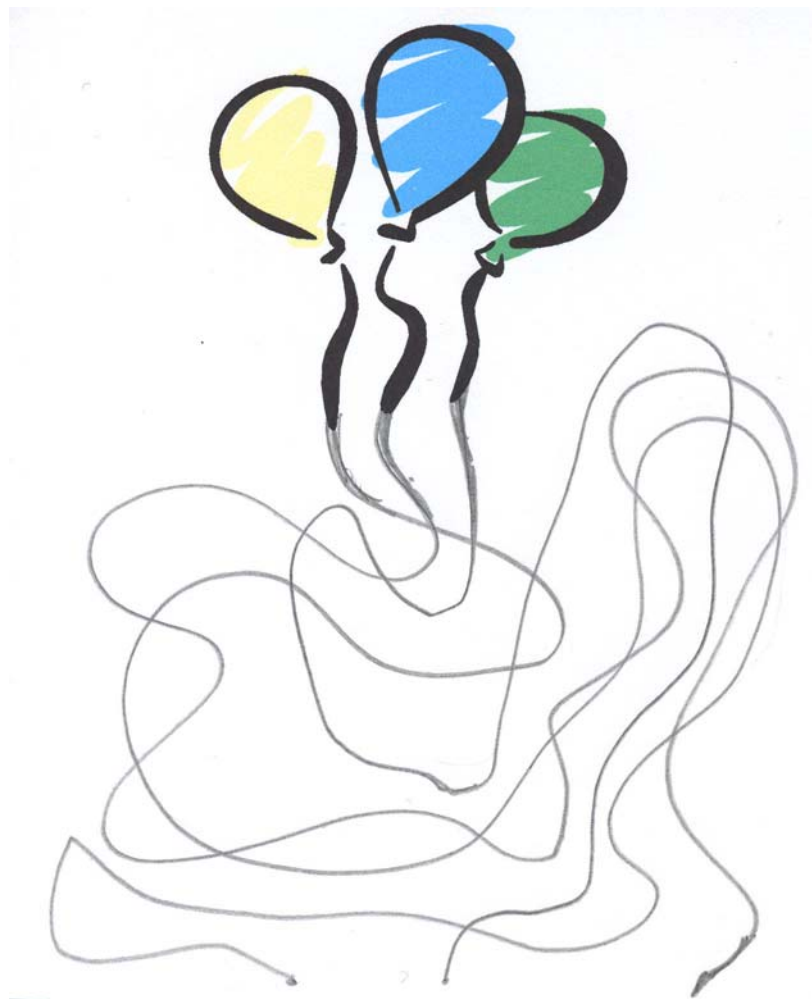




LONDON ORIENTEERING KLUBB

LOKation 138



Remember this?
Which string do you hold for which balloon?

March 2004



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What's in this issue?

This year's Klubb Champs (and Picnic) will be held at the LOK Frolic on July 4 (Independence Day!?) at Ally Pally.

Opportunities to contribute to LOK relays and events - see pages 5 and 6.

'Orientteering over Christmas' by Catherine Galvin and 'Paranoia?' from Greg Birdseye.



Chairbound chatter - from John

This is my first LOKation entry as Chairman. I take on the job with a certain amount of trepidation; but with the support I have both inside and outside the Committee, I'm sure I'll be able to keep things ticking over. Thank you, Camilla, for bravely taking on the editorship and for all of you who have continued to give your support to the Klubb by staying in your (LOK) jobs!

LOK is certainly not foundering. We will have had a training weekend by the time this is published - thanks Martin - and we are organising a full programme of events for the forthcoming year; okay, no national or regional/badge events, but events we know we can organise and plan successfully. We'll be looking at the "big" events some time soon, I'm sure; and, let's face it, at this time of year they tend to be quite numerous.

On a sad note, I'm sorry to report that Edwin Power, an LOK veteran of many years standing, died last month. Edwin was a regular orienteer, taking part in and evidently enjoying green and, later, light green courses until shortly before his death. He and Anne were also regular helpers at practically all LOK events, handling registration with great efficiency. Edwin was Professor of Applied Mathematics at University College, London, until his recent retirement and was highly regarded and liked by his colleagues. Our thoughts and prayers go out to Anne, William and Robert.

I'll no doubt see you, overtaking me, sometime in some damp forest! Good orienteering and God Bless! John H.



Thoughts from the Thicket - from Camilla

I believe in evolutionary processes, not revolutionary ones, so my first edition of LOKation bears a close resemblance to Kate Brett's magazine but with a few changes. Many thanks to her for her work over the past few years.

