



L ONDON O RIENTEERING K LUBB

LOKation 142



"Electrifying"

one orienteer's reaction to the Cleary's course on Leith Hill

June 2005



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Chairbound chatter

The Chairman is on a well-earned holiday at the time of publication and will report in the next edition.

LOK needs a Company Secretary

Light duties: Filter incoming mail to LOK officers.
Attend monthly Committee meetings and provide minutes afterwards for publication on the web (masterminded by Glen).

Contact any member of the Committee with your name.

Thoughts from the Thicket

Congratulations to all those in the Klubb who made LOK's event at the World Cup and Surrey 5-O such a success. Especially to Julie and Ronan Cleary for planning their clearly inspirational courses. LOK's reputation for putting on excellent events is amplified after this event. Many thanks to Nick Vass for putting pen to paper afterwards, as you can read on page 6. "How was it for you?" No-one will ever know unless you write to me.

I'd love to have some more Lokkie-specific orienteering content for the winter edition please. The publishing target date is in October so there's LOADS of time for you to get your ideas and puns in good order.

In the meantime, have a very happy summer. See you at the Frolics.

Camilla

Klubb Fixtures

A couple of weeks ago I went to Woking for the biannual SEOA fixtures meeting. The regional Fixtures secretary (Philip Gristwood of Mole Valley) chairs the meeting and all the club fixtures secretaries sit around and discuss events from next week through to 2008/9!

Amongst the points of interest, The South East is hosting the British Orienteering Champs and British Relay Champs in April 2006 (1st and 2nd). Initially this was earmarked for Charlton, but this area was not approved by the Controller, so the event will now take place at a new area - Furnace Wood and Woolbeding (part is an established area but an additional bit is being mapped). The terrain belongs to GO, but it has been agreed that the event will be an SEOA event rather than a GO event, so that the effort can be spread over several clubs. LOK has been quick off the mark volunteering assistance and we have offered to run the Start.

Rather sad news is that the NEOA has declined to stage the 2007 JK so for now there is a real chance that the event may not happen (South East is scheduled to run the 2008 event). BOF are on the case and trying to find a solution but at this stage things are not looking great.

In 2007 LOK has undertaken to organise the SE Relays on Hampstead Heath on what will by then be a fairly new map (the area is being remapped at the moment in time for the 24 July Frolic).

The fixtures table is below showing the upcoming LOK events. Our first 'Badge' - or rather Regional - Event for some time is in the schedule for next year (on Holmbury) and I am delighted that both Organiser and Planner slots are already filled - Nick Vass organising and Pete Sacares planning with Matt Cook as deputy.

Before that though we have the July 24th Frolic (for which Martin Potter would appreciate offers of assistance) - and the October 23rd District (Colour Coded) event at Leith Hill, on the area used for the World Cup races last month. This promises to be great fun: a very tricky area with lots of scope for going wrong as both I (and Heather Munro) found out !

I have undertaken to organise the District Event so I would very much appreciate offers of assistance. The usual principle applies, viz., those who volunteer early get first choice of the jobs and those who don't get to do the toilets! (I await a rush of emails to fixtures@londonorienteeing.co.uk.)

And finally - with my 'Webmaster' hat on - the website has recently been updated, but as ever if you would like to give feedback please do (email address above).

And finally, finally - remember the email circulation list. I send occasional emails around, a couple in the first half of June, for example. So if you have not been getting email circulars and would like to do so, just send me your email address asking to be added to the list.

Glen

Date	Event	Location	Organiser	Planner
Sun 24 July 2005	Frolic *KLUBB CHAMPS*	Hampstead Heath	Martin Potter	Nick Vass
Sun 23 Oct 2005	District event	Leith Hill SW	Glen Jones	Ronan/Gill Adams
Boxing Day 2005	Christmas score event	Trent Park	John Hardy	???
Sat 25 Feb 2006	SENiLe event	<i>Trent Park - proposed</i>	???	???
Sun 16 July 2006	Frolic *KLUBB CHAMPS*		???	???
Sun 24 Sep 2006	Regional event	Holmbury	Nick Vass	Pete Sacares/ Matt Cook
Sun 20 May 2007	South-East Relay Champs	Hampstead Heath	???	???

Klubb Business

- 👉 Reminder that you received a draft copy of the proposed LOK Constitution in the last edition. If you were at the AGM last November and had a point to make, then you should be writing it to Julie Cleary NOW. Otherwise it will stand as printed, ready for the AGM this year. Email either Julie or Camilla (editor) if you would like another electronic copy of those two pages.

