

# The Clarion



**Claro Orienteering Club  
January / February 2016  
Issue 145**



The JK 2015 Relay Arena - not long now to JK 2016 Yorkshire!

## Club Contacts

### Chairman

Stan Appleton  
stana@claro-orienteeing.org.uk

### Secretary

Vince Grealy  
vinceg@claro-orienteeing.org.uk

### Fixtures

Graham Ramsden  
grahamr@claro-orienteeing.org.uk

### Treasurer

Linda Kelly  
lindak@claro-orienteeing.org.uk

### Committee / Assistant Fixtures

Richard Kirk  
richardk@claro-orienteeing.org.uk

### Committee / Mapping / Club League

Allen Banister  
allenb@claro-orienteeing.org.uk

### Committee / Relays

Ruth Ker  
ruthk@claro-orienteeing.org.uk

### Coaching / Schools / Development

Jemima Parker  
jemimap@claro-orienteeing.org.uk

### Membership

David Gugan  
membership@claro-orienteeing.org.uk

### Equipment

John & Susan Birtwistle  
sueb@claro-orienteeing.org.uk

### Social Secretaries

Arthur Clarke & Christine Hayes

### Junior Reps

Nathan & Luke Parker

### Newsletter Editor / Publicity

Vince Grealy  
vinceg@claro-orienteeing.org.uk

### CompassSport Trophy

David Gugan / Mike Hind

### Webmaster

Tim Moon  
timm@claro-orienteeing.org.uk

### Footpath Runs

Liz Potterton

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

@ClaroOrienteeers

---

## CONTENTS

<i>Contacts</i>	2
<i>Editorial</i>	3
<i>Pately Prattlings</i>	3
<i>Membership Update</i>	5
<i>Results Roundup</i>	6
<i>Pounding the Pavements</i>	9
<i>CompassSport Trophy</i>	10
<i>JK Update</i>	10
<i>JK 2016 Starts</i>	11
<i>A Canter Round Canklow</i>	12
<i>Helper Scheme</i>	13
<i>Control Descriptions</i>	14
<i>Annual Dinner</i>	18
<i>Events listing</i>	20

---

## Editorial

Unbelievably, this is the last Clarion before Yorkshire hosts the JK at Easter. There is both excitement and trepidation in equal measure - excitement in welcoming orienteers from across the world to our back yard and in the buzz of a major, world ranking event, but trepidation in that the big team that has been working so hard for 2 years under the leadership of our own Mike Cope has a pretty hefty responsibility. Entry numbers are looking good and much of the hard work is done, but there are still significant challenges to overcome, such as that posed by the recent weather and the possible need to change parking arrangements for thousands of visitors at the last minute. The club is massively involved and we hope that club

members will make the most of the opportunity to experience it. The next Clarion will hopefully carry the news of a fantastic success. See you at the Start!

## PATELEY PRATTLINGS – Our Chairman, Stan



I've been filling in a few race entry forms lately, online or on paper, and it's very apparent the wide range of entry fees charged across the range of 'running sports'. On the one hand the low-key, relaxed fell race just asks for £4 whilst much further up the scale the professionally organised adventure race might be looking for say £45 plus an optional T-shirt fee. Even among the trail race calendar I fail to understand why one organiser needs to charge £40 whilst a comparable event organised by

LDWA should ask just £8, the latter including food at the finish and at several controls. By and large, orienteering sits at the lower end of the range particularly at Level C where BOF members typically pay between £6 and £10 for their morning's sport. We wince at Level A & B events asking £16 or similar, but the BOF levy structure is weighted so that those events generate funds for things such as national team costs, elite development and so on.

So how can fell races, LDWA trail events and orienteering events keep their fees so low? A key reason is that they rely heavily on volunteers to organise and plan their competitions, to staff their starts, finishes and occasional controls, to spend time mapping or route-checking, to lay out courses, and in some cases to prepare catering. Without those volunteers we would see entry fees soar. But here's the rub; those volunteers can only come from within the sport concerned. In our case our low entry fees and low membership fee are only possible because of the unpaid work put in by club members. You could say that there's a sort of informal contract; fees are low but in return we hope that we will get a few hours of your time for nothing. And that means you, me and every other competing member.

Claro is like most other orienteering clubs in having team leaders for various functions of running an event, functions such as car parking, registration, start, finish, download, etc. Those team leaders need your support if events are to operate smoothly and without the burden always falling on the faithful few to whom we're most grateful. Helpers' rotas at events will invariably be arranged so that you can still get your run in but what we ask is that you can also give an hour or two of your time at events to help with keeping the event going.

For 2016 we're introducing a new voucher scheme to encourage and reward volunteers at our Level B and C events. The organiser of each event will arrange for every volunteer helper to have a token that gives them a free entry at a future Claro Level C or D event. For example, if you volunteer at Timble in March you'll get a voucher that you can use later in the year at, say, Ripon in May. The vouchers will have no expiry date. This replaces the previous system of a discounted entry fee for helpers and is similar to schemes run by neighbouring clubs.

