Claro Clearheaded | Lindsey Hensman (13) Liz Potterton (10) Ruth Ker (9) |
| Mini Relay | | |
| 8th/16 | Claro Clitterclatters | Lois Parker (10) Ewan Reid (14) Tamsin Ker (6) |

JK2015 – What I did, or “Take care on the stile, it’s particularly steep on the other side!” - Graham Ramsden

I’ve been to JKs¹ in the past, but with the rest of my family. Now that my eldest daughter is at university and the youngest ‘couldn’t possibly spare the time during revision for exams’ I was left bargaining with my long-suffering wife to have a few days away on my own, orienteering. Much to my surprise, everyone was in agreement that I should go away. Are they trying to tell me something?

Now, as you know, we have JK2016 in Yorkshire next year and as I have already agreed to be a helper (have you yet? if not, please do - you’re not too late!) I thought it a good opportunity to get some more experience in JK helping. So I offered myself up for the first three days and the day 2 and 3 organisers took me on to assist.

That was my days filled, so all that was left for me to sort out was my accommodation. Vince kindly suggested a small camp site which he had already booked which was within easy reach of all four days’ events. There was space still available and so I too booked a pitch for one, with a view of the hills.

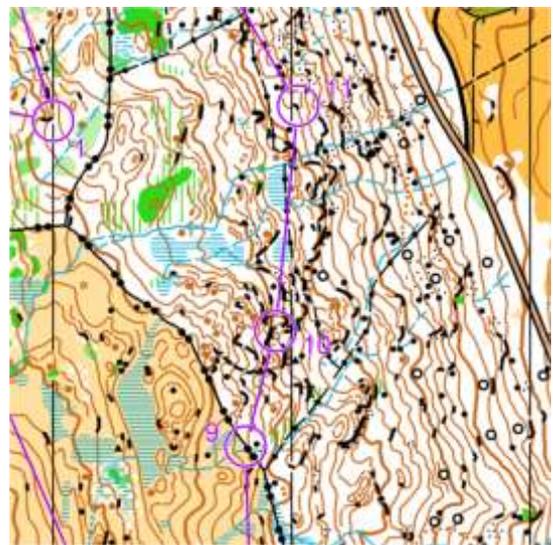
Day one was the ‘Sprint’ at Lancaster University. I’ve not done many of these, but I soon got into the swing of fast thinking and quick dashing, in and out of the maze of buildings. A couple of things stick out as memories, the first was ‘shouldn’t I be pacing myself for the next three days’, but no-one else seemed to be, so I kept going as best I could. The second was ‘why is everyone avoiding

¹ The "JK" is the Jan Kjellström International Festival of Orienteering held at Easter every year

the grass?'. A thought struck me that I'd missed some vital information in the event details which meant that I would be disqualified if I ran on the grass. It couldn't be, so I just kept going. Afterwards someone commented that it could have been because most people were running in flat shoes and they were finding it slippery on the grass; not me, I was wearing my trail shoes and had no trouble at all!

After the event I drove to the campsite, showered and ate my tea (or dinner, if you like!). Vince turned up after attending the British Orienteering AGM and later he and I could be found in the warmth of the camper van of his mate, Alan from BOK, having a beer and a natter.

Day 2 was at Ulpha Park and Barrow Fell. At least I was aware that there was some part of my run that should have been on Ulpha Park, but I never made it there. In fact I made it off Barrow Fell into the woods and could only assume that my control number 11 had been abducted by aliens because I just couldn't find it. If, at a future orienteering event, there is a strange shaped handprint on the kite then that will just confirm my theory! So, although it's not in my psyche to give in, I had to get to my helping shift and so I took in the last few controls to the finish, quickly got changed and climbed back up to the wall crossing from Barrow Fell into the woods. I was given a quick induction in how to warn people about the stile and to make sure that everyone punched the compulsory control before they crossed. Now, you'd think that doing a sport which primarily requires you to punch a control when you get to it, would mean that this is second nature to competitors but no, there must have been 10s of people that had to be reminded and then there was the lady who insisted that it wasn't on her course (which meant she was either a very long way off the intended route for her course or ...). My other duty was to warn people of the rather steep stile. Whilst I was there, Vince was taking photos of competitors and had to listen to me saying the phrase "Take care on the stile, it's particularly steep on the other side!" hundreds (and I do mean hundreds) of times and as he appreciated it so much I thought that I'd get it into this article for a second time! The first of two things that I will take from the day is the enormity of some of the tasks that need to be done; the stile crossing



Extract from Graham's map. The wall crossing is #9. It was steep on the other side.



