

The Clarion



Claro Orienteering Club March / April 2016 Issue 146



Mike Cope being presented with a memento at the end of Day 4 to recognise his enormous efforts as overall Coordinator for JK 2016 Yorkshire. (Photo: Rob Lines)

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CONTENTS

<i>Contacts</i>	2
<i>Editorial</i>	3
<i>Patley Prattlings</i>	3
<i>Membership Update</i>	5
<i>JK 2016 Roundup</i>	5
<i>Claro JK Results</i>	5
<i>YHOA Junior Squad</i>	8
<i>The Planner's Wife's Tale</i>	8
<i>JK 2016 Starts: the end</i>	11
<i>JK2016 Parker Report</i>	13
<i>Control 99 or Nevermore</i>	16
<i>JK Photo Gallery</i>	17
<i>JK Competition</i>	18
<i>Life after the JK</i>	18
<i>CLARO events for 2016</i>	20

Editorial

Welcome to the JK 2016 special edition of Clarion. Most of this issue is dedicated to the events over Easter, with a reasonably wide selection of articles. I had hoped to include a piece on best bits and funniest bits, but sadly not as almost nobody responded. Thanks to the kind few who did. My own best bit is recorded in the cover image - having the privilege of presenting Mike Cope with his memento for the huge amount of work and worry he carried over more than two years. It has been a real eye opener to see just how much is involved in a major multi-day event. My funniest bit was shortly before the hailstorm on Day 3 - I was in one of the loos in the arena when there was some loud swearing (in two languages, one of which was Scandinavian) from the next door occupant. It

transpired that he had dropped his dibber down the hole - I tried not to laugh out loud. I'm still not sure what he did to resolve the issue...

PATELEY PRATTLINGS



Well what a month that was! I'm sure many of you can identify with that thought and of the hours and days that you've put in to make Yorkshire JK 2016 such an amazing success. It wasn't just the commitment of so many people for such a sustained period, but the positive attitude shown by you all in tackling whatever challenges were thrown at you.

The scale of the JK is quite staggering in orienteering terms, with so many superlatives. Whether it was Kilnsey, with Andrew Kelly's brave plan of a M21E course over 20km long, a venue with 185 controls across several square miles, 5 drinks stations, 3 starts, a complex bussing operation (and a broken TransDev bus or two) and a run-through elite control; or the 5km of red and white tape, 800m of orange barrier fencing and 2000 stakes that were used; or something like 2 cwt of maps, hundreds of bespoke correx signs (thank you Vince), 6 start clocks, a Transit –

load of club tents; or perhaps the controlled mayhem of the mass starts of the relays, everything seemed bigger in JK Yorkshire. We even had what some say was the worst 30 minutes of O-weather they can recall, of which more later.

Well, it's over give or take a bit of repatriation of wayward kit. (The saga of the missing EPOC clock was worthy of Agatha Christie; mystery solved after countless emails). The shoes have dried out, the traders have gone home, and maybe given a decent spring even the Kilnsey arena will recover. For those of you who've never competed beyond our own club or maybe not outside the YHOA circuit, it gave a taste of the breadth and scale of our sport that hopefully will stay with you for many years to come and maybe tempt you to rove a little wider for your sport. For those who were volunteers in an unfamiliar form of the sport it may perhaps tempt you into Urban Sprints, or TrailO, or different types of terrain from what you may be familiar with. After my long weekend as Equipment Coordinator I might say that I'm not tempted to become a regular courier driver.

One subject that was buzzing around the forums and social media for a while was prompted by the hail squalls at Kilnsey and in particular the last 30 minute one. I was walking down from the northern start with some gear when it started and while I wasn't surprised by its ferocity, I hadn't expected it to continue for so long. The start team up there were thankfully just about packed up but, of course, there were still lots of orienteers out on the moors. 'Cagoules compulsory' signs had been clearly posted, physically and on-line, and checks had been made. But what is a cagoule? From what is it meant to protect you? It's quite clear to me from observation here and on other events that most were just pertex windproofs; when brand new they might protect you from a light shower but the makers do not and cannot claim that they're waterproof. I'm afraid that £15 spent in Mountain Warehouse or Sports Direct will not buy you a properly waterproof and breathable top of the sort that would give proper protection in a sustained hailstorm. The keyboard warriors were quick to blame the organisers for their choice of venue, the date, Yorkshire's northern latitude, not calling it off, etc, but thankfully others responded more positively. I don't want to get into the world of the barrack-room lawyers about the meaning of 'duty of care', 'personal responsibility' etc, but it gave a warning that we can't be too glib about the meaning of 'cagoules compulsory'. The Fell Runners Association significantly tightened its rules after a fatal accident some years ago, let's be sensible and take appropriate but modest precautions to avoid the need for a coroner's court hearing in our sport; I've attended one in my days as a motorsport steward and wouldn't want any organiser to have to do so again.