Sunday 13 March provides the first opportunity to be rewarded with a voucher as Claro will be hosting the zone qualifying round of the CompassSport Cup, the major inter-club competition. The event is at Timble, well within the heart of our patch and will be attended by clubs from Yorkshire and the North East, as well as a couple of clubs from 'over the hill'. So lots of cars to park, lots of runners to register, start, finish and download. Lots of kites to be collected in later. I know that Mike Hind, who is collating our own club entries for the event, will ensure that your start time enables you to also give a helping hand somewhere. We're keen for you to help out but we're vitally keen that you run too, no matter what your ability. I understand that nothing short of a death

certificate or a note from your mum will stop Mike from chasing you up if you've not already agreed to run for us.

We're all very encouraged by the numbers of you who have offered your services to help out at the real biggy, the JK weekend at Easter, where there's jobs for all once again. Meal vouchers will be issued to all helpers but there's also the added incentive of a free specially-designed Giraffe (like a Buff, Choob, or neck tube) for helpers. Not that you need bribing of course !

*Stan Appleton*

## **Membership Update**

The club currently has 105 members, which is very close to the previous number but does not reflect the considerable change due both to the end of the year and to lots of new members joining from the Schools League. So, (deep breath) welcome to:

- James Buckle (M14)
- the Domer family with dad Nic (M40), Hannah (W10) and Theo (M14)
- Fern Hill (W10)
- the Hobson family with Martin (M35), Suzanne (W35), Jasmine (W10) & Charlie (M8)
- Caelis Main (W10)
- the Marsh family with Rainy (W35), David (M50), Kaitlyn (W14), George (M10) & Jonny (M6)
- the McAllister family with James (M40), Jo (W35), Thomas (M8) & Oliver (M6)
- Rachel Gospel (W45) and Isla Reid (W8) joining dad Mark and Ewan
- David Rochester (M45), and son Matthew (M16) joining Toby
- Anna (W10) and Ben (M14) Rosie
- Erin (W10) and Isla (W8) Sharp

Welcome all. We hope you enjoy your orienteering with the club and look forward to seeing you at an event soon.

A few existing members might have not got round to renewing yet. No public shaming this time...

Don't forget that your membership also gives you lots of extra benefits, like discount for shops and services. Full details can be found on the British orienteering website at [www.britishorienteering.org.uk/discount\\_members](http://www.britishorienteering.org.uk/discount_members).

# Results Roundup

The table below contains results from YHOA events between Sep 15 and Jan 16

06/09/15 SYO Middle Distance Bowden Housteads				
<b>Green</b>				
1	Yasmin Field	SYO	W16	00:43:08
20	Linda Kelly	CLARO	W55	01:09:05
13/09/15 CLARO Level C Hanging Moor				
<b>Brown</b>				
1	Joe Woodley	AIRE	M20	00:56:29
3	Nathan Parker	CLARO	M18	01:16:53
<b>Blue</b>				
1	Luke Parker	CLARO	M16	01:03:33
4	Adrian Parker	CLARO	M45	01:06:23
26	Philip Robinson	CLARO	M50	01:38:39
27	Allen Barnes	CLARO	M70	01:38:45
32	Stan Appleton	CLARO	M65	01:51:29
<b>Green</b>				
1	Leon Foster	AIRE	M21	00:36:59
5	Ruth Ker	CLARO	W45	00:45:53
6	William Hickson	CLARO	M50	00:48:19
11	David Gugan	CLARO	M55	00:52:29
14	Jemima Parker	CLARO	W45	00:56:51
15	Liz Potterton	CLARO	W55	00:57:20
18	Ben Gugan	CLARO	M18	00:59:52
22	Alexander Robinson	CLARO	M16	01:05:49
33	Jackie Barnes	CLARO	W65	01:25:18
36	Arthur Clarke	CLARO	M65	01:33:38
Rtd	Tim Moon	CLARO	M65	01:24:10
<b>Light Green</b>				
1	Wendy Taylor	CLOK	W55	01:15:49
2	Richard Kirk	CLARO	M65	01:23:05
5	Lois Parker	CLARO	W12	01:30:00
<b>Orange</b>				
1	Emma Van Dam	HALO	W12	00:42:27
6	Christine Hayes	CLARO	W55	01:15:13
<b>Yellow</b>				
1	Evan Madden	CLARO	M10	00:22:31
19/09/15 Dales W/E Northern Champs Monk's Road AIRE				
<b>M21V</b>				
1st	Joe Taunton	NOC	M21	42:26
2nd	Fraser Birtwistle	CLARO	M21	48:54
<b>M55S</b>				
1st	Graham Capper	EBOR	M55	43:13
7th	John Birtwistle	CLARO	M55	55:12
<b>M65L</b>				
1st	Peter Gorvett	SYO	M65	42:06