Graham advising a Lakeland competitor that the stile was steep on the other side whilst simultaneously eating an apple.

the wall involved part of the six foot plus dry stone wall to be dismantled, four stiles to be constructed to take the volume of traffic across the wall (and believe you me, there were time that we needed more!) and all those materials, including the foot baths had to be carried up the hillside; and this was not the only wall crossing on the area. The second thing I'll take from the day was the huge number of small but vital tasks that needed to be performed by volunteers to put on these events.

The day continued in the same vein when the three happy campers turned up to the local pub that night after a short stroll only to find that it was particularly steep, I mean busy and that they were in the middle of a

power cut (those candles were not just for the ambience). So back the camper van and a pot-luck supper it was.

After a long night's sleep I managed to get away from describing everything as 'particularly steep on the other side' and off to Bigland it was. This time I was determined to complete my course (however long it took) and still get to my helping stint on time. So I set off early and I even got a mention from the commentary box as I ran in to the finish. They said that I'd done a really good time. Now I know I hadn't, but I soon realised what had happened. When I originally entered the event I was given a start time, but as a helper you have an open start time. So on my results it appeared that I'd taken 23 minutes to run my course, putting me in the lead! I had to confess to the download team that I'd started a bit earlier and of course this added something in the region of a couple more hours to my time. Nevertheless I'd completed the course and finished! It's called 'getting your money's worth'.

My volunteering session this time was on the far start where the Elites were and I found it quite relaxing (there's little or no talking at the Elite starts to allow everyone to 'get in the zone').

That evening the three amigos made their way to Grange-over-Sands (via Cartmel which has a profusion of pubs, all of which had either stopped serving

or were too busy) to get something to eat. We ended up at a Chinese restaurant that was passable (and we probably would have were it not for the fact that nothing else was open), but at least it was a change of scenery from the camper van.

Day four was relay day and we all got up early unpitched our respective shelters (Alan's camper van, Vince's tent [big enough to hold a football team] and my bijou residence [a tent big enough to hold Vince's reserves]). We all arrived at the car parking field, Alan immediately got stuck in the mud and Vince and I were estimating how long it was going to be before the event was cancelled because they couldn't get anyone into the car park. We were proved wrong but there was still a 45 minute delay for the starts due to 'car parking difficulties'.

This day was my chance to socialise with other club members as I'd missed out on the other days through volunteering. The atmosphere at relays is magic, but sort of 'chilled' after the previous more serious three days. Nevertheless it is still very competitive and I wanted to do the best I could. We had lost one of Claro's relay teams due to injuries and so Ruth had done a quick re-jig of available bodies. My run was fantastic (at least I thought so, but then I had taken a couple of hours to do the previous day's course) except for one control which took me far too long to find, despite a few relocations. It didn't spoil my enjoyment of the whole day and it was great to see so many members of Claro together urging each other on. A great end to a most enjoyable festival!



JK2015 Insight - Chris Dicken

I took this picture of Thierry Gueorgiou, 11 time individual world champion, on the JK2015 Day 3 run-in, on his way to winning the JK Men's Elite title. He did 15.4km with 720m climb in 86:29. That's 3.5 times as long as my course and I took 108:36. 'nuff said.

Controlling Hamsterley - Chris Dicken

So one day in the middle of Dec 2014, an email pops into my inbox from the Northern Navigators Fixtures Secretary. It was addressed to Level B controllers in the Northern part of YHOA asking if anyone could take on being Compass Sport Cup Controller as they were having difficulty finding one.