By the time you read this we should have a new date for the zone round of the CompassSport Cup, likely to be in early June, by which time the car parking at Timble should be able to accommodate us all for this inter-club competition. We hope also to announce a social event so we can thank you as members for your help at the JK, at the same time as making up for the cancelled club dinner and giving opportunity to present the Charles Lewsley Cup for the best contribution in the club's name. And don't forget Ripon Urban event on Sunday 29 May – I can't as I'm the planner – nor the SpringO series on Wednesday evenings, with SI and proper O maps, and the Harrogate Schools League for our younger members. There's a lot going on.

Stan, Stan, the white van man.

Membership Update

The club currently has 111 members. No new members this time, but a few more of those who had not renewed for 2016 have now done so.

JK2016 Round Up

So, as billed, there follows a series of disparate articles from this year's JK, including Claro results, race reports and the view from so officials. In general, it seems to be accepted as a great success, which is pleasing given the enormous amount of effort expended by Mike Cope's JK team and hundreds of helpers.

Claro JK Results

The club produced a pretty decent turnout considering how many of the regulars were tied up as officials - Mike, Stan, Tim, Chris, Graham, Richard and Vince. There were even a few Claros on the podium steps - congratulations to **Ruth Ker** for an outstanding W45 sprint bronze, **David Day** in winning M65S and **Tamsin Ker** for winning W14B. Other excellent performances were seen from **Luke Fry**, with a solid run in the sprint and then an overall 6th in his first full JK, **Ruth** again with a top ten on Day 3 for 10th overall and **Liz Potterton** for 6th= on Day 2. **Luke Parker** also ran well all weekend, chasing a top ten placing and eventually succeeding with 10th



Ruth Ker on the podium on Day 1.

Photo: Rob Lines

on his relay leg, eclipsed only by **Ruth** (7th) and **Steve Fry** (with a blazing leg for an inspired 3rd). Well done all!

Day 1 - Sprint

Class	Name	Place	Time
M12	Luke Fry (M12)	15th/46	17:50
M16	Luke Parker (M16)	14th/73	19:46
	Alex Robinson (M16)	50th/73	25:56
M20E	Nathan Parker (M20)	27th/44	22:12
M45	Adrian Parker (M45)	36th/107	21:25
	Mark Hewson (M45)	93rd/107	32:18
M50	Timothy Evans (M50)	38th/141	20:20
	Stephen Fry (M50)	123rd/141	29:16
	Philip Robinson (M50)	128th/141	31:29
	Jeremy Walford (M50)	134th/141	36:12
M60	John Birtwistle (M60)	48th/90	20:34
M65	David Day (M65)	45th/79	22:01
	Mike Hind (M65)	61st/79	25:03
	Arthur Clarke (M65)	63rd/79	25:41
M70	Allen Barnes (M70)	26th/54	20:41
W14	Lois Parker (W14)	18th/54	26:14
	Tamsin Ker (W14)	Rtd	18:58
W45	Ruth Ker (W45)	3rd=/72	16:15
	Jemima Parker (W45)	47th/72	23:23
W55	Susan Birtwistle (W55)	20th/75	16:42
	Christine Hayes (W55)	69th/75	31:19
W70	Jackie Barnes (W70)	18th/28	22:02
MOpen	Davy Ker (M21)	20th/88	22:35
	Edwyn Oliver-Evans (M21)	24th/88	23:19

