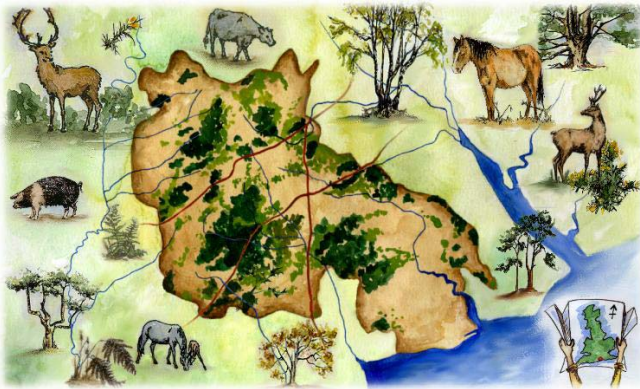




L ONDON O RIENTEERING K LUBB

LOKation 141



March 2005



LOK People - Klubb Officers for 2005

Chairman

John Hardy (020) 8 368 7182 chairman@londonorienteeing.co.uk

Secretary

Post vacant

Treasurer

Ronan Cleary (01707) 275934 Ronan-julie.cleary@which.net

Membership Secretary & Klubb kit

Julie Cleary (01707) 275934 Ronan-julie.cleary@which.net

LOKation editor

Camilla Darwin (020) 8563 1495 lokation@londonorienteeing.co.uk

Captain

Andrew Redington (020) 8941 4856 Andrew.reddington@hsbcrepublik.com

Coach

Martin Potter (020) 8347 8226 wastell.potter@virgin.net

Fixtures secretary

Glen Jones (020) 8450 0444 glen@glenandfelicity.co.uk

Equipment

Catherine Galvin (020) 8445 0863 Catherine.galvin@which.net

Mapping

Julie Cleary (01707) 275934 Ronan-julie.cleary@which.net

FROLICS coordinator

Camilla Darwin (020) 8563 1495 frolics@londonorienteeing.co.uk

SEOA Rep

John Hardy (020) 8 368 7182 chairman@londonorienteeing.co.uk

Auditor

Sonia Gable (020) 8550 1805



What's in this issue?

- ⊥ Reviews of recent LOK events
- ⊥ The delights of Belgian orienteeing
- ⊥ The World Cup details
- ⊥ LOK's proposed Constitution - consultation exercise



Chairbound chatter

Well, a lot has been happening in the Klubb since last time I wrote something for Lokation: AGM, Christmas Dinner, Boxing Day Score Event, Training Weekend, Street-O and Senile at Addington; and we have the World Cup to look forward to, where LOK will be featuring quite prominently at the Holmbury event. So, generally speaking, I think we can be quite pleased! I would like to thank all those who organised, planned and supported all those events and functions.

There was a lively atmosphere at the AGM, except, perhaps, from the jet-lagged Chairman's seat! The Christmas Party was really well-supported, thanks to sterling efforts by Camilla and Nick. 60 or so came to the Boxing Day Score Event and enjoyed the Cleary Course and, of course, the mulled wine, now a regular and popular feature. I didn't attend the Training Weekend, but understand it went well and the Klubb can be very grateful to Martin's organisational aplomb. A Street-O, as a change to the usual Thursday Night Training, the brainchild of that inveterate enthusiast, David Rosen, was also a good innovation. (Did you hear Miriam on Radio 4, by the way, speaking about special schools? Ruth Kelly, take note!) Lastly, I did manage to get to Addington Hills last Saturday evening (by tube, train and tram, the journey there being considerably more successful than my subsequent blundering round the woods). Richard's courses were well-planned and praise was a-plenty. Addington, despite its small size, is an excellent area and we ought to use it more often. Glen and the new lap-top made registration and download as smooth as you like. Thanks to the CROC team for all the other organisational work, including hot soup, and Ronan and Julie for controlling. This particular joint venture worked well and bodes well for the future. Oh! And don't forget upcoming relays - your Klubb Captain needs you!

So, am I a happy bunny? Yes, from the above and no from my awful performances lately - lose half a stone, get fit, don't be overawed by the competition, don't make daft route choices. I'd hate to have it said of me, "Old orienteers never die; they simply lose their way!" Good Orienteering!