Well I thought that's not much notice, given the event's only 3 months away. Having had a real bad virus over the Autumn and hence being completely unfit, along with the thought of controlling in the Jan/Feb weather and being a good 1.5 hrs away from the area I replied that I was sure there was somebody in a better position than me to do it. Though (foolishly ?) I did say I might reconsider after Christmas if I was feeling better.

Christmas came and went and no further correspondence, so that's fine I thought... until at the end of Jan, just 7 weeks before the event another email – 'we're getting rather desperate - could you reconsider please'. So after a couple of days and realising that there might not be an event at all if I didn't say yes, I eventually agreed – with a couple of provisos – that I'd need planned courses within the week and that I'd need an assistant to help check the controls on the day before the event – I knew I wasn't going to be up to doing the distance that checking a full set of controls would entail. With the maps needing to be printed a week before the event we'd just 6 weeks to do it in. (I was told later that if I hadn't have said yes the event would almost certainly have been cancelled)

Luckily for me, Rob, the planner, was well on with the courses and so I had a full set within the week. Even better here was a planner who knew what he was doing – the courses actually met the guidelines, usually there's some that don't, in my experience of controlling. However as usual whilst things look great on a map, it's not always so good on the ground. The first half of the Orange was based on using an earth wall. I enquired what this earth wall was actually like and unfortunately when Rob went out there he quickly realised it was no good – pretty insignificant and covered in heather/ vegetation. There was also a leg, which whilst compliant, didn't look that good – if the weather was bad we'd certainly have to tape it. A few other comments and bits of advice were quickly taken on board and we had what looked like a set of controls sites and courses ready for checking.

Mid Feb and I'm off to do the first visit to the area. Originally going on a Friday, I postpone a day due to the weather forecast – bad move, the Friday turned out nice and the Saturday very misty.

First job was the White/Yellow which were to be down in the Forest, there being no way these courses could be put on the moor. Again what looked good on paper wasn't so on the ground. Start to control 1 was so muddy and steep I struggled up the path, plus it appeared to be on a Mountain Bike route. The rest seemed ok, so onto the moor. The re-planned Orange was much better. Then as I got to the west side of the area, the mist came right down. Great - looking for a pit in the fog! Luckily my compass and pacing navigation was pretty accurate, I spied the nearby 'lone tree' and found the pit, turned around and had to follow the compass – I couldn't see any features in the fog.

After a couple more controls the mist lifted again and all was well. Rob had done a great job tagging the sites placing a one foot bamboo stick with Red, White & Blue tape at the control point. Much easier to see than 2" of red tape on a bit of heather that some planners use. You can waste a lot of time as a controller, just trying to find that tag even when you're in the correct place.

After doing half the controls I went home and returned for the rest the following week. Better weather but still pretty cold up on the top with the wind blowing. Rob had also re-planned the White/Yellow, reversing the courses and then finding a better way back down using a different path. It was all very, very wet and muddy for the youngsters, but at least all seemed well.

One other issue had come up which not many people notice on the Compass Sport Cup regarding the order of starts. The rules changed a few years ago, so that basically you can't have clubs following in the same order on each course. Northern Navigators hadn't noticed this, but as I'd done the starts last year was well aware of the issue, so had them re-order their start list.

The final checks to do – control descriptions, position of control numbers on the maps, lines between controls etc.

Meantime I went to Cawthorne (more fool me and everyone else who went) and the next day either my Autumn virus had returned or some new one and I was floored again. Two days before the event I decided that I would be able to make it on the day, but not the control checking. Luckily, Julian, an experienced controller from NN who had agreed to do some of the checking was more than willing to do the whole lot (11k,225m climb), so I handed that

over to him and managed to drag myself to the excellent Claro 25th Anniversary dinner.

Sunday of the event and I'm off by 07:00 in order to get up there in time to check the White / Yellow courses and then to get to the start to see the first competitors off. Well lots of you were there and so know how it all went. Especially the sunny weather, not at all expected.