Recent successes for LOK include:

- 👉 British Champs (Penhale Sands) - Rachel Hopkins 1st in W40S; Mick Brett 1st in M40S; Frank Martindale 2nd in M70L; Trina Cleary 3rd in W60L. The Womens W40 team were 2nd in the Relays.
- 👉 At the Belgian 3 day Julie Cleary and Frank Martindale were 4th in their respective classes.
- 👉 **Run for your Klubb in the Frolics!** This is OUR series and all we need is a minimum of six runners at each event to give us a chance to score well. If you haven't done much orienteering in the past few years - that's GREAT! If your partner is a novice, that's GREAT! You all get a generous handicap. SLOW are already strategising that with three events south of the river, Happy Herts (who won last year) might not be so well represented this year. Let's take up the challenge properly again.
- 👉 PS There's a place for a new Frolics Co-ordinator next summer. "It runs itself", well sort of.



Frolics Event Details

Date	3th July 2005	10th July 2005	17th July 2005	24th July 2005
Club	SLOW	DFOK	MV	LOK
Location	Ham Riverside TQ/178712	Foot's Cray GR 177/473715	Hogsmill Open Space	Hampstead Heath TQ/270859
Parking / Directions	The Hawker Centre, at the junction of Richmond Road and Lower Ham Road.	In Foots Cray Meadows car park. Access off minor road (Rectory Lane). This minor road is very narrow from the west (Sidcup), and approach should be made from the east as described below. The event will be signed from the roundabout at the junction of the A223/A211/B2172 at GR 480704 and also from the junction of the A224 and A211 in Foots Cray	Poole Recreation Ground, TQ 209635.	East Heath Car Park, East Heath Rd, Hampstead NW5. Silverlink Rail at Hampstead Heath (5mins) Tube:Belsize Park or Hampstead (10 mins)
Courses	Light green, extension, yellow	Light green, sprint-O, yellow	Light green, others TBC	Light green, orange, string
Map	1:10,000			1:10,000 ** new map **
Registration	9.30am to 11.30am	9.30am to 11.30am	9.30am to 11.30am – TBC	9.30am to 11.30am
Start	10.00am to 12noon	10.00am to 12noon	10.00am to 12noon - TBC	10.00am to 12noon
Cost	Seniors £4 (SLOW/BOF discount £1)/Juniors £1 Extension £1 extra. SI card hire £1	Seniors £4.50, Juniors £2.00 SI card hire £1. Fees include both Frolics & Sprint course.	TBC	£4/£2.50
Organiser	Paul Street 020 8940 9583	Dave & Julie Lobley 01322 557597	TBC	Martin Potter 020 8347 8226
Club Site	www.sloweb.org.uk	www.dfok.co.uk	www.mvoc.org	www.londonorienteeing.co.uk



A Volunteer is Worth Ten Thousand Men - by Nick Vass

... but you'd think that, with all my military experience, I'd learnt the value of the old saw "never volunteer". Regrettably, it would appear not.

I'd originally planned to put my name down for a bit of helping with LOK's part of day 5 of the recent World Cup which was held on Leith Hill; somehow I found myself volunteering to be the Arena Manager for the event.

I know it sounds grand but I think that the title was picked because it was shorter to say than 'Bloke Who Tells The Other Teams Where To Put Their Stuff, Carries Heavy Things Up And Down A Field, Puts Up Lots Of Tents And Tape And Takes It All Down Again Later' although it leaves a lot to be desired in terms of a job description.

I had visions of putting up a few signs and bits of tape then relaxing with a cup of tea until it was time to go down the pub. I swiftly found out that was wrong once Helen Errington had clued me in to what needed to happen with the various bits of kit that were being delivered to the site, either fresh for our event or being re-used from previous days.

Bank Holiday Monday, the day before the race, the alarm went off at early o'clock and I packed the last bits of camping kit into the car before heading for Leith Hill where I arrived mid-morning. I tried to shoo the resident mini-flock of Guinea Fowl away but it seemed that this small corner of field was their favourite patch so I ignored them and they watched me park up and pitch camp whilst they made occasional alarmed squawking noises. At one point a small dog came to see what I was doing but then thought it would be more fun to chase the Guinea Fowl. Of course they flew up into the nearest tree and he didn't catch one but in the process they emptied their bowels as they flew over my tent. Luckily it rained later.

