



LONDON ORIENTEERING KLUBB

LOKation 140



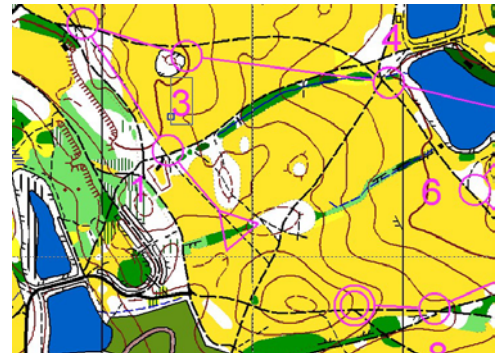
+

+ **SPORT**ident =

+



CORPORATION
OF LONDON



Thanks to Glen and Martin for the Hampstead Heath event

October 2004



LOK People - Klubb Officers for 2004

Chairman

John Hardy (020) 8368 7182 chairman@londonorienteeing.co.uk

Secretary

Richard Blake (020) 8543 0583 secretary@londonorienteeing.co.uk

Treasurer

Ronan Cleary (01707) 275934 treasurer@londonorienteeing.co.uk

Membership Secretary & Klubb kit

Julie Cleary (01707) 275934 membership@londonorienteeing.co.uk

LOKation editor

Camilla Darwin (07946) 627275 location@londonorienteeing.co.uk

Captain

Andrew Redington (020) 8941 4856 captain@londonorienteeing.co.uk

Coach

Martin Potter (020) 8347 8226 coach@londonorienteeing.co.uk

Fixtures secretary

Glen Jones (020) 8450 0444 fixtures@londonorienteeing.co.uk

Equipment

Catherine Galvin (020) 8445 0863 equipment@londonorienteeing.co.uk

Mapping

Julie Cleary (01707) 275934 maps@londonorienteeing.co.uk

FROLICS coordinator

Camilla Darwin (07946) 627275 frolics@londonorienteeing.co.uk

SEOA Rep

John Hardy (020) 8 368 7182

Auditor

Sonia Gable (020) 8550 1805



What's in this issue?

Glen's reflections on the summer's Hampstead Heath Colour event

International running snapshots — from Matt Cook and Sean Cranny

Electronic punching — the latest from the tech-tents by David Rosen

Dates for your diary: **AGM** November 25 and **Christmas Party** December 11.



Chairbound chatter - from John

The Orienteering season is well under way now, with a plethora of regional and district events and even Saturday series. We're spoilt for choice. LOK is also contributing; and congratulations to Martin Potter and his team on the highly successful Hampstead Heath event. Glen's and Nick's courses were excellent, making full use of every corner of the heath. Around 150 people turned up, the weather was kind and a good atmosphere prevailed. Well done! Our next event is the traditional Boxing Day Score Event on Trent Park.

The AGM approaches (25 November). I hope to see nearly all of you there. This is your chance to express your views on how the Klubb is doing and perhaps even volunteer to help run it. In particular, I'd like to thank our Secretary, Richard Blake, who is stepping down after many years' sterling service, for his unswerving support for the Klubb year after year.

Good Orienteering everyone and see you at events and hopefully the AGM, too.

John H.



Thoughts from the Thicket - from Camilla

This edition of Lokation has a 'running' theme to it in two senses: running an event and running *in* events. Our practical contributions come from Matt and Sean who have each had some international exposure recently (well, the soles of their shoes have, at any rate). Glen's description of how to learn everything about planning an orienteering event in one go on Hampstead Heath demystifies some of the technical details which seem daunting. David has given us a foretaste of future dibber possibilities: including wafting past a control, which appeals to me as an amateur in the sport. See what you think of the options being developed by both SI and EMIT in his article.

Many thanks to a new roster of contributors for this edition. I sense that klubb members are becoming attuned to my requests for material, and increasingly reaching for their mouse... Please keep up the enthusiasm next year!

Camilla



Fixtures Update - from Glen

The LOK Senile event planned for November at Addington has been postponed to 12 February 2005. Please see the website for more details in due course.