No problems with the White / Yellow, which I only walked round, not quite running yet. Quick break for a cuppa and "breakfast" then, up to the start a few minutes after the first ones had gone. A bit of panic here. A mix up with the start call-up and timed starts (no minute bleeps on the clock), means a couple of NATO ladies had started some 30 /40 seconds late. In addition the start team don't have a cross reference between course numbers and course names/ age classes. I give them my own version, tell them to tell competitors to check maps when starting (it's all on the map – already a Short Brown competitor had gone off and done a Short Green !). Get them a whistle to signal each minute. Back to the pre-start where there is a board with the courses cross references on - but it's not visible, so I get that moved.

Then off to the finish to wait for the first ones back. Lots of happy Orange kids already. Slowly people come in from each course, with mainly good comments. One or two Vets thought the terrain was too tough. Hmm it's a fairly high, heather moor.... So I enjoy a bit of time spying competitors from a far and chatting at the finish, before moving off to a different vantage point where I can see a number of controls near the end of the courses. By now a number of



Tim and Allen taking the CST very seriously at the club tent

Claros are coming through - with a good pair of binoculars you can see the pain!

Back down to assembly, where the NATO ladies will complain about their start if NATO narrowly lose. A nice social time at the Claro tent, then eventually everyone's back, NATO narrowly win (so one problem I don't have to deal with) and the car park becomes deserted. Just the organiser, planner and SI team left, so I give my thanks and at 15:30 head for home and I think an evening lazing on the sofa.

So in the end it all came together very well. Northern Navigators are even smaller than us and

struggled a bit with volunteers, but credit to them for pulling it off. I can relax again and get a bit of time back. Controlling is a bit of an unseen job, but there is a lot of effort there and a lot of time spent (for instance Rob and I exchanged upwards of 30 emails, not to mention the ‘armchair’ checking and the ‘on the area checking’). I keep saying this will be my last one, but there always seems to be another.

So hope you all enjoyed it. My gratitude to those who thanked me for controlling –it’s not often the controller gets any recognition, so that was nice.

As Wallace said “A Grand Day Out”.

Schools and Spring-O 2015

Following last year's success with the Primary Schools Programme and feedback from the Membership Survey, our events programme is now in full swing. We have had three of the six Spring-O events and all have been well attended, with over 30 at the first two and 24 at Ripon despite clashes with EBOR and AIRE events. Next up is Killinghall - see you there perhaps. The schools events are also going well, with lots of work from Jemima and Richard using Mike Cope's schools maps. The Primary Schools Champs are at Ripley Castle on 24 June, with qualifying needed this year. if you listen carefully you will probably hear it in Harrogate!

JK2016 Yorkshire: All Change - Chris Dicken

Little to report for this Clarion, but many thanks to all of those of you who have replied to my email requesting help next Easter. You'll also have seen the email send by Mike Cope & Alistair Tinto to all of YHOA, so you may have replied to that one instead.

If you haven't replied to my email, it would be good to hear from you - even if the answer is that you can't make it or will let me know for definite nearer the time. It's just useful to get an overall picture.

Hopefully by next Clarion I will be able to report in more detail how the starts planning is coming along.

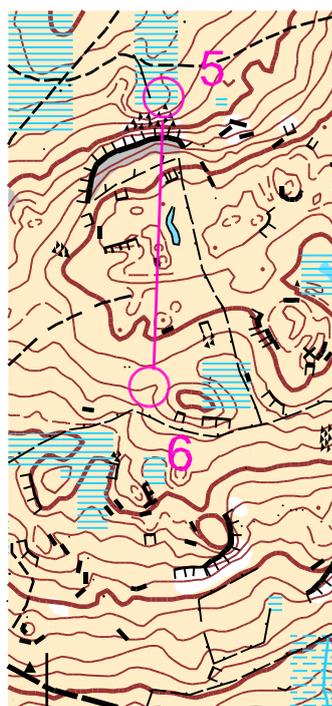
Coaching Corner - Mike Hind

[Ed. - In the last of his series of coaching articles Mike is looking at some more advanced techniques. Many thanks to Mike for his excellent efforts. If you want more coaching material in this vein please let me know.]