21st	Stan Appleton	CLARO	M65	59:41
36th	Tim Moon	CLARO	M65	73:46
<b>M65S</b>				
1st	Mike Cope	CLARO	M65	49:53
<b>M70L</b>				
1st	Ian Cooper	BKO	M70	44:33
8th	Allen Barnes	CLARO	M70	56:41
<b>W55L</b>				
1st	Alice Bedwell	BOK	W55	42:12
16th	Susan Birtwistle	CLARO	W55	61:58
17th	Liz Potterton	CLARO	W55	62:15
<b>W65L</b>				
1st	Jenny Wren	BL	W65	46:11
10th	Jackie Barnes	CLARO	W65	53:21
20/09/15 Dales W/E YHOA Champs Hawkswick Clowder				
<b>Short Brown</b>				
1st	Alex Carcas	INT	M18	51:21
69th	Stan Appleton	CLARO	M65	103:00
<b>Short Blue</b>				
1st	Peter Gorvett	SYO	M65	50:51
56th	Allen Barnes	CLARO	M70	74:23
<b>Green</b>				
1st	Laura King	AIRE	W16	38:10
70th	Liz Potterton	CLARO	W55	67:19
mp	Susan Birtwistle	CLARO	W55	58:48
<b>Short Green</b>				
1st	Jess Nixon	AIRE	W21	42:03
18th=	Jackie Barnes	CLARO	W65	52:35
33rd	Linda Kelly	CLARO	W55	64:33
<b>Orange</b>				
1st	M Stangroom	LOC	W12	20:02
17th	Christine Hayes	CLARO	W55	59:15
11/10/15 EBOR Regional Event Skipwith Common EBOR				
<b>Blue</b>				
1	Tony Carlyle	AIRE	M60	00:57:39
13	Allen Barnes	CLARO	M70	01:18:56
<b>Green</b>				
1	Tony Davies	SELOC	M65	00:35:16
17	Mike Cope	CLARO	M65	00:51:08
29	Tim Moon	CLARO	M65	01:01:24
35	Jackie Barnes	CLARO	W65	01:12:59
<b>Short Green</b>				
1	H Crutchley	HALO	W50	00:37:27
5	Arthur Clarke	CLARO	M65	00:49:00

19	Richard Kirk	CLARO	M65	01:18:34
<b>Orange</b>				
1	A Tattershall	EBOR	M12	00:29:56
5	Christine Hayes	CLARO	W55	00:45:34
25/10/15 YHOA Superleague Ogden Water EPOC				
<b>Green</b>				
1	Niamh Hunter	WCOC	W16	00:46:47
28	Jackie Barnes	CLARO	W65	01:34:19
<b>Light Green</b>				
mp	Richard Kirk	CLARO	M65	12:14:58
01/11/15 Regional Event Ramsley Moor SYO				
<b>Green</b>				
1	Martin Green	MDOC	M60	00:47:07
31	Jackie Barnes	CLARO	W65	01:12:37
<b>Blue</b>				
1	Karl Marshall	SYO	M45	00:47:18
14	Allen Barnes	CLARO	M70	01:13:39
15/11/15 Aire Regional Event Middleton Park AIRE				
<b>Blue</b>				
1	Steve Dempsey	MDOC	M50	00:49:38
25	Allen Barnes	CLARO	M70	01:23:22
-	Allen Banister	CLARO	M55	01:34:35
<b>Green</b>				
1	Neil Conway	AIRE	M45	00:38:50
5	Timothy Evans	CLARO	M50	00:49:20
19	Mike Cope	CLARO	M65	01:05:10
22	Jackie Barnes	CLARO	W65	01:11:41
22/11/15 YHOA Superleague Brimham Rocks CLARO				
<b>Short Brown</b>				
1	Charlie Adams	SYO	M50	00:47:36
11	Adrian Parker	CLARO	M45	01:02:05
20	William Hickson	CLARO	M50	01:11:30
<b>Blue</b>				
1	Phillip Batts	CLOK	M50	00:44:52
25	Mike Hind	CLARO	M60	01:04:25
42	Allen Banister	CLARO	M55	01:24:58
<b>Short Blue</b>				
1	Janet Adams	SYO	W50	00:48:29
3	Ruth Ker	CLARO	W45	00:50:25
5	David Day	CLARO	M65	00:51:33
25	Jemima Parker	CLARO	W45	01:19:10
<b>Green</b>				
1	Alexander Lines	EBOR	M20	00:29:44
20	Allen Barnes	CLARO	M70	00:53:33
28	Maja While	CLARO	W50	00:58:24

30	Tim Moon	CLARO	M65	01:01:13
-	Arthur Clarke	CLARO	M65	00:55:32
<b>Short Green</b>				
1	Paul Chapman		M55	00:44:51
7	Linda Kelly	CLARO	W55	00:54:54
19	Richard Kirk	CLARO	M65	01:08:57
-	David Harbour	CLARO	M75	01:17:47
<b>Orange</b>				
1	Lois Parker	CLARO	W12	00:27:01
13	Alexis Whittaker	CLARO	W12	00:48:44
17	Christine Hayes	CLARO	W55	00:55:44
<b>Yellow</b>				
1	A Crawshaw	EPOC	W10	00:15:35
3	Eve Whitaker	CLARO	W10	00:36:40
28/11/15 YHOA Night League Killinghall Moor CLARO				
<b>Long</b>				
1	Jack Wood	AIRE	M21	00:30:41
17	Allen Banister	CLARO	M55	01:10:27
18	David Gugan	CLARO	M55	01:11:19
<b>Medium</b>				
1	Emma Harrison	EPOC	W40	00:44:31
4	David Day	CLARO	M65	00:48:04
6	Allen Barnes	CLARO	M70	00:58:10
9	Jackie Barnes	CLARO	W65	01:12:14
<b>Short</b>				
1	Luke Fry	CLARO	M12	00:30:52
06/12/15 YHOA Superleague Wharnccliffe South SYO				
<b>Blue</b>				
1	Martin Ward	SYO	M45	00:59:22
41	Stan Appleton	CLARO	M65	01:45:52
<b>Short Blue</b>				
1	Joe Woodley	AIRE	M20	00:41:38
14	Allen Barnes	CLARO	M70	01:20:39
20	Mike Cope	CLARO	M65	01:28:19
<b>Green</b>				
1	Clive Wilson	SYO	M60	00:58:48
25	Jackie Barnes	CLARO	W65	01:18:49
12/12/15 YHOA Night League Swinemoor HALO				
<b>Medium</b>				
1	Helen Gardner	EBOR	W65	00:31:09
3	David Day	CLARO	M65	00:34:04
5	Allen Barnes	CLARO	M70	00:38:50
7	Jackie Barnes	CLARO	W65	00:39:18
13/12/15 Regional Event Beverley Westwood HALO				
<b>Short Green</b>				
1	Gerry Symes	AIRE	M65	00:41:49