Days 2 & 3 - Long Distance

Class	Name	Day 2		Day 3		Overall
		Place	Time	Place	Time	
M12A	Luke Fry (M12)	12/42	34:09	5/42	31:18	6th
	Ewan Reid (M12)	35/42	49:59	21/42	45:00	24th
M16A	Luke Parker (M16)	20/63	66:06	15/60	67:40	17th
M20E	Nathan Parker (M20)	32/40	50:53	28/35	167:36	26th
M21S	Edwyn Oliver-Evans (M21)	24/49	90:03			
	Davy Ker (M21)	30/49	95:55	rtd		
M45L	Adrian Parker (M45)	45/84	87:32	51/75	107:27	45th
	Mark Hewson (M45)	72/84	116:01			
M45S	Mark Reid (M45)	32/45	101:10	rtd		
M50L	Timothy Evans (M50)	93/108	107:52			
	William Hickson (M50)	104/108	121:50			
M50S	Stephen Fry (M50)	37/60	84:40			
M55S	David Gagan (M55)			15/52	70:45	

Class	Name	Day 2		Day 3		Overall
		Place	Time	Place	Time	
M60L	Allen Banister (M60)	74/80	110:41			
	John Birtwistle (M60)			56/81	101:46	
M65L	Mike Hind (M65)	28/86	81:59	48/82	96:38	35th
M65S	David Day (M65)	1/22	53:39	3/24	52:56	1st
	Arthur Clarke (M65)	20/22	109:52			
M70L	Allen Barnes (M70)	38/50	102:10	23/51	86:26	30th
W10B	Isla Reid (W10)	4/6	30:25			
W14A	Lois Parker (W14)	30/51	60:03	35/50	78:02	33rd
W14B	Tamsin Ker (W14)	4/6	46:00	1/8	34:00	1st
W18S	Josie Hickson (W18)	6/8	69:45			
W45L	Ruth Ker (W45)	11/52	73:04	6/52	69:34	10th
	Jemima Parker (W45)	37/52	102:22	40/52	102:32	34th
W55L	Susan Birtwistle (W55)			rtd		
W60L	Liz Potterton (W60)	6=/40	82:20	22/42	83:09	10th
W70L	Jackie Barnes (W70)	18/29	91:54	26/32	112:59	20th
Orange	Christine Hayes (W55)	31/43	77:05			

Day 4 Relay

Men's Short		
19/46	Claro Parkers	91.07
	Luke Parker	25:49 (10)
	Adrian Parker	30:58 (26)
	Nathan Parker	34:20 (22)
Women 120+		
12/18	Claro Clearheaded	127.04
	Liz Potterton	48:10 (17)
	Jemima Parker	38:51 (12)
	Ruth Ker	40:03 (7)
Men 165+		
51/61	Claro Clamberers	172.42
	Allen Banister	70:37 (61)
	David Day	43:53 (36)
	Mike Hind	58:12 (52)
53/61	Claro Cliffhangers	185.37
	Graham Ramsden	48:30 (48=)
	Richard Kirk	85:13 (61)
	John Birtwistle	51:54 (44=)
Men 48-		
25/31	Claro Cloudscapes	133.14
	Alex Robinson	41:51 (26)
	Luke Fry	21:55 (23)
	Matthew Rochester	69:28 (28)
MW 40-		
13/29	Claro Cloverleaves	57.06
	Lois Parker	21:43 (23)
	Ewan Reid	14:49 (16)
	Tamsin Ker	20:34 (13)

Mixed Ad Hoc		
45/80	Claro Clodhoppers	126.47
	Mark Reid	38:24 (31)
	Steve Fry	16:24 (3)
	Phil Robinson	71:59 (70)

YHOA Junior Squad – Lois and Luke Parker

Lois: I spent the middle two days of the JK helping to run the YHJS cake tent (when I was not running). The cake stall raised a fantastic £807 across all 4 days and the competitors seemed to enjoy the variety of cakes. I enjoyed them too! Thank you to all those Claro members who made cakes; they were gratefully appreciated. The money raised will go towards the junior squad tour in 2017.