OK so we now have some tools to work with so we can move on to more advanced stuff! Eventually you will need to develop a style of orienteering that suits you but here are some starting points.

Route choice is pretty crucial. Always plan a leg backwards! Start at the control, find a good attack point and then work out how you are going to get to that attack point using the features on the map. Whatever decision you make do not change your mind half way through! Love your route!

A lot of route choices involve “over or round” decisions. If you are a fast runner on the flat you may well decide to go round (especially if there are tracks or paths available), but strong runners who can run uphill might prefer the over the top route. The choice will always be influenced by the quality of the attack points available and it doesn't work to get into the mind set of 'I'll always go round' or 'I'll always go over' because sometimes the attack point just isn't there on one of these options.



Consider the leg shown:

Which way to go? To the E of the big crag and straight over the hill or W of the big crag and round the W end of the hill. Firstly select an attack point. The W route doesn't have a very solid, easy AP but you could use the little hill to the SE of No 6 as a catching feature and bounce off it if necessary. The E route has a nice hand rail in the shape of the ruined wall which takes you to the marsh in the reentrant which is a decent AP. But the E route has 15m more climb and it going to be all walking climb whilst on the W route you might run the diagonal climb onto the hill, although it is a bit further. On a clear day I'd go W and aim to run it all, but in the mist or at night I'd go over. It's often not simple and the difference isn't going to be much time, so decide fast, execute well and love your route.

Execution: Of course there are different ways of executing the route that you love. They broadly fall into two classes. Either you keep good map contact all

the way or you run like billy-o in the general direction and re-locate when you get somewhere near the control. Continuous contact tends to be slower but more certain. If you are a beginner it is definitely the way to do it because you will always know where you are and you will always find your control without wasting time hunting for it like a headless chicken. Run and relocate is more chancy and relies heavily on your being able to precisely locate your position. In the example above it would be quite easy to hit one of the other marshes and mis-locate yourself so that you were looking in the wrong place (particularly horrid if you hit the NE marsh because there is a small hill and reentrant in more or less the correct place). Most top orienteers use a combination of the two systems known as traffic lighting. You run hard on the first part of the leg only keeping contact now and again because you don't need to know exactly where you are when the control is still 500m away but you do need a general picture. This is the green phase of the traffic lights. Once within about 200m of your control slow down (the orange phase) and start to read the map in more detail looking for your AP. Once at the AP read the map very carefully and slow down even more as you go into the control. This is the red phase where you are in close contact with the map and also reading your control description so that you know exactly where the kite will be positioned. How long you stay in green and orange is up to you but staying too long in the green phase is probably the commonest cause of errors in this system.

At the recent JK, biosecurity resulted in a ban on peeing in the forest (nobody told English Nature that urine is sterile) which led to the suggestion that a portable loo at every control would be extremely useful as it would certainly make them easier to find! This is not as daft as it sounds and “making the control bigger” is a useful trick. Boulders and pits are examples of point features which can be tricky to find because they are small, but they don't normally exist in isolation they are either on some ground feature like a spur or a hill or a reentrant or they are near to some man made object like a path or track or they are close to a distinct piece of vegetation. So rather than looking for the point feature use that bigger feature during the green and orange phases to make the navigation easier.

Events Listing

This listing includes a selection of **local**, **regional** and **national** events currently advertised for the coming months. It includes all YHOA events. The website has more including separate lists for what's on locally, other events and club league events.