12	Jackie Barnes	CLARO	W65	00:58:34
<b>Green</b>				
1	Remo Madella	Vivaio	M40	00:44:47
16	Allen Barnes	CLARO	M70	01:03:19
19/12/15 YHOA Night League Newmillerdam EPOC				
<b>Long</b>				
1	Joe Woodley	AIRE	M20	00:32:25
26	Timothy Evans	CLARO	M50	01:17:10
<b>Medium</b>				
1	Steve Dempsey	MDOC	M50	00:35:49
10	David Day	CLARO	M65	00:47:19
12	Allen Barnes	CLARO	M70	00:48:21
21	Jackie Barnes	CLARO	W65	01:08:03
20/12/15 Level C Newmillerdam Country Park EPOC				
<b>Green</b>				
1	Jack Cooper	AIRE	M21	00:41:16
17	Liz Potterton	CLARO	W55	00:55:59
38	Jackie Barnes	CLARO	W65	01:06:35
45	Tim Moon	CLARO	M65	01:08:46
<b>Short Green</b>				
1	Barrie Speake	EBOR	M70	00:38:31
11	Arthur Clarke	CLARO	M65	00:53:35
16	Richard Kirk	CLARO	M65	00:58:18
09/01/16 YHOA Night League Meanwood AIRE				
<b>Long</b>				
1	Joe Woodley	AIRE	M20	00:48:06
21	Timothy Evans	CLARO	M50	01:58:19
<b>Medium</b>				
1	O Kamarainen	AIRE	W35	01:04:06
6	Allen Barnes	CLARO	M70	01:18:34
8	David Day	CLARO	M65	01:20:37
14	Jackie Barnes	CLARO	W70	02:24:02
10/01/16 YHOA Superleague Middle Distance Canklow				
<b>Short Green</b>				
1	Louise Dunn	EBOR	W55	00:30:03
22	Richard Kirk	CLARO	M65	00:46:13
29	Jackie Barnes	CLARO	W70	00:54:19
<b>Green</b>				
1	S Whitehead	EBOR	M65	00:29:47
21	Allen Barnes	CLARO	M70	00:46:25
30	Mike Cope	CLARO	M65	00:49:23
41	Stan Appleton	CLARO	M65	00:59:47
<b>Brown</b>				
1	Charlie Adams	SYO	M50	00:39:45
28	Edwyn Oliver-evans	CLARO	M21	00:52:39
45	Timothy Evans	CLARO	M50	01:05:03

16/01/16 YHOA Night League Bishop Wood EBOR				
<b>Medium</b>				
1	David Day	CLARO	M65	00:48:18
2	Allen Barnes	CLARO	M70	00:51:25
7	Jackie Barnes	CLARO	W70	00:55:54
24/01/16 Aire Regional Event Flasby Fell AIRE				
<b>Brown</b>				
1	Joe Mercer	SELOC	M21	00:55:07
12	Nathan Parker	CLARO	M20	01:11:56
<b>Blue</b>				
1	George Stevens	AIRE	M21	00:49:29
4	Luke Parker	CLARO	M16	00:56:58
15	Adrian Parker	CLARO	M45	01:02:45
<b>Green</b>				
1	Adam Thorpe	EPOC	M14	00:36:08
25	Mike Cope	CLARO	M65	00:54:02
34	Susan Birtwistle	CLARO	W55	00:58:56
43	Tim Moon	CLARO	M65	01:02:16
47	Jackie Barnes	CLARO	W70	01:06:16
49	Liz Potterton	CLARO	W60	01:09:46
<b>Short Green</b>				
1	Michael Cox	AIRE	M65	00:36:22
8	Richard Kirk	CLARO	M65	00:54:53
12	Arthur Clarke	CLARO	M65	00:59:50
<b>Light Green</b>				
1	Finlay Johnson	SROC	M14	00:29:43
9	Lois Parker	CLARO	W14	00:59:48
11	Josie Hickson	CLARO	W18	01:06:16
<b>Orange</b>				
1	Joanna Mitchell	IND	W45	00:38:18
13	Christine Hayes	CLARO	W55	01:17:45
31/01/16 Sport Relief Regional Event Brodsworth SYO				
<b>Orange</b>				
1	Imogen Pieters	SYO		00:25:43
11	Christine Hayes	CLARO	W55	01:19:10
<b>Short Green</b>				
1	Alexander Lines	EBOR	M21	00:31:06
14	Linda Kelly	CLARO	W55	00:55:54
<b>Green</b>				
1	Richard Payne	EPOC	M65	00:39:28
31	Arthur Clarke	CLARO		01:06:38
32	Rod Shaw	EPOC	M75	01:07:10
33	Jackie Barnes	CLARO	W70	01:07:54
<b>Blue</b>				
1	Steve Corrigan	EBOR	M55	00:48:46
32	Allen Barnes	CLARO	M70	01:21:56