We have a number of events in the diary for which we need an Organiser and Planner. Please don't just read on and assume that someone else will do this - consider - have you put much back into your sport recently? Planning and Organising are not fearsomely onerous - even if you have never done it before (especially if not), now is a good time to try - we have experienced people in the Klubb to help and mentor you and you won't be left in the lurch.

Date	Event	Location	Organiser	Planner
Boxing Day 2004	Score	Trent Park	John Hardy	The Clearys
Sat 12 Feb 2005	Night event	Addington	Alison High, CROC	Richard Blake
4/5 May 2005	<i>World Champs Medium Race</i>	<i>Leith Hill</i>	<i>(covered!)</i>	<i>The Clearys</i>
Sun 24 July 2005	Frolic (light green + extension loop) *KLUBB CHAMPS*	Hampstead Heath	???	???
Sun 11 Sept 2005	District event	Leith Hill SW	???	???
Sun 15 Oct 2006	Regional event	Holmbury	???	???

If you would like to volunteer, or if you would just like to know what is involved so as to consider it, email me. Glen (Fixtures) fixtures@londonorienteering.co.uk



Klubb Business

LOK's 2004 Christmas party.

Saturday 11 December

~6-7pm onwards

Early dinner in a gastropub in a central London location

(Nick and I are recce'ing at present)

Then we'll move on to another watering hole to relax and chat...

Lots of familiar faces will be there, judging by your emails to me:

More details by email, on the web (or 'phone if you let me know).

I'll ask for confirmation of numbers nearer the time.

2004 AGM

**Thursday 25 November
8pm, after (shorter) run**

There's a problem with the Roebuck: watch your email and the website for the location. If, on reading this, you would like a phone call with the location, please call any committee member using the numbers on the inside cover and we'll let you know.

London Orienteering Klubb Annual General Meeting Thursday, 25th November 2004

Agenda

1. Apologies for absence
2. Minutes of last AGM
3. Chairman's report
4. Treasurer's report and approval of accounts
5. Election of officials
6. New Klubb Constitution proposed
7. Any Other Business

Please bring with you the enclosed minutes of the 2003 AGM and the election of officials.

❖ Keep your eyes peeled for details of a Klubb Training weekend in early 2005.



Bay of Biscay ⇌ Basrah ⇌ Baghdad - by Matt Cook

Bay of Biscay

Fifty metres to my left a sleek black whale broke the surface with a water spout. I was so surprised I only just turned left to stop myself running off the aircraft carrier's stern.

With strong winds and drizzle, it was like any other Thursday night run but the swell in the Bay of Biscay was new to me. I was onboard HMS Ark Royal on my way back from Iraq last year & feeling claustrophobic below decks. I got permission from the flight deck commander, once flying had stopped, to brave the trip hazards & helicopters up top.

Blissfully alone on the 600ft deck I completed my 55-minute run with reps up the take-off ramp and dreamed of next week's LOK run under green trees followed by beer!

Basrah

A year later and it's Friday 13th: what a date to have the first ever Basrah half marathon! Weapons, body armour and helmets were lined up where people changed on the airport's perimeter fence. Then, just as the crowd of 300 runners jostled at the starting line, the sand storm hit. The heat was 26 degrees and we all wanted the name of the person who thought of an 11.00 hrs start. Visibility dropped to 20 metres but we should be able to see the crashed

Italian airliner after 7 miles then turn left for 5 miles which would make the wind behind us for the final 1 mile.

It soon became apparent that the only way forward was to find someone's slipstream, keep your head down, eyes half closed and frequently spit the dust out of a dry throat. One hour and 49 minutes of pure will power and pain left weird sculpted patterns of dust & sweat around my brown teeth as I smiled across the finish line for the army photographer and dreamed of running under green trees followed by beer.

Baghdad

The US Green Zone is a 5 square km area in central Baghdad, the Tigris river on one side & fences and checkpoints on the other three to protect Saddam's former army and ministry buildings, now home to the new administration.