Luke: There were some very impressive results from the YHJS squad members – but no podiums for any runners from Claro. Congratulations to all the YHJS medallists:

JK Sprint

Euan Tryner (SYO) - 2nd on M12
 Sam Crawshaw (EPOC) - 3rd on M12
 Emma van Dam (HALO) - 1st on W12
 Adam Thorpe (EPOC) - 1st on M14
 Evie Conway (AIRE) - 2nd on W14
 Laura King (AIRE) - 2nd on W18
 Pippa Dakin (SYO) - 3rd on W18

JK Days 2 and 3 overall

Euan Tryer (SYO) - 2nd on M12
 Sam Crawshaw (EPOC) - 3rd on M12
 Evie Conway (AIRE) - 2nd on W14
 Laura King (AIRE) - 1st on W18
 Pippa Dakin (SYO) - 2nd on W18
 Lucy Haines (AIRE) - 3rd on W18 (making it all clean sweep for Yorkshire on W18)

JK 2016 - The Planner's Wife's Tale - Linda Kelly

The JK started in our household 18 months ago at an urban race in Brighouse when Andrew was approached to see if he would take on the planning of Day 3 at Kilnsey. He said he'd like a bit of time to think about it, but I suspect the answer was never in doubt – planning opportunities like this don't come along very often. Strange that the JK ended 18 months later only a few miles the other side of Huddersfield.

Very soon the kitchen table was covered in old Kilnsey maps covered in scribbles. Andrew never can resist this stage of planning. I know if I'm planning a Claro event all I need to do is leave an old map on the table, suggest I'm not sure where to start, and fairly soon it'll be covered in little pencil circles with some fairly good ideas ready to go! Things were fairly quiet to begin with – lots of scribbling and several trips to Kilnsey, which unfortunately meant many bowls of Smoked-trout Chowder had to be consumed at the trout farm (a must try if you haven't already).

The first courses to be planned are the men's elite course, which involved lots of maths trawling through old results and comparing minutes per km, as all the other courses are planned as a ratio of this course and the M/W10's as their need for paths determines the location of the start. Most of the courses were planned by the end of the summer. By October half-term our own orienteering had virtually dried up as weekends were given over to Kilnsey – dry ones spent on the area and wet ones hunched over a computer screen. By now it had been confirmed that Kilnsey would be a world-ranking event, and although Andrew knew he could not expect the world's elite to turn up as last year, in the run-up to WOC, he could still expect the best of British to be there and world-ranking points would be up for grabs.

The main problem in the run up to Christmas was the weather. I'm sure you all remember the rain and floods which limited the days Andrew could actually get out with his trust spray can. At previous events all other forms of site marking were eaten by the sheep. The deadline for the maps to be at the printers was the end of January so most of the Christmas holidays was spent on the computer checking control flows - over 3000 people on an open area means they are visible from a long way away, checking controls were not on similar features near to each other, checking similar control codes were not near each other. Luckily Andrew had a wonderful controller in Ray Barnes who seemed to know the BO rule book inside out and back to front. No-one was going to be able to put in a protest that one of these rules was not followed. He was meticulous. It really was a classic case of 80% of the work done in 20% of the time.

After several late nights in early February cutting control circles, bending lines, fitting control descriptions the 30 courses were off to the printers. No more changes now – what will be will be! There was great excitement when the proofs arrived back from the printers as we could see the courses on one sheet of paper for the first time. Now there was a lull – nothing for Andrew to do

My most surreal moment of the weekend was returning to the arena after having been out to collect in controls. We left before the prize giving to drive up Mastiles Lane with the arena still buzzing, club feathers waving and the chilli queue still in full swing. When I returned down the hill past the last control at quarter to eight it was deserted. Everyone and everything had gone. All that remained were the three white marquees and a row of deserted toilets waiting for the contractors the following day. Or so I thought. As I turned to look up the hill to wait for our son Rob to come in with his controls I spotted the lonely spectator control at the top of the hill. One last slog up the hill to collect it and the map exchange boxes and I just managed to return to the village hall before it got dark.

Overall it was a great weekend and one we can all be proud of. All the hard work was worth it, I dread to think how many hours we have put in between us, but it was a timely reminder of how much effort is needed to put on any orienteering event. Now – who’s going to plan those Spring evening events?!!

JK2016 Starts: the end - Chris Dicken

Well, after a fair few reports over the last 18 months, you didn’t think you were going to get away without a final one, did you? Whilst it’s all done and gone, it’s still fresh in my mind. JK cold turkey perhaps?

So the previous epistle left us with a couple of months to go and all looking good. A couple more site visits with the team leaders for each start – the one at Kilnsey saw Richard, Graham and me experiencing 45mph winds and driving rain, goodness knows what it would have been like on the day with those conditions - and a finalising of the documents saw me thinking that most was done; if only.