## **Pounding the Pavements – Autumn Leaves Series 2015 - Richard Kirk (Assistant Fixtures Secretary)**

It struck me the other day that it was about time I reported on our last Street-O (or Lampo as we like to call them) series. Lampos have been running for some years now, having initially been set up and operated single-handedly by Chris Dicken. Kudos to Chris! Subsequent programmes were co-ordinated centrally with individual sessions being planned and organised by various club members.

Lampos were designed to get club members together for what amounts to an urban event on dark weekday evenings in the autumn and winter. The map is a simple skeletal street map created from Open Orienteering Map (oom.com) with (conveniently numbered) lamp posts acting as controls. The format is a score event with runners having to collect as many lamp post numbers as possible within 45 minutes. Planning and organisation is straightforward and can all be done in advance on a laptop.

The Autumn Leaves (September-December) and Winter Blues (January-March) series are now regular and solid features on the Club's fixture list. For added interest last year we decided to base each session at or near a decent pub so those inclined can rehydrate after the run and argue over route choices.

The most recent Autumn Leaves programme involved the usual 6 fixtures, 5 scattered round Harrogate ranging across Pannal/Burnbridge; Harlow Hill; Central Harrogate; Jennyfield; and High Harrogate and 1 in beautiful downtown Ripon. We were reasonably lucky with the weather. It continued mild and despite the monsoon which enveloped November and December, only the Ripon session was troubled by some wet on a drizzly and windy evening. Numbers attending the events fluctuated from 8 to 14, with runners including the usual club suspects plus some parent/child combos: well done to the Greens and the Frys! We even drew in some EBOR people: welcome to Graham Capper and Vickie Bailey. The post run refreshment idea was successful and is being repeated in the current Winter Blues series, planners offering either a pub run or refreshment at their home

The continuing success of our Lampo events is dependent on club members being willing to plan and organise: many thanks are due to those who stepped up last autumn: Linda Kelly; the Birtwistles; Liz Potterton; Vince Grealy and the younger members of the Parker family – Nathan, Lois and Luke. This was their first experience of planning but it did not show. The 2016 Winter Blues

series will include an event run by the Frys and it is CLARO's hope that we can continue to attract new planning talent from our younger members.

To those of you who would like to try a Lampo for the first time, we would love to see you at the next Winter Blues event which is in Starbeck on Wed 7th Feb 16 and if anyone fancies messing around with maps and putting an event on, please give it a try. It will not take long, there are clear instructions on the club website (courtesy of Vince) and plenty of help is available from the rest of us!

## CompassSport Trophy - Mike Hind

Your club needs you on **Sunday 13th March 2016**. So you aren't signing up to go and spend four years in the trenches; just one day at Timble. We need you to do two things:

- **Help** at the event. We are once again doing this because all the other clubs in YHOA are too busy organising the JK (and my tongue is now welded to my cheek as we are obviously doing nothing in that line apart from providing the overall coordinator, the start coordinator, equipment, signs, SI coordination, publicity – need I go on?)
- **Compete!** The fun bit where you go out into the forest and run like angels so that we can progress to the final this year after our “almost” last year.



Put the date in your diary NOW!

**13th March 2016** (which is also my 65th Birthday!). This is then sacrosanct – no weddings, no birthdays, no painting the house or having to file your collection of steam locomotive cigarette cards is acceptable as an excuse. Be there or be square.

You should already have received an e-mail from me but if you have not please e-meil me at [mike dot hind@btinternet dot com](mailto:mike dot hind@btinternet dot com). I'll be in touch again soon.

## JK2016 Update

Unless you have been hiding under a rock or you are totally new to the sport/club/world, you will not have missed the fact that Yorkshire is hosting the

biggest annual orienteering event in the UK this year. If you know all about the JK, then hopefully you have entered and volunteered to help. If you have not entered then you still can - up until 3 March 2016. After that it is limited EOD for short colour coded only. Details are on the JK website - [www.thejk.org.uk](http://www.thejk.org.uk). If all this is new, then you have a great opportunity to take part in a major event on our doorstep. There are beginner courses as well as class courses for all ages from M/W10 to M/W90 and even a string course each day for the really young. It's a great atmosphere and you can compete at the same time as the top internationals. look for the club tent and feather flag in amongst the mass of colour in the arenas. Most of the club helper effort is on starts - so here's an update from Chris Dicken, the main man for that.

## **JK2016 – “The Starts” an update - Chris Dicken**

Well we're now only 2 months away from JK2016, where did that year go? Much has been happening behind the scenes with the teams responsible for all four days working hard. Then of course those with wider responsibilities have also been working their socks off. As you all know Mike C has been performing sterling work co-ordinating the whole show, Vince producing great publicity & responsible for co-ordinating all the signs, and Stan & Tim also now involved in the equipment and SI roles.