John H.



Thoughts from the Thicket

A bumper edition this month, full of reviews of LOK events and other Klubb business. The centre page is designed as a pull-out for you: the 'hot' LOK Constitution in the middle of it - and a handy crib sheet for the sport on the back (once you've done some homework).

I'd welcome more 'factional' content next time round. Planned publication date is mid-May so let your creative ideas begin...even as you run round the next course you do! See you at Henley perhaps.

Camilla

Captain's Log

CALL TO ACTION - LOK Relays 2005

Looking forward to those long week-ends away in the Midlands and South West this Spring? Make sure you get the most of the JK and British experience by securing your LOK relay run!!! And what more encouragement do you need than a subsidised run - yes, Ronan is dusting down the cheque book so that you will only need to pay 50% of the entry fee - a bargain not to be missed at any cost. As ever we intend entering a combination of mens open, womens open, men 120-plus, womens 120-plus, and ad-hoc teams.

Looking further ahead, we are putting together a joint LOK/CROC team to run the North Downs Relay title on Saturday 25 June. The usual format applies - 16 legs of varying distances (8-16km) from fairly early in the morning in Dover to much more agreeable legs in the afternoon. The finish is at Farnham circa 7pm. Please let me know if you would like to run a leg'

JK Relays	Hopwas, Tamworth	28 March
British Relays	Penhale Sands, N Cornwall	17 April
North Downs Relay	[depends on your leg]	25 June

If you are interested in running send me an e-mail SOON andrew.redington@hsbcpb.com or give me a buzz at home on 020 8941 4856.

Happy orienteering,

Andrew

Klubb Business

There's plenty of Klubb business in this edition so each major topic warrants its own heading: keep reading. Meanwhile, here's a round-up of news about Lokkies and our recent events.

- ⊥ Two of the recent regular Thursday night runners have recently moved out of London - and how!. We wish them and their partners a 'farewell' and best wishes in their new homes. **Sean Cranny** has relocated to Brisbane while **Matt Richards** has moved up to Stafford. I'm sure they both know that they'd be welcome in the Stag whenever they venture into the London smog again. And contributions to Lokation can always be emailed from anywhere worldwide...
- ⊥ Sean sent a quick email to Martin, via Lokation: "If you can just print a big **thank-YOU** to Martin (and helpers) for the excellent training on the Saturday. I had a log cabin with some old orienteering friends and it was a lovely way to say good-bye before emigrating to Brisbane. My only observation was that the first control on the corridor event was misplaced by at least 100m. The Fighting Cocks pub and Sandy

Balls resort really are badly named for two establishments so close together but they provided us with much amusement."

- ⊥ **Congratulations to LOK for beating Happy Herts** in the South East Score Championships. At the first National Event of the year, held at Ash Ranges, **Julie Cleary** was 4th in W40L and **Frank Martindale (her dad)** 2nd in M70 - well done!
- ⊥ **The Trent Park Boxing Day Score Event**, organised by John Hardy and planned by the Clearys, was extremely successful once more. Around 60 competitors took part. The small profit raised (c.£100) was donated to the Tsunami fund at Julie's suggestion, after consultation with Klubb members.
- ⊥ The Aus/NZ/SA magazine, TNT has recently published an article on the Permanent Orienteering Course on Hampstead Heath.
- ⊥ Following the enjoyment of David's street-O event on a bleak Thursday night in February, a few of the regular runners were wondering about the possibility of a 'training event' once a month throughout the summer, organised by the regulars. It can use the permanent course on the Heath once the clocks have changed back: and about five volunteers would be welcomed to cover most of the summer months.
Think on't, those of you who make the Thursday night run.
- ⊥ Julie Cleary will be running off the **latest Membership list in April**. If you have moved house/telephone provider/or **changed email address**, please let her know as soon as possible. Email membership@londonorienteering.co.uk.