It being a Thursday evening & not having run since the half marathon, I decided to go for a run and take in the sights of the first day of the Muqtada Militia uprising which was all around us in the Red Zone. I passed the German built Baath Party HQ with its chemical-attack-proof bunkers and headed for the giant crossed swords of the parade ground to do some hill work up the 70m dome of the Iran/Iraq war memorial. No stopping at the top: it is in Droganov sniper rifle range. I ran back home along the Tigris, glimpsed between the sniper screens, and towards the busy army hospital where the helicopters were headed. A distant rumble and whoosh had me rather alarmed but it was only a US artillery fire mission into Sadre city. It did remind me that, like Cinderella, I had to be back before dark to get my helmet and body armour and I wondered why no one else was about on the streets. A slightly shorter run than most, I noted in my diary, as I dreamed of future LOK runs under green trees followed by beers.





Planning - It's not so hard - by Glen Jones

It was November 2003. The AGM had just finished. A couple of pints had been drunk, and a few people were milling around the remains of the buffet. My defences were down. The attack came in quick waves..."Well, how about you, Glen?" - Err?, Emm? - "Planning the September Hampstead Colour Coded." - Ohhh, mmm, well I haven't planned anything before. - "Oh, that's no problem, we can mentor you and it's very easy." - Ahh yes... - (casting around for any half plausible excuse I fail to find any) - "Great. That's settled then." Oh well, Christmas was still way over my planning horizon, let alone 2004, never mind about it now... And so it was that without any forethought I found myself volunteered.

Around May I started thinking a bit about what I'd have to do. Running every Thursday on the Heath means I know the terrain, but I hadn't really looked at it through planning eyes. So armed with the POC map, and with some help from mentor Nick Vass, I started looking out possible control sites and thinking about routes on the weekly run.

Ideas were going around in my head but, sooner or later, I had to sit down with a map and start drawing some courses. Finding concentrated time to do this is not easy if you have a house full of children and so it was that I found myself planning the Heath event whilst sitting on a delightful terrace in the Sierra Nevada in around 35 degrees in July! This stage required the most thought - what sort of shape the courses would have, the need to ensure that we used controls efficiently for several courses where possible but without meaning there would be hordes running common legs, catering for the different lengths and technical difficulties of the various courses - and then of course finding good control sites and a sensible start/finish. Happily the BOF planning guidance is pretty good and several people were happy to offer advice.

With a slightly sadistic bent, I settled on a start and finish on Parliament Hill - with the courses broadly following a clockwise pattern so that most had to run up the hill to finish! Over the ensuing six weeks, Nick reviewed several course options for me as I tweaked them to avoid dog legs and make the courses as interesting as possible. One of the benefits of using SI is that in smaller areas such as the Heath you can add loops to extend distance and I made use of this on blue and brown courses.

Being a 'computery' person, I moved on quickly from the pencil and paper exercise I had done in Spain to plan the courses directly in OCAD. I had never used the program but it is reasonably intuitive and the help screens are good. Of course, it takes a bit more time if you have to learn the program but it does mean that changes to courses are easy and distance calculations are done automatically for you. In the end we used master maps for the event as the Klubb had a large stock to use up, but an alternative for the future would be to send the OCAD file by email to a printer to produce pre-printed course maps.

Since the advent of SI, there has been some shift of workload from organiser to planner/SI person. There's less to do on the day, but it does need to be programmed in advance and then operated on the day. For a bigger event we would certainly need an 'SI chief' to sit alongside Planner and Organiser to spread the workload but, for this event, I took this role too.