Soon people and kit started to arrive and we got busy marking out areas for traders, trying to mash down the man-eating nettles, positioning toilets, marking out the car park and so on. A lorry turned up with a ton of kit; chairs, tables tents and lots of other paraphernalia associated with this kind of event. We unloaded the lorry roughly in the centre of where the kit was needed and, once he had gone, Helen came across to tell us that it was in the wrong place and so we moved it all by hand about 100 metres - downhill, thank God. More marking out and laying out of Start, Finish etc. and positioning of kit until darkness started to fall and we retired to our tents to get some food.



Nick's preferred view of guinea fowl after his World Cup experience?

Unfortunately the Guinea Fowl chose to roost in a tree a few metres away from us and every time we moved they set up a great cacophony of alarm. We were camping in the field to look after the kit left on site but by this time I was tired; quite frankly, anybody who could be bothered to hump it all up the hill was more than welcome to it. And so to bed, not the pub.

On the day of the race dawn was about 5.00am. I know this because I was up at a quarter to 5 to get a bit of breakfast before cracking on with the work in hand. There is something lovely about being up and about in the country just before dawn, hot cup of tea, first light relieving the darkness, mist drifting across the field and woods, some birds wake and you hear the distant start of the dawn chorus - a robin, a blackbird, a wood pigeon, then a cuckoo deep in the still dark woods - and then the bloody Guinea Fowl start squawking, wake up next door's peacock and spoil it all. Ah, well.

Traders turned up and were guided into place; more helpers turned up; Start / Finish teams, commentators, Red Cross and so on turned up. Tents were put up, computers started, Wilf's got the tea on and we were just about ready when World Cup competitors and spectators started to arrive.

With all the work going on I barely saw any of the actual runners or racing. I had a short respite helping Glen and team on the Finish for the public races and then it was time to strip it all down. One huge truck had to be hauled out of the field but most vehicles made it out under their own steam and we slowly gathered all the other kit into a series of piles near the gate for final collection. As I was leaving about 7.15pm the field was almost as empty as when I had arrived, just a mini-flock of Guinea Fowl having a last feed before going to roost.

When I got home I had a quick bath and went to bed, shattered. It's just as well these things don't happen very often as I am going to need a long time to forget my own advice on volunteering.

I'm glad to see that I'm not the only one who can't help helping and I was very grateful to all those who turned up to share the load.



Answer to the Puzzle in LOKation 141

9 6 1	5 8 2	4 7 3
2 8 7	9 4 3	6 1 5
5 4 3	7 6 1	9 2 8
6 2 8	3 9 7	1 5 4
7 1 5	4 2 6	3 8 9
3 9 4	1 5 8	7 6 2
8 7 2	6 3 9	5 4 1
1 5 9	8 7 4	2 3 6
4 3 6	2 1 5	8 9 7

Congratulations to Rachel Hopkins for winning the prize for the first correct answer to the Fiendish puzzle. Here is her solution.

Tick Warning for Scotland - by Camilla Darwin

A word of warning to those of you heading to beautiful Scotland this summer. You should think about adding something extra to your post-orienteeering beauty regime: **checking for ticks**. See the following article, published in May. For background, I turned to the web and found a huge amount of material. The following articles are offered for your information but no guarantee as to their veracity. Indeed, you will find two contradictory statements included in these extracts. Consult your physician for a real opinion... Above all, take care, don't get paranoid - and have a great time in Royal Deeside. File a report with LOKation afterwards, please.

Concern as sheep-tick disease cases soar – The Scotsman, 31 May 2005

HUNDREDS of hillwalkers and rural workers have been struck down by disease caused by ticks, which attack humans as well as animals. Health experts have warned of increases in cases of Lyme disease, with the real number thought to be much higher than those reported. The Ramblers Association has issued safety guidance to its members and the Cairngorms National Park Authority is taking action to control ticks.

Dr Darrel Ho-Yen, a Lyme disease specialist based at Raigmore Hospital in Inverness, outlined his concerns about an increase in the disease in the latest edition of The Field. He claims that the number of proven cases in Britain should be multiplied by ten to take account of "wrongly-diagnosed cases, tests giving false results, sufferers who weren't tested, people who are infected but not showing symptoms, failures to notify and infected individuals who don't consult a doctor".

Dr Ho-Yen believes, therefore, that in a year, the number of Scots infected with the disease has risen from 430 to 580.

In the UK, the micro-organism causing Lyme disease is carried by the sheep tick, the most common, which, despite its name, feeds on deer, livestock and other species such as grouse and hare. Sufferers can get flu-like symptoms such as tiredness and aches, and more serious problems such as chronic arthritis.



"The ticks hook onto the skin and suck blood"

Practical advice

I'm heading north to go fishing soon. I hear there are loads of ticks there, and legions of the dreaded midge. What's the best way of protecting against them?