Klubb Fixtures

You will be familiar with the table below with the events the Klubb intends to host over the next 18 months. If you are interested and would like to take advantage of the number of experienced klubb members who can offer 'mentoring' to you, do get in touch with Glen as soon as possible. If you are thinking of planning an event, you might want to think about doing the groundwork through differing seasons in order to get to know the area. Similarly, organising can benefit from some paperwork being covered ahead of time. Neil Brooks kindly wrote an essential checklist after his 2004 Frolic which we will send to anyone who wants to look at it.

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

Date	Event	Location	Organiser	Planner
4/5 May 2005	World Champs Medium Race	Leith Hill	(covered!)	The Clearys
Sun 24 July 2005	Frolic (light green + extension loop) *KLUBB CHAMPS*	Hampstead Heath	Martin Potter	???
Sun 11 Sept	District event	Leith Hill SW	???	???

2005				
Sat 12 Nov 2005	SENiLe event	Holmbury	???	???
Boxing Day 2005	Christmas Score Event	Trent Park	???	???
Sun 16 July 2006	Frolic (light green + extension loop) *KLUBB CHAMPS*		???	???
Sun 15 Oct 2006	Regional event	Holmbury	???	???

World Cup Business - How you can help - May Bank Holiday

As you are no doubt aware the World Cup is coming to forests around Guildford over the early May bank holiday. It kicks off with the Sprint Qualifier around Surrey University Campus, Guildford on Friday evening 29 April, then moves onto Mychett & Old Windmill Hill for the Relays on the Saturday. Sunday sees the Long Final on Winterfold, Monday the Sprint Final at Battersea Park, finishing with the **Middle distance Final on the Tuesday at Leith Hill. This is LOK's event.** Each event also has **public races** attached to the programme making up the **Surrey Five-O series** and including a National Event at Winterfold. Three of which also include the **Southern Express series**, so there are lots of opportunities to compete whilst watching the world's best orienteers.

However, helpers are still desperately needed to help at these events. Some clubs have been allocated to help at the following days or tasks, however if you belong to a club that isn't down to help or can help on other days as well, particularly on the Friday evening and/or Tuesday then please get in touch with Diane Leakey on 01932 864347, or e-mail her at alan@britishorienteering.org.uk indicating which days you can help. Helpers at the World Cup will also be able to run at the public races.

Friday (29/4)	GO
Saturday (30/4)	SN & BKO
Sunday (1/5)	SO & MV
Monday (2/5)	SLOW & DFOK

Tuesday (3/5)	LOK (Chig and HH) & Army
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Start & Quarantine	SO
Prizегiving and doping control	CROC

To help, contact Diane Leakey (SLOW) 01932 864347
alan@britishorienteering.org.uk

To run in the Surrey Five-O

Closing date: 31 March.

For details and online entry, please go to www.wcup2005.org.uk

Please email Surrey Five-O enquiries to Anne May anneshielmay@connectfree.co.uk

For our event:

As I'm sure you are aware, LOK's Ronan & Julie Cleary are the planners for the last day of the competition - the middle distance race on Leith Hill. This will also have an Army Divisional champs and the last race of the Surrey Five O after the World Cup is finished. About 500 competitors....!

Ex Lok's Helen Errington is the Race day Organiser (Ex LOK's Simon Errington is busy controlling the sprint races at Guildford and Battersea on the 29th April & 2nd May).

LOK, Chig and HH are down to help on the 3rd May at the middle race and so all volunteers are welcome. Jobs are many & varied! They include setting up the day before, staying in the field as security, the finish & results, enquiries..... If you can spare the time and take a day off work please let me know as soon as possible.

Free Polo top to all helpers as modelled by me & Ro & Ju and a run (not free but I'm working on it).