However I can only really speak for myself as Start Team coordinator, so what's been going on there you ask (I hope). Well thankfully with a full complement of Day Team Leaders in place, visits to all three individual day sites duly completed (more than once) and September / October seeing me spending a considerable amount of time producing all the paperwork that is needed to support the on the day activities real progress has been made.

Whilst running a start at a C level event looks fairly easy and straightforward, there's a bit more planning needed for JK starts. As the starts are all timed (except the sprint, and even there start times are assigned) and as there will be rather a lot of competitors passing through, ensuring that everything goes smoothly and that there are no hold ups is essential, otherwise there will be some pretty annoyed orienteers. So this not only means having everything planned out in detail beforehand, but also making sure that everyone helping knows what their role is and what they have to do.

My first big job therefore was writing a Starts Document and associated Start boxes diagram, explaining the details of each day and the tasks to be performed. There are also the Elites to deal with, open start times, late starters and colour

coded competitors and of course whilst each day and start is similar and the aim has been for consistency across the three individual days, the vagaries of each location (days 2 & 3 both have two start locations) make for some differences . If you're helping out you'll be lucky enough to receive a copy of this to read nearer the time !

Then for each Start there is of course a lot of setting up to do before the event. So, details of the signs we require, where they are to be positioned, both on the route to the start and at the actual start itself, the specific layout at each start, the helpers required at each start and their roles. (Identifying numbers of helpers has shown that we need 44 start helpers for Day 2 and 50 for Day 3!). There's also any specific details for the individual day and the "jobs to do " lists. So, all in all quite a lot to put together.

Following on from all this we had a Start Team Leaders meeting at the beginning of December. This produced some good feedback from the day start team leaders and it was nice to get the team together. Since then as you'll know I've been chasing Claro members to get as many helpers as possible. I'm pleased to report that you've all been very good and what with those also helping on SI the club has certainly made a good impact.

If you're down to help on the starts, I'll be getting back to you fairly soon to confirm your shift and then hopefully around the start of March when all helper roles should have been allocated, you'll receive the wonderful document and more details regarding the actuals day's requirements etc.

Last minute changes still keep coming in, but we're nearly there now. We are about to have probably the last JK Officials meeting and then no doubt the weeks will rush past to Easter. This JK looks set to be a great weekend; I hope you're all looking forward to it and doing Yorkshire proud. May be at some point it'll stop raining and perhaps we can have a sunny JK, who knows?

## **A Canter Round Canklow - Richard Kirk**

The YHOA Superleague for 2016 started with a Middle Distance event at Canklow Woods, Rotherham on 10 January 2016. Looking at the forecast, I was in two minds about going to this event. I am at an age when I can no longer pretend to relish running in driving rain. The weather was miserable. My dogs looked reproachfully at me as I dragged them round their morning beat in a downpour and I was suspicious of the forecast. Coffee and a morning with the paper seemed more inviting than a struggle through a quagmire, which is what I

supposed was the state of any green space after the recent damp spell. On the other hand Rotherham was only about an hour away and I needed some post-New Year exercise. I eventually came to a decision and went. The weather improved and after a spot of competitive parking at the event centre (due to a clash with a moved rugby fixture), I was trucking round a Short Green.

I like Canklow. It is a nice, runnable area with mixed tree cover and a few decent hills plus some entertaining quarry features. Better is the reasonable path network - always a crutch for the likes of me. Best, though, was the lack of swamp. Only the paths seemed to suffer from more than a touch of mud. I just ignored the less than awesome views over the Rother valley. I was pleased with my run which was marginally better than my average (being a late starter, I found some very helpful elephant tracks) and thought the day had been worthwhile. I saw no other Claros on the day, but checking the results in the evening, there they were:

#### **Brown (4.9k – 140m)**

- (1- Charlie Adams SYO M50 39.45)
- 28. Edwyn Oliver-Evans M21 52.39
- 45. Tim Evans M50 65.03

#### **Green (3.4k – 115m)**

- (1 – Steve Whitehead EBOR M65 29.47)
- 21. Allen Barnes M70 46.25
- 30. Mike Cope M65 49.23
- 41. Stan Appleton M65 59.47

#### **Short Green (2.6k – 100m)**

- (1 – Louise Dunn M55 EBOR 30.03)
- 22. Richard Kirk M65 46.13
- 29. Jackie Barnes W70 54.19

## **Helper Scheme**

As mentioned by Stan in his usual piece (and discussed at the last AGM), we are now operating a new helper incentive scheme. This replaces the old scheme where if you helped at a Level B or C event you got a half price run on the day. With the new scheme, the organiser records helpers' names and issues them with a voucher which can be used to get a free run at a future event. There are quite a few advantages to this; it means that the organiser, planner and controller (who do the hardest jobs) can benefit, it is simpler for the



registration team not to work out different prices and it means that the committee can reward people who do other things for the club like organise Lampos or club stands at shows.

They will usually be issued at our main events (usually Level C or the occasional Level B), but can be redeemed at Level C or D. This is because club Level Bs are few and usually require entry online.

## Control Descriptions and How To Interpret Them - Mike Hind

On every map you own there will be a panel containing Control Descriptions but many of us either never look at them or don't know how to use them. This is an attempt to help.

Control Descriptions (sometimes called CDs but not by me because I cordially hate TLAs) come with a heading of two or three rows at the top and then a series of rows divided into eight columns known by capital letters A – H.