To make reading LOKation an 'active' experience, as befits a sporting newsletter, I have included some puzzles, including an old favourite on the front cover, inspired by LOK's Boxing Day event (see page 7 for an explanation). There are a couple of other challenges posed later on. Responses are welcomed for the next edition, as are more feature articles.

The next edition is planned for the end of May, so keep me in mind for any stories from the training weekend, JK and other events. Happy orienteering, Camilla



A word from the Webmaster - from Glen

As most of you will know we have had a website for a while! And it has a catchy address www.londonorienteeing.co.uk and if you type the words London and Orienteering into Google (which is how the world finds things on the web these days), we appear right at the top of the list (hooray). "Errrr, so what?" I hear you groan - well OK, I know this is as nothing compared to the joy of running around getting muddy in the rain on a Sunday morning when you could be being sensible and lying in bed like the rest of the world, but ... at least it proves we are moving with the times.

The site has links to past results, future events, committee meeting minutes, you can download the membership form, and there are also links BOF, SENiLE and SENAV and various other. There is the HOT news section at the top of the page which makes thrilling reading, and of course there is a 360degree virtual tour of Hampstead as well as pictures of Thursday training - so all in all it really should be your home page!

I update the website whenever I can find anything interesting or new to put on it - so if you can think of anything just send it to me (my email address is at the bottom of the home page). We can even stretch to pictures if you have a good one. And of course feedback would be very welcome.

The website helps find new members and as a regular Thursday runner I can testify that we have a new person appearing most months, usually from abroad somewhere and almost always they have found us via the website. They perhaps don't always join the Klubb, but many are only passing through London anyway.

As well as the website, we also now have the official email circulation list - you can 'speak' to everyone in the Klubb (who has email and has not opted out of the list) just by emailing circulation@londonorienteeing.co.uk. But don't worry this doesn't mean you'll be swamped with more spam because this system has a very hi-tech filter on it that eliminates all useless messages (trade name 'me').

One of the options we have recently discussed is making LOKation available as a downloadable file (PDF) from the website - we could then email everyone with a link when a new edition appears. This would of course save envelope stuffing and postage costs, but you may prefer the 'through the letterbox' format - for the moment, we'll be doing both - feedback welcome - maybe we could offer a choice of electronic or paper for future editions - let us know what you think!

FIXTURES - I double up as Fixtures Secretary and as part of this I am frequently sent an updated spreadsheet which lists all forthcoming fixtures nationally for the next 5 years (!) - so if for whatever (curious) reason you need to know when an event is scheduled for some long time in the future, I can probably tell you! Just drop me an email.

And finally - a plea for more **Thursday Training Night** runners! - when I started running on Thursdays (only about 6 years ago) we used to have an average of 10-15 people with sometimes 20+. Nowadays double figures is a rare treat and frequently we are 4-5 only. We've recently changed pubs from the (gone downhill Roebuck) to the (recently much improved) Stag and with the end of winter not too far away we'll soon be running on the Heath proper again - so why not make an effort, and join us for a Thursday session again soon. Glen



Captain's Log - from Andrew

A. JK Relays — 12 March 2004 — Graythwaite Estate, Lake District

As in 2003 we have decided to only enter teams where individuals have committed and paid their entry in advance. This allows us to ensure we get the best teams running we can and avoids wasting club funds on teams where we end up having no competitors.

Categories this year are as follows:-

Mens / womens JK Trophy (4 legs - Long, Short, Short, Long)

Mens /Womens Short Open (3 legs - Long, Short, Long)

M/W 120+ (3 legs - Long, Short, Long)

M/W 165 + (3 legs - Long, Short, Long)

Mixed Adhoc (3 legs Green, Light Green, Orange)

Can you please (a) let me know which class you would like to run (1st and 2nd choice). Please confirm by e-mail by to andrew.redington@hsbcpublic.com (b) and also send me a cheque for £4.00 payable to LOK. Please post this to Andrew Redington, 93 Broad Lane, Hampton, Middx TW12 3BQ.

I will of course try to form teams such that everybody gets to run their first choice of class. However please do not be too disappointed if I can't manage to make this work for everyone. I will of course confirm teams by e-mail, most likely in the week leading up to Easter.

B. Compass Sport Cup — 14th March - Esher Commons

A chance to run for your club in open and runnable Esher & Oxshott Woods. Sport-ident will be used. Detailed info available via www.sloweb.org.uk

We need 18 runners to reach our maximum scoring potential. Courses available run from white to brown. To enter click onto the web page above, download the entry form/details and enter the course that corresponds to your age class. If you could also email me to let me know which course you have entered (andrew.redington@hsbcirepublic.com) I will be able to work out whether we have a full team.