As a lot of you will know the starts information came flying your way about three weeks before the event and I passed responsibility for each individual start on to the fantastically capable hands of Karen & Richard Clark and Dave & Pam Brown for Wass, with Richard and Graham for Kilnsey.

Next issue was the clocks – two from Halo, two from SYO (the expected two from Ebor unfortunately out of action). Despite loading all the software and scouring the internet I just couldn’t get the Halo ones to work. However, the SYO ones linked to the PC fairly easily and using their cable solved the problem, phew. Graham then kindly took them over and did a brilliant job, charging and synchronising them for each day – at a rather early hour.

Meanwhile in the run-up, questions and issues to solve kept coming in; the inbox was never empty !. Things like elite juniors, having volunteered to help suddenly realising they got fixed start times – yes just when they were helping, so other volunteers to find. One volunteer breaking her leg, so she was out, a family getting the days mixed up (!), questions on start lists, families on colour coded, people missing information and asking questions (usually about stuff that was actually there), EODs, the list goes on, not forgetting an issue with the Kilnsey S start position to solve and then suddenly a few days before Easter Friday it all goes quiet. So how did it all go - here's a very brief résumé.

Day 1 - Graham, Richard and myself arriving at Leeds University by 8am, the quiet before the storm. Gathering up some equipment left by Stan and emptying Graham's car soon saw us well on the way to setting up, with some early help from Mike H. The late start tent erected by the Parkers and there it was all ready to go. All the helpers arrive and soon, seeing the first starters pass smoothly through and off, was magic. Happy to say no problems and before we knew it we were dismantling everything. If you were there you'll know what a great atmosphere it was and even the sun shined. What a start to the Yorkshire JK. The Wass Start team leaders turned up to collect a load of equipment and then I merrily, but tired, drove home. One down, two (or four) to go.

Day 2 – At Graham's by 7am to pick up the clocks. Wass by 8am to find everything under control. The starts look great, better than I'd imagined. Luckily for us nice and sheltered, it was much colder up by the arena. The controller 'ok'ed for off fairly early and helpers running early were soon on their way. Whilst getting "breakfast" out of the car a lady asked "you don't have a spare compass do you?". Well luckily for her there was one in my box of 'stuff' and being a kind-hearted soul, I let her have it. Later I managed a short trip to the arena area to check the whistle helpers and even grab a bite of lunch. The four hours whizz by with no problems, save for a couple of injured competitors returning to the East Start and the ambulance that fetched them back almost getting grounded on the steep slope. Dismantling two starts with lots of helpers doesn't take long, the forest is quiet again and all I have to do is get two cars worth of kit into one car – Tardis like I almost make it, but a couple of trestles end up in Dave Morgan's camper van. Then it's off to meet Graham at Pateley Bridge to hand all this kit over. Luckily we do that just before the heavens open – most of you will also remember that "shower".

Day 3 – Up to Kilnsey for 8am. A quick visit and bit of help for Graham at the N start, and then trek over to the S start to help Richard. Once again both starts

well under control. A few minutes before the start and the radio crackles – Andy Kelly telling us that the S start kite’s in the wrong place (now who places the start kite) Assistant controller and I rectify the situation and all is well. Once again the competitors keep coming and they keep going. All going well – just a rather nasty heavy shower to contend with. Oh and the lady from yesterday sees me on her way to her start and returns my compass – orienteers are a good lot. About 1pm I notice a junior sat by a rock in the OOBs area. When I go to speak to him I realise that he’s not very happy – one lost junior, one map lost and thoroughly upset. So a walk back to the arena with him to get him sorted. And then it’s 2pm, all done – is that it ? Well of course another job of dismantling and almost all in Richard’s car when the hail comes, not good. Thankfully it doesn’t last too long, but those out on the courses will have been soaked. A meeting up with Stan, Graham and Richard to transfer stuff for the last day, a walk round the arena to chat to friends and then eventually I decide it’s home for me.

So three hard days completed, and five sets of starts that worked like clockwork. So many thanks to all of you who helped, to Mike H for turning up early each day to help set up and of course to all six of the Start Team Leaders who made each day go so smoothly and left me with few worries over the actual weekend.