| May | |
|-----------------|--|
| Sat 16 May 2015 | YHOA Urban League (C) Hull University |
| Sun 17 May 2015 | UK Urban League (B) Hull Old Town |
| Sun 17 May 2015 | CLOK Regional Event (C) Sneaton, Whitby |
| Wed 20 May 2015 | Aire Spring Sprint League (D) Danefield, Otley |
| Sat 23 May 2015 | Springtime in Shropshire (B) Brampton Bryan, Ludlow |
| Sun 24 May 2015 | Springtime in Shropshire (B) Stapeley |
| Sun 24 May 2015 | YHOA Urban League (C) Knaresborough |
| Mon 25 May 2015 | Springtime in Shropshire (B) Corndon |
| Mon 25 May 2015 | YHOA Urban League (C) York |
| Wed 27 May 2015 | Spring-O 4 Killinghall Moor (D) Harrogate |
| Sat 30 May 2015 | Twin Peak Day 1 (B) Glenridding |
| Sun 31 May 2015 | Twin Peak Day 2 (B) Glenridding |
| June | |
| Wed 3 Jun 2015 | Aire Spring Sprint League (D) Horsforth Hall Park, Leeds |
| Wed 3 Jun 2015 | EBOR Summer Series (D) Wheldrake Woods, York |
| Sat 6 Jun 2015 | Aire Fat Rascal Weekend (C) Holt Park/Golden Acre Park, Leeds |
| Sun 7 Jun 2015 | Aire Fat Rascal Weekend (C) Colton, Leeds |
| Wed 10 Jun 2015 | Aire Summer Sprint League (D) Fearnville Fields & Arthur's Rein, Leeds |
| Wed 10 Jun 2015 | Spring-O 5 Hookstone Wood (D) |
| Wed 10 Jun 2015 | EBOR Summer Series (D) Rowntree Park, York |
| Sat 13 Jun 2015 | EBOR Relays (C) York |
| Sun 14 Jun 2015 | EBOR Club/YHOA Schools Champs (C) Hazlewood Castle, Tadcaster |
| Sun 14 Jun 2015 | DVO Urban (C) Chesterfield |
| Wed 17 Jun 2015 | Aire Summer Sprint League (D) Northcliffe Park, Shipley |
| Wed 17 Jun 2015 | EBOR Summer Series (D) , York |
| Sat 20 Jun 2015 | Durham Light Race (urban night score) (C) Durham |
| Sun 21 Jun 2015 | BL Urban (C) Town centre, Penrith |
| Wed 24 Jun 2015 | Aire Summer Sprint League (D) Peel Park, Bradford |
| Wed 24 Jun 2015 | Harrogate Primary Schools Championships (D) Ripley Castle |
| Wed 24 Jun 2015 | EBOR Summer Series (D) Knavesmire, York |
| Sun 28 Jun 2015 | CLOK YHOA urban league (C) Eaglescliffe |
| July | |
| Wed 1 Jul 2015 | Aire Summer Sprint League (D) Beckett Park, Leeds |
| Wed 1 Jul 2015 | Spring-O 6 Jacob Smith Park, Knaresborough (D) |
| Sun 5 Jul 2015 | EPOC YHOA Urban League (C) Elland, Halifax |
| Wed 8 Jul 2015 | Aire Summer Sprint League (D) Bowling Park, Bradford |
| Sat 11 Jul 2015 | Newcastle Sprint Relay (B) Killingworth, Newcastle |
| Sat 11 Jul 2015 | Tyneside Treble - Informal Urban (C) Lower Ouseburn, Newcastle |
| Sun 12 Jul 2015 | Tyneside Treble - (UKOL) Newcastle City Race (B) |
| Wed 15 Jul 2015 | Aire Summer Sprint League (D) Roundhay Park, Leeds |