Finally, the **North Downs Relay** is on the 19th June. We usually put a team together and there will be more information nearer the time but you might want to make a note of the date in your diary.

Klubb Business

Here is the calendar of LOK events registered for 2004. I do not use the work 'organised' as that is a technical term and not all events have a designated organiser at present. If you can volunteer to help in a major or a minor role please contact the people listed below or any member of the Committee.

Date	Event	Location	Organiser	Planner
Sat 8 May	Southern Express	Leith Hill	The Clearys	The Clearys
Sun 4 July	Frolic (light green + extension loop) *KLUBB CHAMPS*	Alexandra Palace (new map)	???	???
Sun 12 Sept	District (colour coded)	Hampstead Heath	Martin Potter	Nick Vass & Glen Jones
Sat 13 Nov	Night event	Addington	???	Richard Blake
Boxing Day	Score	Trent Park	???	John Hardy

I would add my encouragement to Glen's note about **Thursday night** training/social and participation in O events! We'll soon be back on the Heath.

Matt Cook, who is in Basra, Iraq, until the summer, can be reached via Forces Post. Contact Camilla for his address.

SI training is being planned jointly with other north London O clubs. If interested, please contact Julie. Remember your response to the LOK questionnaire? Now's your chance. We need people able to run SI, especially (but not only) on the Boxing Day event.

A reminder that **Hampstead Heath permanent course maps** are available from Julie or from the kiosk on the heath, by the running track. They make wonderful presents for any slothful family, friends or colleagues who live or work in the area. You can have it laminated for longer-life use - or for use as a placemat in your orienteering-friendly house!

If you have not bought **raffle tickets from BOF** in support of the World Cup 2005, please can you return them to HQ.

We welcome HAVOC to the **Frolics Series** this year and they have the first event of the competition. The dates for the Frolics series are shown in the table below. **Let's try and get the Bus back home this year!** A good turn out across all events is essential for high scores. We'll need a planner and organiser too - wearing my Frolics Co-ordinator's hat, if I don't have volunteers by April, I'll be getting worried.

27 June	HAVOC	Epping SW/Pole Hill	<i>Debut event - let's support them.</i>
4 July	LOK	Alexandra Palace	* KLUBB CHAMPS and PICNIC *
11 July	SLOW	{Location TBC}	<i>Not too far to go usually</i>
18 July	DFOK	Keston Ponds	<i>All the points matter ... so be there!</i>
25 July	MV	Norbury Park	<i>Will it be a nail-biting finale?</i>



5 score events in 10 days over Christmas - by Catherine Galvin

I have always enjoyed score events and this festive season saw a bonanza of events all within fairly easy reach of London. Apart from Trent Park, I had not orienteered on these areas before, so I was curious to see what they were like.

Trent Park, 26 December 2003 (LOK, 60 minutes, 30 control, mass start)

First off was LOK's very own Boxing Day score event at Trent Park. This was a superior event with pre-marked maps, SportIdent punching and a course planned by Julie Cleary. Although the day was gloomy and windy it wasn't too cold when running: I was glad since near zero temperatures appear to have a deleterious impact on my ability to think! My strategy was to focus on 'bagging' the higher value controls, only picking up 10 pointers if they were more or less on my way. One reason why I like mass starts is that higher-order orienteering skills are at less of a premium: other people are likely to be present in the vicinity of any particular control site, reducing the risk of losing time searching

for it. This definitely helped in some of Trent Park's vaguer forested parts. On this occasion my strategy paid off: I was delighted to finish half way down the field of all comers and second lady finisher on the long course.

There was a bit of seasonal frivolity: a small supply of balloons was located at one of the more accessible control sites and 50 bonus points could be gained by taking one round the course - BUT you only kept your points if the balloon arrived intact at the download tent. On the day, Glen's (unintentional?) decision to tangle up the strings himself, complicating the decision whether or not to wait to secure a balloon, caused much mirth and/or frustration, depending on the competitiveness of the runners. (This inspired LOKation's balloon competition on the front cover. Ed)

Gavin Andrews (SLOW)'s SportIdent score results software was much appreciated by everyone who took part, as it incorporated time penalties automatically and gave a ranking relative to the fastest finisher so far. However, he did admit afterwards that he needed to find a better way to handle balloons and other special controls for future events. Lastly, as in recent years, there was mulled wine at the Finish made to Delia Smith's own recipe.

Don't forget that you can get involved in next year's event! Organising and perhaps even running the SI system!