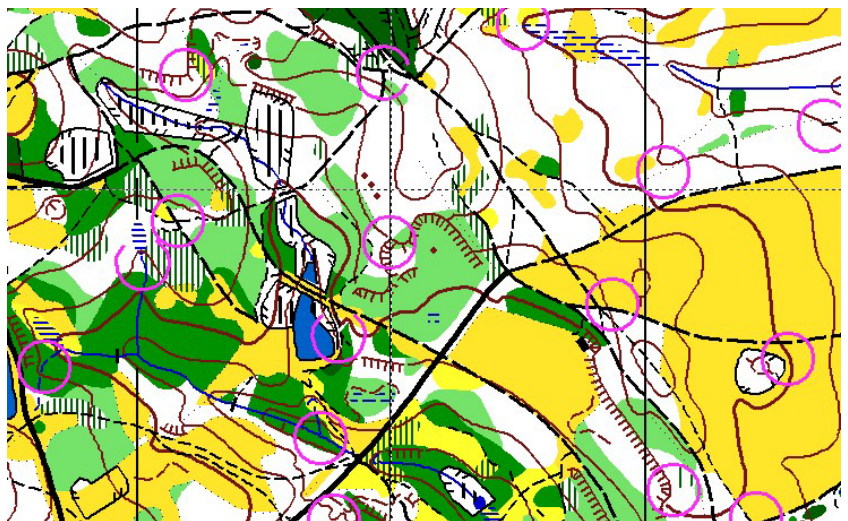
There are 2 strands to SI preparation - firstly; you need to program the software ahead of the event with the courses and controls, including programming all the control stations themselves; secondly pre-entries need to be entered (but this event was EOD only). I managed to get OCAD to 'talk' to SI so that having planned all the courses in OCAD, the SI programming of the courses was done automatically which saved quite a bit of time.

Sunday 12 September - after a pretty awful forecast - dawned beautifully crisp and blue. Surely a good omen! Ronan, Julie, Matt and I gathered at 07.30 to start putting controls out, whilst Martin was doing the organising stuff and Camilla was 'Head of SI Operations' for the day. I had prepared special maps (including 1-5,000 scale), control descriptions and extra notes for the 'control hangers' - but in retrospect we were a bit slow getting going and didn't head off with controls until 08.15. Getting this morning activity right, so that everything is done and done correctly before the start is critical, and requires ruthless military precision. We did OK, but were still solving a couple of minor issues at 10.00 which is too late. Next time I think I'd start a little earlier, and be even more directive as to what people are to do (oh dear, hope I haven't frightened off potential helpers already!).

The event went well: 148 entries and almost no problems. One control, which fortunately was only on the brown course, was uprooted and thrown into a ditch - but the enterprising next competitor found both it and the tapes and kindly reinstated it. After the event but before we managed to collect it a different control disappeared, but other than this all was OK. And of course the glory of SI is that the final results were ready as soon as the last competitor downloaded.

Planning the Heath event was enjoyable and interesting. After all those years of running other people's races, I can now appreciate much better what goes into them! I spent quite a bit of time on the Heath event because I learned how to plan, how to use OCAD and how to program the SI - but you don't have to do it this way, and there are people in the Klubb (me included) who can help shorten the learning curve. So - think about it! - we have events coming up for which we need planners and organisers - even if you have never planned an event, why not try it - you'll be contributing something to your sport, and you'll enjoy it!

Can you work out where
this section is taken
from?





How Not to Prepare for a Marathon - by Sean Cranny

At New Year, almost 10 years since my Marathon debut in London '94, my cousin Emma said she wanted to complete her first marathon in 2004. I stupidly said I'd join her and I somehow conned my friend Patrick into the challenge too. A few weeks later the challenge was set as we chose Helsinki in August, based on the time of year and the nice-looking website www.helsinkicitymarathon.com

Training had been going well through the winter and spring and, with a sub-40 minute 10km race achieved, a 3hr 30 marathon was a realistic aim. However, injury during an over-enthusiastic interval session lead to 15 weeks of niggling calf injuries. This meant training was limited to a few short runs often curtailed by muscle spasms, despite expensive visits to chiropractors, podiatrists and sports massage (like any runner I have to get my excuses in).

So on the start line I was naturally a bit nervous but, after a couple of Ibuprofen, I set off at 3pm with my fingers crossed, jogging through the streets and along the Baltic sea whilst chatting away to my cousin Emma. The course was fairly flat for the first 24 km, but no warning was given about the little bridges, cobbled streets and general incline of the last 18 km which meant a bit of a struggle as the lactic acid kicked in. In spite of the energy provided by the free pickled gherkins every kilometre, my legs felt like heavy bricks digging into my hip bones. I finished in 4hr 18 mins (positioned 2813rd out of 5581). Emma managed 4hr 40 mins and Patrick (who's training DID GO to plan) 3hr 23min. At the front of the field it was a 1,2,3 for Russia in 2hrs 21minutes.