Starting with the heading: the top row is the event title e.g. Hanging Moor, the second row is optional and has the course(s) e.g. M45, M50, W21 whilst the third row is split into three parts- the course number e.g. 5, the course distance (to the nearest 0.1Km) e.g. 5.7Km, and the height gained (to the nearest 5m) e.g. 35m. The last one of these, the height gained, is often omitted either because OCAD does not do it automatically and counting contours is too much like hard work or because the number is so big that it would frighten the horses. So the heading looks like:

Hanging Moor		
M45, M50, W21		
5	5.7Km	35m

The rest of the Control Descriptions panel is a table where each row is like this:

A	B	C	D	E	F	G	H
---	---	---	---	---	---	---	---

Each column has a specific function.

**Column A** – Control Number. Numbers the controls in the order you have to visit them. In a score event this column will be blank.

**Column B** – Control Code. This is the number which is on the SI control box or the control itself and it should be a number greater than 30.

**Column C** – Which of any similar feature. If there is more than one of the same feature inside the control circle then this column tells you which one you want. Typically something like north-eastern or upper.

**Column D** – Control Feature. This the feature you are looking for, as shown on the map, at the centre of the control circle such as a clearing or a boulder. For point features the control circle should be centred on the centre of the symbol on the map other features should have the circle centred on the kite's position on the ground.

**Column E** – Appearance. Has two roles. It may be used to provide more information about the feature e.g. rocky, overgrown, shallow, marshy or it may be used to show a second feature where the control is sited relative to two features such as a junction of a stream and a path or between two boulders.

**Column F** – Dimensions or combinations. Many features on a map are not drawn to scale (boulders, knolls, pits etc.) and this column says how big they are. The default unit is the metre so 1.5 is one and a half metres tall/deep. This column is also used to describe the relationship between two symbols such as crossing, junction or between.

**Column G** – location of the marker. This describes exactly where the kite is in relation to the feature e.g. north side, upper part, east end.

**Column H** – Extra information. Such as drinks, radio control, manned control.

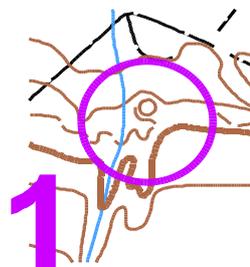
As well as all these rows there will also be extra rows inserted to show crossing points, taped routes etc. and a final row showing the type of route to the finish so taped or navigate

So how does it all work in practice? Well here are some controls and Control Descriptions

---

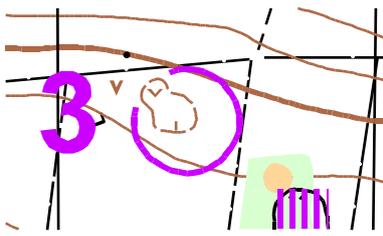
**A**

This is the first control, its code is 31. It is the NE re-entrant (there are at least three re-entrants in the circle) and it is shallow.



1	31	↗	∩	—			
---	----	---	---	---	--	--	--

**B**

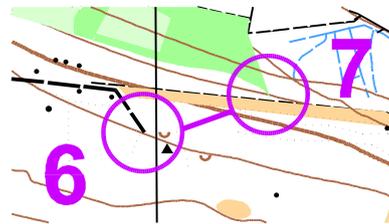


3	33		⊖			⊖	
---	----	--	---	--	--	---	--

Here is control number 3, its code is 33, it is a large depression and the kite is located in the SW part of it. Note that is not at the SW side |⊖| or the SW edge |⊖| so it is no use looking there! There is much confusion about sides and edges but in general side is used for objects which stick up above ground level like boulders, knolls, trees and spurs whilst edge is used for items at or below ground level like marshes, clearings, pits, ponds and depressions.

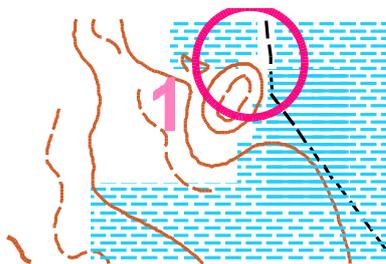
**C**

We might expect these two to have similar Control Descriptions and indeed they have but because No 6 is a line feature it is SE end whilst No7 being a non-linear feature is SE tip. Notice that No7 is the N vegetation boundary as there at least two in the Control Circle.

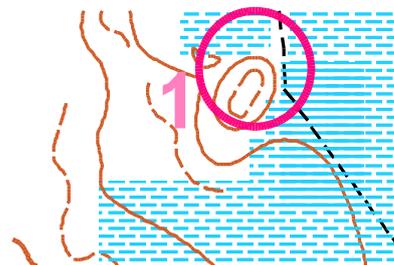


6	36		↗			↘	
7	38	↑	↘			↘	

Now we get into the really fiddly stuff. Connoisseur's Control Descriptions! Here are two controls which initially look just the same



1	102		○			○	
---	-----	--	---	--	--	---	--



1	102		○			○	
---	-----	--	---	--	--	---	--

Indeed they are very similar but a quick look at the Control Description tells us the difference. The one on the left is at the NE foot of the hill (i.e. at the bottom of the slope) whereas the one on the right is on the NE side of the hill (so anywhere on the slope apart from the bottom or the top). Looking at the control

description lets you go straight there, which saves you 5 seconds, which is the difference between winning and losing in a sprint race.