Black Park, 27 December 2003 (TVOC, 50minutes, 30 controls, mass start)

The following day I drove to Black Park just outside Slough on what turned out to be a sunny winter's day. Although Black Park is a Country Park it in fact consists almost exclusively of reasonably runnable woods and a rather impressive lake complete with a variety of wildfowl (and a café). The controls were trusty old pin-punching ones - it reminded me how much easier it is to punch with a SportIdent dibber than with those orange tweezers. Again I focussed on the more valuable controls, which were mainly on the perimeter of the park, and it almost paid off: I was just beaten by fellow Lokkie, Greg Birdseye. Running north along one of the paths at the edge of the area I noticed what I thought at the time was an industrial estate but which turned out to be Pinewood film studios. Obviously James Bond was at his Swiss ski chalet for Christmas!

James Bond is a bit of a fix. Blofeld has put him in a cage with some evil-looking ducks (yes, ducks). James, coming round while lying on the floor, quickly counts 33 ducks and 34 legs. If a normal but sulky duck has two legs, a lame (but still mean-tempered) duck has one leg, and a sitting duck (even more dangerous) has no legs, how many of each type could there be? How will he escape? Any answers worth printing will be published in the next edition.

Ashley Hill, 1 January 2004 (BKO, 60 minutes, 27 controls, mass start)

I started the New Year in fine fettle. I was ready for an 11am mass start on Ashley Hill, near Maidenhead. To be kind to people who had had a hard night, we had 'proper' maps (i.e. printed ones), though the pin-punching might have been a little tricky for those with major hangovers. The terrain was similar to day one of the JK on nearby Hambleden Hill but, although Ashley Hill is a fairly prominent hill, it in fact didn't feel that steep to me. My strategy came a little unstuck here in that there are occasionally score events when it is possible, even for me, to get all the controls in the allotted time. In these circumstances, the best approach is to work out the best way to visit all controls but I only realised this two thirds of the way round the course. Even after a bit of meandering in the gloom I only missed out on three 10 pointer controls, all located near the finish. Two of the three fastest finishers, who had each picked up all 27 controls in half an hour, went back into the forest in pursuit of Father Christmas, from whom a further 20 points could be gained.

Maidenhead is near Marlow. According to the Book of Liff: Marlow (n.) The bottom drawer in the kitchen where your mother keeps her paper bags.

Queenswood, 3 January 2004 (HH, 45 minutes, 40 controls)

After a rest day, I ventured north into the wilds north of Potters Bar to the impressive grounds of Elizabethan Queenswood School. There were two events to choose from: a short version, where one had 45 minutes to visit as many of the 40 controls (all worth 10 points each) as one could, and a long version, where one visited as many of controls 1 to 20 as one wanted using one control card before coming back to the start to fetch another control card to populate controls 21 to 40. Simon and Helen Errington (ex-Lokkies), co-planners and organisers, had a cunning plan to distinguish the first set of controls from the second: the former were shown on the map in circles and the second were indicated by squares. Helen forewarned me that the difficulty was more in not missing any controls out rather than the actual orienteering.

So far my series of score events had all used 1:10 000 scale maps but this was 1:3 000 so I overshot more than once! Mind you, there were so many controls on the area that they were handy relocation features. I did my first set of 20 controls in 25 minutes. Feeling confident, I thought I should be able to have a go at getting all 40. However, fate intended otherwise. With four minutes to go, I was at the wrong end of the school grounds. I picked up a further 3 controls on the way back to the finish but by then I was 2 minutes late and still missing one control. Ah, the frustration of score events! I was even more irked to find out that my 'missing' control was just around the corner from the finish!

In what ways was Queen Elizabeth a Bad Man but a Good Queen?

Answer: 1066 and all that, WC Sellar and RJ Yeatman (1930)

Joydens Wood, 4 January 2004 (DFOK,

And lastly I ventured south of the Thames to Joydens & Chalks Woods. Although many events have been held in these woods whilst I have been orienteering in London, its reputation of being covered in green had put me off. Having now run round this area I can confirm that this reputation appears to be largely deserved. The going on some of the paths was very slow on account of the mud. But don't let that put you off - it won't always be in that condition.

The challenge here was to sort out which of the controls on the map were worth 40, 30, 20 or 10 points and plan one's course accordingly. This information was not obvious because these control point values were more or less randomly distributed between controls number 1 through to 24. There used to be a BOF guideline on score events which covered this point (i.e. recommending that the value of the controls be more or less immediately obvious from looking at the map) but this has now disappeared in the new slimmed down BOF revised rules. Simon Errington, formerly chair of BOF Technical Committee, told me that as the event was not a high grade event there wasn't any need for BOF to be prescriptive in this regard.