Now Vince wanted a ‘best memory’ - I had two - seeing the first competitors away at Leeds and seeing the last away at Kilnsey. I don’t think I had a ‘funniest’ moment, but chatting to so many people and seeing how enthusiastic and helpful all the volunteers were just kept me happy all weekend.

It was a long time coming and it was lots of effort, but it was great. So what am I going to do with all that spare time coming my way ? May even have to start orienteering again. Now, where are those O shoes?

JK 2016 – A random race report from the Parkers

We all competed over all four days and helped as part of Chris Dicken’s well briefed start team on Days 1 to 3. It was a good weekend of racing and, whilst we are sure that there was much effort being expended to ensure the events came off, it all seemed to go smoothly and be a successful JK. We thought that the variety of landscape and orienteering provided was stimulating for the competitors and a good reflection on what Yorkshire has to offer.

We only saw part of the action – but congratulations are in order to all those involved in the conception organisation and delivery of the days. You know you are part of a large event when on Day 3 you man a separate start just for the M/W 12 and Orange courses! Manning the starts meant that we had open start times. That and the priority parking for helpers meant that although we had long days they were more relaxed than large events normally are. Being at an event with plenty of time to start was something of a novel experience for us and perhaps something that we will repeat in the future?

Sprint – Day 1

If the start hadn't have been in the shade we would have needed sunglasses. We manned the -1 minute box, set out maps and manned the late start tent. As final check and -1 minute box Adrian had to remind all competitors that it was a punching start – and Luke (manning the map boxes) ran after those competitors who were so wired they ran off without punching. Jemima's most memorable enquiry in the late start tent was from two competitors from Burma who had navigated back to the start, to start the second page of their two sided map. Nathan and Lois pasted results up at download and enjoyed the cyclist who insisted on cycling down the finish funnel and out though the download tent pursued by a race official. In retrospect the sprint was the most successful day for our family – with Luke achieving a 14th place in M16 which was the best family result.

We have been amused to find the M45 course on You Tube. It features cameos from Adrian and Luke on the start and then a GoPro headcam with the map laid alongside. The runner (Tony Udris from SYO) has excellent flow and rarely pauses. The link is on the JK website Photos page.

Wass – Day 2

Wass had received some bad press before the JK in terms of the quality of the venue. We thought it was an interesting wood with lots of good detail and complexity. The starts were nicely sheltered from the keen wind on the assembly field and it all went pretty smoothly. We had a few people coming back through the start, one with a twisted ankle and another who had lost their dibber - but who went and hired one and then went out again. We had a number of Scandinavia competitors starting, one of whom commented that the map looked much like Norway – but without the fjords (!). We pass on to Chris the complement by another Scandinavian competitor who commented that the start was far more helpful and informative than what she was used to. Our runs were fine but not fast, and Luke again achieved the best result with a 20th place.

Kilnsey – Day 3

Abiding memories of Day 3 are the interesting weather and some long legs between controls. Our start helper slots were in the dry and most of us avoided the first heavy shower whilst changing in the car. We were parked in the quarry near the North start (much of which found its way into the car – and is still there). Nathan had departed earlier on M20E. It had looked dry at that point and he only took a shell, not a waterproof. A decision he regretted later when he got very wet and cold – and when he ended up being out for nearly 3 hours. He wins the prize for the longest control split – an impressive 44 mins 59 seconds – but he did not give up and completed the course. (***) Edit by Nathan - over the JK weekend I was not feeling well and had a temperature - which perhaps gives me an excuse for my poor runs- especially on day 3 where my course was 13.7 km – the longest leg being over 2km! (***)

Adrian, Jemima and Lois got caught in the hail storm that turned the upper moor white. The hail whipped in hard and painfully and made running on a bearing into the wind very difficult indeed – for us at least (Adrian drifted off his bearing at this point and had to relocate a number of times), and judging by the number of runners who retired that was a widespread issue. When we finished cold and wet we discovered that the Claro make of green club tent is now very common – which made locating shelter problematic – and we ended up sheltering in the YHJS cake tent. With so many of the club organising the event it is understandable that we did not have a feather up (and there are worse alternatives than a tent full of cake!) – but it shows the benefits of having the tent and feather at major events where the parking is often distant. [*Ed - Many clubs took their feather down because it was too windy. One actually blew away on Day 2*]. Again Luke was the only Parker with a result worthy of note coming 15th - which placed him 17th M16 over the 2 middle days, which he was happy with.