So let's see what we've learned (spot the teacher writing this!) What is wrong with these Control Descriptions?

Answers will appear in due course on the Coaching Pages of the website.

1		
2		
3		
4		

## **Annual Club Dinner and Prizegiving – Friday 18th March 2016**

Once again our annual get together is upon us and time to reflect on the past year's triumphs and milestones of the club and its members, and of course the time to present awards to those who have climbed the lofty heights of orienteering achievement. The event is also an opportunity to chat with club members and families out of the rain and away from the windswept moors, flooded fields and muddy forest tracks and the time to discard the damp and dirty clothing.

This will be a time to relax after the Cup Competition of the previous weekend and a chance to discuss (or switch off from) the forthcoming JK the following weekend.

So put on your fancy eating jackets, dresses, clean o tops etc, leave the crisp bags behind and join us for the Annual club three course dinner with veggie options available.

This year we are returning to the Academy Health Club in Harrogate which is situated off Jenny Field Drive and start proceedings from 7.00pm and dine at 7.30pm. All are invited, young and not so young, for a very laid back and relaxing evening. The cost will be £23.50 per head which includes tea and coffee but excludes other drinks which will of course be available. The menu is on the next page for perusal. Please let us know how many places you would like us to reserve for you!

Arthur & Christine

CLARO Social Representatives



**CLARO ANNUAL DINNER 2016**  
**FRIDAY 18<sup>TH</sup> MARCH AT 7.30**  
**AT THE ACADEMY, HARROGATE HG1 2LA**

**MENU**

£23.50 PER HEAD INCLUDING SERVICE

***STARTERS***

RISOTTO OF SMOKED HADDOCK WITH PETIT POIS AND TOMATO CONCASSE

VEGETARIAN SOUP OF THE DAY

CROSTINI OF TOMATO BASIL GRILLED GOAT CHEESE

GRILLED TIGER PRAWNS, SWEET CHILLI GINGER SAUCE

***MAIN COURSES***

HOMEMADE FISH (HADDOCK) AND CHIPS, MUSHY PEAS, TARTAR SAUCE

ROAST BELLY OF PORK, AND FILLET, GRATIN DAUPHINOISE POTATOES

CONFIT DUCK LEGS WITH BACON AND SAVOY CABBAGE

PAN FRIED CHICKEN BREAST, MEDITERRANEAN ROAST VEGETABLES, PESTO CREAM SAUCE

*(ALL SERVED WITH FRESH SEASONAL VEGETABLES AND POTATOES)*

WILD MUSHROOM RISOTTO TOPPED WITH FRESH PARMESAN CHEESE AND CRISP ROCKET SALAD.

***DESSERTS***

CHOCOLATE MARQUISE WITH STRAWBERRY COULIS

COFFEE CRÈME BRULÉE

MIX BERRIES CHEESE CAKE

-- O --

TEA OR COFFEE

WINE WILL BE AVAILABLE AT £11.50 A BOTTLE, ALSO FULL BAR FACILITIES

## Events Listing

This listing shows all YHOA events currently advertised for the coming months. The website has more including separate lists for what's on locally, other events and club league events.

<b>February</b>	
Sat 6 Feb 16	Harrogate Schools League, Pinewoods
Sun 7 Feb 16	EPOC Urban Event (C) Sowerby Bridge
Sun 21 Feb 16	EBOR Regional Event (C) York
<b>March</b>	
Sun 13 Mar 16	CLARO CompassSport Cup Heat (B) Timble Ings, Harrogate
Fri 25 Mar 16	JK 2016 - Sprint (UKOL) (A) Leeds University
Sat 26 Mar 16	JK 2016 Individual 1 (UKOL) (A) Wass Forest, Thirsk
Sun 27 Mar 16	JK 2016 Individual 2 (UKOL) (A) Kilnsey
Mon 28 Mar 16	JK 2016 Relays (A) Storthes Hall, Huddersfield
<b>April</b>	
Sun 10 Apr 16	YHOA Champs and Superleague (B) Pillar Wood, Caistor
Sat 23 Apr 16	Harrogate Schools League, Conyngham Hall
Sun 24 Apr 16	EBOR Regional Event (C) York
<b>May</b>	
Sun 8 May 16	YHOA Middle Distance Champs & Superleague (C) Keighley
Sat 14 May 16	Harrogate Schools League, Valley Gardens
Sun 15 May 16	SYO Regional Event & YBT Heat (C) Sandall Beat, Doncaster
Sun 22 May 16	HALO YHOA Urban League (C) Hull
Sun 29 May 16	CLARO YHOA Urban League (C) Ripon
Mon 30 May 16	EBOR YHOA Urban League (C) York
<b>June</b>	
Sun 5 Jun 16	SYO YHOA Urban Sprint (C) Sheffield
Sat 18 Jun 16	EBOR Relays (C) York
Sun 19 Jun 16	EBOR Club Championships (C) York
Sat 25 Jun 16	Dales T&C Weekend / YHOA Urban League (B) Settle
Sun 26 Jun 16	Dales T&C Weekend / YHOA Superleague (B) Yockenthwaite
<b>July</b>	
Sun 3 Jul 16	EPOC YHOA Urban League (C) Huddersfield