You often pick up ticks when walking through bracken, and they're best removed quickly if they attach themselves to you. Each night do a careful body-check by a mirror and remove burrowing ticks as soon as possible. A ghillie once told me that if you rub anti-clockwise around a tick you can pull it out. I must say, I've tried this and it worked. That ploy suits me better than painting on nail-polish, though that works too (colour is not important). Ironing kills them as well - I once counted 160 in the creases of some cords I was wearing.

Dr Feelgood from Edinburgh.

12 June 2005, Scotland on Sunday

Advice from America

- ⊥ Only Female and nymphal ticks feed and can transmit diseases.
- ⊥ Removing a deer tick within 24 hours greatly reduces the likelihood of Lyme disease transmission. Not all ticks are infected. On average 20-40% of deer ticks are able to transmit diseases.
- ⊥ As long as temperatures are above freezing, deer ticks are active the entire year. Peak activity months are May to June (Nymphs) and October/November and again in April (Adults).
- ⊥ Remove ticks with tweezers only (bent, "needle-nose" tweezers are best). Apply steady backward force until the tick is dislodged. Do NOT use alcohol, nail polish, hot matches, petroleum jelly or other methods to remove ticks. These methods may actually traumatize ticks, causing them to regurgitate their gut contents, which may include the Lyme disease bacterium.

www.stosoutdoors.com/ticksafety.htm

About the disease

Lyme Disease was discovered and named in the late 1970's when arthritis was discovered in a large group of children in and around Lyme, Connecticut. This infectious disease is transmitted by the bite of infected deer ticks. Lyme Disease is caused by the bacteria, **Borrelia Burgdorferi**. In close to half of all cases of Lyme Disease, a rash or lesion called **erythema migrans** presents itself. The rash is best described as an expanding red ring. Often times the rash symptom of Lyme Disease is confused with poison ivy, spider/insect bites, or even ringworm. Lyme Disease is treated with antibiotics. Timely treatment can increase the chances of recovery and may even lessen the severity of any later symptoms in both animals and humans.

<http://www.infoforyourhealth.com/Arthritis/lyme%20disease.htm>



Orienteering in the internet age - from Saxnews

Yes, I know that some of us don't have computers and, therefore, direct web access, but for those who do, I thought I might recommend a few web sites that you might find of interest. As with virtually everything else, there are thousands 'out there', but these are ones I use or particularly like.

www.nopesport.com I happened upon this by chance recently. It is described as the on-line orienteering community and is indeed an interesting web site. It has some good current news items on the sport - both home and international, product reviews, a map gallery and discussion forums on a variety of subjects. In the main, postings on the forums seem to be from younger orienteers - some of whom seem to use it for 'chat' - but there are many interesting topics. Use of the forums and their value may increase in time *as* knowledge of the site widens. Have a look - you are not required to join and can just visit the site (and post messages) as an unidentified guest.

www.okansas.blogspot.com This is what's known as a 'blog' site (I believe), where the webmaster - in this case Michael Inglis from Kansas City, Missouri (USA) - posts something every day. Michael posts items relating to orienteering, either of a general nature or something more specific. Sometimes these are of a personal nature - events he has been to, his training or thoughts on the sport - others links to other interesting sites, pictures, maps, etc. Seems that this has been going on daily since December, 1999! Worth the occasional look.

www.oliandjenny.co.uk This is the home site of GB internationals OH Johnson and Jenny Whitehead. It provides details of their own orienteering activities as well as news and information on the national squad more generally. A good way to keep in touch with what our elite orienteers are doing.

<http://www.fi.uib.no/~jankoc/worldof/> This is the world-famous site of Jan Kocbach, which is a vast orienteering resource with all sorts of links. If it relates to orienteering and is available on the web, this is probably the best way to find it.

Happy 'O' surfing, from Dave Kingdon, SAX.

If you have websites that I can mention in the next edition please email me details.

In the logic quiz in LOKation, Catherine beat Martin on Saturday by 15 minutes: Martin made a 180° error. On Sunday, Matt beat him by 25 minutes and Martin went off the map. You can therefore deduce what happened on Monday.

Fixtures

Orienteering Fixtures are available via the following websites:

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

South-east: <http://www.post2me.freeserve.co.uk/orienteering/>

BOF: <http://freespace.virgin.net/pat.martin/Bfspage.htm>

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 at the back of 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:

June 29 th	October 28 th
July 27 th	November 25 th +AGM (provisional)
August 31 st	December TBA
September 28 th	

Club Training/Drinking/Eating

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. The pub now serves excellent food.