Storthes Hall – Day 4

We had a Parker boys team in Men's short and Lois running in a junior team and Jemima in a senior women's team. Our boys team ended up half way through the field, but the rest of us rather let down Luke with poor runs, when he had set us up nicely with a 10th place on Leg 1. We particularly enjoyed John Birtwistle's glory run past the grandstand trophy presentation as he finished his last leg, and Richard Kirk's account of losing his shoes (retrieved) and compass (lost) in the mud - see below!

Control 99 or Nevermore...! - Richard Kirk

Being somewhat involved in the running of JK Day 3, I did not fancy competing and getting overtired or worse, damaged, during the first 3 days, but did think it was worth having a crack at the Storthe Hall Relays on Day 4. This was not a wise decision.

I was running Leg 2 in the Claro Cliffhangers team, between Graham Ramsden and John Birtwistle. For me, starting after the handover involved tunnelling through the thick, uncooperative press of people waiting behind the line, then forgetting where the Start Kite was supposed to be (I did know it at one time, honest). I thought it might be a good idea to follow the purposeful M90 just in front, but he quickly outdistanced me. Nevertheless, I managed to trundle round a number of controls, not enjoying the so-called “beautiful, fast, runnable forest”. A bog between Controls 2 and 3 nearly claimed me, but I won through to the campus bit. “Great”, I thought, I could (as David Coleman once said of Seb Coe) “show my class”, but the map scale was too small to see easily and my brain was too small to notice that the Planner had put a large scale extract of the campus in the map corner.

So far so below average. What I thought was my nadir came on Control 8 when being clever-clever put me somewhere which seemed right – well, of course I was right, the map naturally supported me, but..... where was everyone all of a sudden? The only people I saw for 15 minutes were two foreign orienteers who demanded I show them on their map where they were. Generous in my misplaced confidence, I was happy to oblige. I am glad I did not see them afterwards: they were both bigger than me. Later, much later, I gave up trying to apply the map to my surroundings and re-located towards the racket coming from Assembly. After that, things fell into place, sort of, and I was back in the populated part of the wood where fast young athletes were operating on the basis that they are only thing moving in the area and cut up barely-movers like me as if they were White Van Man on the Empress Roundabout.

In high anticipation of putting my run out of it's misery, I approached the end of the course. Not far from where Control 12 (99) showed up, there was some tiger tape. This threw me slightly, but the control itself was clearly close by so I ignored it, like you do.... The ground in front was soft and muddy with lots of footprints. I sprang lightly (that sounds good, but I didn't, really) over it, took two steps and realised that my trailing foot had come up Mudclawless. Where, amongst the myriad of footprints behind me was my poor lost shoe? Feverish scrabbling located it, but getting it out was more awkward. It had to be dug

under and dragged out. Clutching my prize, I triumphantly moved forward only to realise that the swamp had decided to claim my other shoe. Panic. Did this mire just like shoes or was it after bigger game - like me? Repeating the excavation process, I waded barefoot to a nearby bank, scooped mud out of my shoes and put them back on (ugh), realising characteristically too late, that the tiger tape was there to warn people coming from sensible directions about the bog. I had not come from a sensible direction.

Reader, I finished. Storthes Hall was not yet done with me, however. On getting back to the Club tent, I realised that although my thumb had started the event with a compass on it, all I had now was just a very muddy thumb. I rather suppose that the compass now resides somewhere deep beneath the Storthes Hall Estate, probably closer to the Coal Measures than the surface, and nevermore to be restored to me.

PS. I should not like to leave this sorry tale without mentioning that the better two thirds of my team, Graham and John, both had excellent runs and were really very good about my disaster.

JK Photo Gallery - some assorted images



Top Left: the Start Team waiting for the Start to start at the Start on Day 1. **Top Right:** John Birtwistle setting off on the way to his famous run past in the Relay
Bottom L to R: David Day looking fresh as a daisy (ish), Tamsin Ker flying and Ruth Ker heading for the relay finish - (Photos: Brian Ward)

JK Competition

For your chance to win a nearly new velcro forearm-style control descriptions holder (kindly donated and only used at one JK), guess the official number of helper sessions across the 4 days of the JK. That's sessions, not helpers as many did more than one session. Email your answer to the new comms email address: claro@claro-orienteeing.org.uk. Only one entry per club member. Editor's decision is final. No cheating if one of the officials had told you. Do not vote after the vote has closed as your vote won't count and you may still be charged.