| | |
|------------------|--|
| Sat 18 Jul 2015 | CLARO Annual Club Picnic, Valley Gardens |
| Sun 2 Aug 2015 | Scottish 6 Days - Day1 (B) Keppernach, Inverness |
| August | |
| Mon 3 Aug 2015 | Scottish 6 Days - Day2 (UKOL) (B) Glen Strathfarrar, Inverness |
| Wed 5 Aug 2015 | Scottish 6 Days - Day3 (UKOL) (B) Darnaway, Inverness |
| Thu 6 Aug 2015 | Scottish 6 Days - Day4 (B) Darnaway, Inverness |
| Fri 7 Aug 2015 | Scottish 6 Days - Day5 (B) Glen Affric, Inverness |
| Sat 8 Aug 2015 | Scottish 6 Days - Day6 (B) Glen Affric, Inverness |
| Fri 28 Aug 2015 | White Rose Night Score (D) , Pickering |
| Sat 29 Aug 2015 | White Rose Weekend (B) Pickering Forest, Pickering |
| Sat 29 Aug 2015 | White Rose Sprint (D) , Pickering |
| Sat 29 Aug 2015 | White Rose Trail O (D) , Pickering |
| Sun 30 Aug 2015 | White Rose Weekend (B) Pickering Forest, Pickering |
| Mon 31 Aug 2015 | White Rose Relays (C) Pickering Forest, Pickering |
| September | |
| Sat 5 Sep 2015 | Lincoln City Race (EMUL) (C) , Lincoln |
| Sun 6 Sep 2015 | SYO Middle Distance Event (C) Bowden Housteads, Sheffield |
| Sun 6 Sep 2015 | CLOK Regional Event (C) South Gare dunes, Redcar |
| Sat 12 Sep 2015 | London City Race (B) City of London |
| Sun 13 Sep 2015 | CLARO Regional Event (C) Hanging Moor, Harrogate |
| Sat 19 Sep 2015 | Dales Weekend Northern Champs (UKOL) (A) Nr. Settle |
| Sun 20 Sep 2015 | Dales Weekend (UKOL)/YHOA Champs (B) Upper Wharfedale |
| October | |
| Sat 3 Oct 2015 | October Odyssey Day 1 (B) Eston Moor, Middlesbrough |
| Sun 4 Oct 2015 | October Odyssey Day 2 (B) Boltby, Northallerton |
| Sun 4 Oct 2015 | WCOC Cumbrian Galoppen (C) Whinlatter, Keswick |
| Sun 11 Oct 2015 | EBOR Regional Event (C) , York |
| Sun 11 Oct 2015 | North East Score Champs (C) Beanley, Alnwick |
| Sat 24 Oct 2015 | Cambridge City Race (B) |
| Sun 25 Oct 2015 | EPOC YHOA Superleague (B) Ogden Water, Halifax |
| Sun 25 Oct 2015 | Grantham Urban Race (C) |
| Sat 31 Oct 2015 | SYO YHOA Night League (C) Ramsley Moor, Sheffield |
| Sat 31 Oct 2015 | Northern Night Champs (C) Slayley, Hexham |
| November | |
| Sun 1 Nov 2015 | SYO Regional Event (C) Ramsley Moor, Chesterfield |
| Sat 7 Nov 2015 | LOC Middle Distance Event (UKOL) (B) , Ulverston |
| Sun 8 Nov 2015 | LOC event (UKOL) (B) Bethacar Moor, Coniston |
| Sun 8 Nov 2015 | NOC Regional Event (EM League) (C) Thoresby North, Ollerton |
| Sun 15 Nov 2015 | Aire Regional Event (C) Middleton Park, Leeds |
| Sun 15 Nov 2015 | CLOK Regional Event (C) Goathland Moor, Whitby |
| Sun 22 Nov 2015 | CLARO YHOA Superleague (C) Brimham Rocks, Pateley Bridge |
| Sun 22 Nov 2015 | Cumbrian Galoppen - Greta Gorge (C) Greta Gorge, Keswick |
| Sat 28 Nov 2015 | CLARO YHOA Night League (C) Killinghall Moor, Harrogate |
| Sun 29 Nov 2015 | DVO Regional Event (EM Champs) (B) Matlock |



welcomes you to a YHOA Urban League Event at

Knaresborough

on Sunday 24th May 2015



King James Road, Knaresborough HG5 8EB (SE 353566)

Come and enjoy a classic urban event in the ancient town of Knaresborough

Registration: 10:00 am – 12:00 noon

Starts: 10:30 am – 12:30 pm

Full range of urban courses available. Entry on the day only.

See www.claro-orienteering.org.uk for full details