Finishing in the evening at 7.18 pm I managed to crawl to the swimming pool for a quick dip, despite leaving training kit on a seat at the top of 20 steps in the Helsinki stadium (it's not a good idea going up and down stairs after a marathon).

The day after the race was spent (relaxing?) hobbling around the beautiful but hilly Estonian city of Tallinn (a 90-minute ferry ride away) where we watched the drama as Paula Radcliffe dropped out of the Olympic Marathon. Well, at least I can say I finished mine! And if any fellow orienteer out there fancies running another one, then let me know in 2014, as once every 10 years is quite enough!!

Feeling inspired for next year? The Helsinki marathon starts the day before the start of the World Athletics Championships and while it is not a fast course it is a pleasant temperature at 18-20 C and the scenery along the sea is nice too. Oh, and if you need any training advice don't ask me! For more information about the [WAC?/]marathon go to www.helsinki2005.fi



(from left: Patrick, Emma and Sean)



Electronic Punching - the future? - by David Rosen

In mid-September, I went to Vasteras in Sweden to see the last few days of the 2004 World Orienteering Championships. Despite the damp weather, there were thousands of spectators (as you would expect in the home of orienteering). The Scandinavian countries dominated the medals table, followed by the Russians. The Brits didn't win any medals, but Jamie Stevenson's 8th place in the long distance event was our best ever result in that race. In the close-fought relay, we demonstrated that we are up there with the top nations with the men coming 5th and the women 6th.

Amongst the many tents selling O-equipment were two tents housing the main electronic punching manufacturers. I dropped in on them to find out about the latest developments.

One of the drawbacks of the **Emit** system has been the fiddly punching process (though with practice it can be done almost on the run) and the lack of feedback to tell you that you've punched successfully. Their new **Touch Free** Punching system solves both those problems. You only have to be within about 1 metre of the control flag to register a punch in your Emit "brick". And the display on the brick shows you the code and time of the control you have just punched.

The control unit is very lightweight and sits inside a standard control flag. Although it is a "Touch Free" system, in practice runners often lightly touch the control flag in order to be quite sure that they are within the 1 metre range. One big advantage will be that it allows many runners to punch very quickly - avoiding the problems that are often experienced at the first control in a mass start. The e-card can be held on the back of the hand, which is better for many competitors (in particular ski-orienteers).

Some people are worried about aspects of the new system:

- There is no paper back-up
- There is no audible feedback
- The punching range is not precisely defined
- The display can be slightly confusing
- If you punch an extra control (perhaps just by going near to another control), the display will show the wrong control sequence number
- The runner doesn't quite have to be at the control - he/she can get a punch at a small distance from the flag
- If runners do not get a punch, they may be several metres away from the control, before reading the display and realising; then they will have to turn around and go back to try again
- Runners can go past a control at virtually full speed so it less obvious to spectators what is happening

I'm not sure that any of these points are very important - in fact some are positive advantages (I never really liked the Emit paper back-up card). Emit have applied for formal approval for this new system to be permitted at major IOF events. IOF have requested some testing and feedback from competitors and the system could be approved by the IOF next January.

At the **SportIdent** tent, the new BSF-8 control station was being demonstrated. It is much smaller and lighter than the current stations because it uses a lithium battery. This battery will last several years. It is set to stay fully awake for a fixed amount of time (which can be programmed in). So normally it is set to stay awake for 4 hours. The first punch (by the planner or controller) takes one second - after that punching is very fast. The station will revert to dormant mode 4 hours after the last competitor has punched. There should be no need to programme controls before an event.

An LCD display on the bottom of the unit shows the clock time, the control code and the exact battery voltage. The clock is even more accurate than in the current units.

Mass production of the BSF-8 stations is commencing soon so we should start to see them in the UK early next year.



Caption Competitions





Fixtures

Orienteering Fixtures are available via the following websites:

LOK webpage: <http://www.londonorienteering.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 moved

The last Tuesday of every month is the club meeting held in the downstairs room at the George Pub, Haverstock Hill, 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:

October 28th	March 29 th -TBC since just after Easter
November 25 th AGM	April 26 th
December - none	etc
January 25 th	
February 22 nd	



Club Training/Drinking

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.