Life after the JK

Well, enough about the JK. Glad to get my life back to be honest. See you next year somewhere west of London with SEOA for JK2017. Meanwhile, club life goes on, with lots happening. In no particular order:

CompassSport Trophy

We have the new date for the CompassSport Cup & Trophy heat at Timble, which is Saturday 4th June 2016. Hopefully the carpark field will be dry. We need you to:

- Help - team leaders will be in touch for the usual duties, but this is a big event so lots needed. It will be the first event to use the new helper vouchers (see reminder later)
- Run - Mike Hind will be back in touch. Every little helps.

Post JK Bash

As billed by Stan, the post JK social event is now confirmed for World Orienteering Day on Wed 11 May 16 at So! Bar, 36 Otley Road, Harrogate (www.sobarandeatsharrogate.co.uk). Linda is organising, so if you want to go (and you should!) please email her at lindak@claro-orienteeing.org.uk so she can confirm numbers. No need to order in advance, but the menu is on the website if you need to see it. Bring your JK maps!

Spring O

The Spring Wednesday evening series kicks off on Wed 20 April at Hookstone. Details of this and the other five events are on the website. Thanks to Richard and our volunteer planner/organisers - please support them. The dates are overleaf:

Spring O 2016

Wed 20 Apr 16	CLARO Spring-O at Hookstone Woods	Richard Kirk
Wed 4 May 16	CLARO Spring-O at Conyngham Hall	Liz Potterton
Wed 18 May 16	CLARO Spring-O at Harlow Hill / Valley Gardens	Tim Evans
Wed 1 Jun 16	CLARO Spring-O at Jacob Smith Park, Knaresborough	Allen Banister
Wed 15 Jun 16	CLARO Spring-O at Hell Wath, Ripon	David Day
Wed 29 Jun 16	CLARO Spring-O at Killinghall Moor	Steven Fry

Club Charges and Payments Policy

There has been some confusion about club policy for fees, payments and the like recently, so our Treasurer Linda has now set it out clearly for all (but especially organisers). It's on the website under Club/Policies. Thanks Linda!

Club Picnic 2016

In time-honoured style, last year's winners Ruth and Tamsin Ker will be organising the Annual Club Picnic, which will be somewhere in or near Harrogate on Sunday 12th June. It will include the traditional light-hearted "Club Championships" event and could follow any number of formats. Save the date. More details will follow.

Helper Scheme

Reminder: we are now operating the new helper incentive scheme. From now on the organiser will record helpers' names and issue them with a voucher which can be used to get a free run at a future event.

We will also be using a more flexible system for helper teams - in the past, some teams have been short and others have had surplus, so event by event the organiser will work with team leaders to balance the books, which might mean you get to try a new job for a change! Variety always was the spice of life, apparently.



CLARO Events for 2016

Below is a summary of the Club events until the end of the summer for your diary with a few notes where applicable.

Wed 20 Apr 16	SpringO #1 Hookstone - the first of the new Spring O series
Sat 23 Apr 16	Schools League #5 Conyngham Hall - the Schools League resumes post-JK with two events remaining
Wed 4 May 16	SpringO #2 Conyngham Hall
Wed 11 May 16	World O Day JK Social, Harrogate - at So! Bar in Harrogate. Email Linda to book
Sat 14 May 16	Schools League #6 Valley Gardens - the final Schools event
Wed 18 May 16	SpringO #3 Harlow Hill / Valley Gardens
Sun 29 May 16	Ripon Urban (C) - our YHOA Urban League event, planned by Stan and organised by Richard
Wed 1 Jun 16	SpringO #4 Jacob Smith Park, Knaresborough
Sat 4 Jun 16	CompassSport Cup Heat Timble (B) - full turnout needed
Sun 12 Jun 16	Club Picnic, Harrogate
Wed 15 Jun 16	SpringO #5 Hell Wath Ripon
Sun 19 Jun 16	RHS Father's Day Event at Harlow Carr - White and Yellow courses for kids to race Dad. Helpers needed - chance to wander around the gardens before or after your shift. Contact Vince.
Wed 29 Jun 16	SpringO #6 Killinghall Moor