There was a swingeing penalty for being late of 50 points per minute. This rather curtailed my ambitions as it limited my willingness to chance getting a couple of high-ish value controls at the southern end of the map. In the end I got all five 40 pointers, and all but one of the seven 30 pointers with over five minutes to spare at the finish. In contrast Helen Errington, who visited five more controls than I did, lost 100 points for being only 1½ minutes late to finish level with me. All in all, I had a very enjoyable and active festive orienteering season, all within a few miles of old London town.

Weather proverbs - to help you plan your orienteering weekends:

Rain before seven, fine by eleven.

The higher the clouds,
The better the weather.

April brings the sweet spring showers;
On and on, for hours and hours.

Farmers fear unkindly May:
Frost by night and hail by day.



Ashridge: I'm not paranoid, but can it really just be coincidence? By Greg Birdseye

Ashridge and I have never really got along very well together. Granted, it's a nice area - mature Chilterns beech woods mostly, easy to run through without too much green/bracken/brambles, and apart from the scarp slope nothing too steep to get me out of puff. OK, it's pretty muddy most of the time and there are perhaps too many paths to be seriously challenging, but overall some classic South East O-terrain, and well worth an event every year or two you'd think.

So why is it that things nearly always seem to go wrong? In seven visits there in the last 15 years or so I've emerged unscathed on I think only two occasions - not navigation disasters you understand, but a strange collection of mishaps. For example, the time I was shunted in the back on a greasy road slowing down for temporary traffic lights on the old A41 just coming into Berkhamsted. A very apologetic Essex Straggler I seem to remember, probably late for his start time.

And in the badge event of 1990 I was going well for the first few controls when I (and another runner who arrived at about the same time) deluded ourselves into thinking that a control had gone missing. An old bit of red tape in what we were convinced was the right place - a rather indistinct clearing - was enough to convince us. Needless to say, there were only two out of 50+ on the same course who were disqualified for missing a control.

Alright, that was pretty stupid, but what about the 1992 badge event where my map was printed seriously out of register (and as far as I know it was just mine, as there wasn't a rash of complaints recorded in the results commentary). Not the overprint but all the yellow areas, by about 5mm would you believe. I only realised after some thrashing around trying to navigate by clearings, and then looking for a control (depression) in the open area which wasn't. Add to these mishaps, a year or two earlier when a serious migraine developed just as I was leaving the car park to go home - probably the classic tension release after what unusually was a good run, but a bit inconvenient for driving.

And this year? Well, nothing more than going over on my foot halfway round, which to be fair I couldn't really say slowed me down too much in the heat of the moment, but needed the ice treatment as soon as I got home and is now rather sore. Good job there's nothing on for a couple of weeks.

So, although Ashridge has its good points, I might just be giving it a miss next time.

Fixtures

Orienteering Fixtures are available via the following websites:

LOK webpage: <http://www.londonorienteeing.co.uk/>

South-east: <http://homepage.ntlworld.com/simon.errington/seoa/seoa.htm#fixtures>

BOF: <http://www.cs.man.ac.uk/arch/watson/orient/fixtures/wdir/fixtures.html>

Phone before you go :-

These are the numbers of the answerphones that carry recorded events information.

SEOA	(020) 8948 6056	WMOA	(01785) 664695
SCOA	(01189) 464354		[before 10pm]
SO	(01903) 239186	NWOA	(01704) 892736
SN	(01252) 331754	BOF	(01629) 734042
MV	(01372) 279295	NEOA	(0191) 268 5449
SAX	(01303) 813344		

Club Meetings.....have changed

The last Tuesday of every month is the club meeting held in the downstairs room at the Roebuck Pub, Pond Street, Hampstead, London NW3. The nearest Tube is Belsize Park and Hampstead Heath train station is a stagger down the hill. Kick off is **8.00pm**. Everyone is welcome; fresh views on club/SEOA/BOF business are always needed.

Dates are as follows:

March 30 th	August - none probably
April 27 th	September 28 th
May 25 th	October 28 th
June 29 th	November 25 th AGM (provisional)
July 27 th	December TBA

Club Training/Drinking... has also changed

A group of members meet on a Thursday, at 6.30pm, at the Royal Free Hospital Recreation Club in Fleet Road (near the junction with Pond Street) Hampstead NW3 for a training run, sometimes technique training, and afterwards for a beer and to plan the arrangements for attending the coming weekends orienteering (lifts, timings etc). This is usually about 8.15pm in The Stag p.h. on the corner of Fleet Road and Lawn Road, NW3. There is a commodious curry house opposite.