Helen

Helen.Errington@virgin.net



LOK Annual General Meeting 2004 - Richard Blake

This took place on 25th November 2004 at the Winchester Hotel, and was attended by 15 Klubb members. The main points of the meeting were:-

- The previous years meeting minutes were approved as a true record.
- John gave a review of a successful year and thanked those who had played an active part in running the Klubb and in putting on events but made a plea for more involvement particularly in respect of volunteering to organise and plan events rather than relying on the usual culprits as without them there would be no orienteering.
- Ronan confirmed that the Klubb's finances are sound and that there is no need to increase the Klubb fees for the coming year. There are presently 83 members in LOK.
- All officers and others who undertake duties for the Klubb confirmed that they are prepared to continue for a further year except Richard who stood down as Secretary. No-one volunteered for this post which remains vacant. Camilla Darwin gave notification that she will stand down from the Frolics position at the end of 2005 and offered to show someone the [very light and semi-transparent] ropes this year, if interested.
- The main item of any other business was a new Klubb Constitution drafted by Julie, which is to be circulated for comment and possible amendment before adoption at next years AGM. See the middle spread of Lokation for a tear-out copy!

Copies of the AGM minutes and Treasurers report are available on request.

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.

Logic Quiz

During the three days of the JK, Saturday, Sunday and Monday, Martin was beaten into second place every day. He was not happy. Once he was beaten by 10 minutes, once by 15 minutes and on the other occasion by 25 minutes. Each day it was by a different person, Matt, Nick and Catherine. He related in the pub the following Thursday what had happened: one day he ran off the map, once he made a 180 degree error and once he punched at the wrong control before getting back on course. Clearly a bad weekend!

From the clues below can you work out for each day which mistake he made, who beat him and by how much?

- ⊥ Martin was beaten by a shorter time by Catherine than on the day that he ran off the map.
- ⊥ Matt beat him on Sunday.
- ⊥ He made a 180 degree error the day before he lost by 25 minutes.
- ⊥ Nick beat him by 10 minutes but not on the Saturday.

Source: Thanks to Saxnews for this brainteaser.

So Duko Puzzles from the Times - This one is SO EASY

(Alternative title: what you get when you have a mathematician as Editor)

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

To solve a Su Doku puzzle, every digit from 1 to 9 must appear in each of the nine vertical columns, in each of the nine horizontal rows, and in each of the nine boxes.

Solution printed further on...

Klubb Constitution

The 2004 Annual General Meeting of LOK discussed the draft form of the Klubb Constitution which is included with this edition of LOKATION. A copy will also be placed on the Klubb website at www.londonorienteeing.co.uk.

The guiding principles of this document were adopted at the AGM, subject to consultation with the membership of the Klubb and the Committee request that any comments regarding it's content and/or wording be made to Julie Cleary.

Please provide such comments in writing before the end of September so that an amended version can be prepared for ratification at the 2005 AGM.

Julie's contact details are by post to
9 Lydia Mews,
Welham Green,
Herts, AL9 7PZ
or by e-mail to membership@londonorienteeing.co.uk.

The Constitution is printed overleaf as the centrespread of this magazine so that you can tear it this four-age spread and keep it for reference. Note Julie's address above.

***PLEASE DO GIVE HER YOUR FEEDBACK - WHETHER YOU SUPPORT IT AS WRITTEN
OR HAVE SUGGESTIONS.***

London Orienteering Klubb Constitution

This document supercedes all previous versions of a constitution for London Orienteering Klubb.

1. TITLE

The club shall be called "London Orienteering Klubb" (subsequently referred to as the Klubb) for matters related to the administration of the Klubb. For entries to competitive orienteering and related sports at club and individual level the abbreviation "LOK" may be used.

2. OBJECTIVES

The objectives of the Klubb shall be to promote and develop the sport of orienteering for all ages and abilities and encourage competition at all levels, in accordance with the British Orienteering Federation (BOF) Rules and Guidelines in existence at any time.

3. MEMBERSHIP AND SUBSCRIPTIONS

The Klubb shall be an affiliated member of the BOF and of the South East Orienteering Association (SEOA).

Membership of the Klubb shall be open to any individual and any group on payment of an annual subscription. All members of the Klubb will be subject to the regulations of the constitution and by joining the Klubb will be deemed to accept these regulations. All members of the Klubb accept that their membership details may be stored in electronic form and may be made available to other members of the Klubb electronically and/or on paper.

The categories of membership shall be consistent with BOF policies in existence at any time.

Honorary life membership may be accorded by the Annual General Meeting (AGM) to a member who has made an outstanding contribution to the Klubb.

The annual subscription levied by the Klubb will be determined by a resolution passed at a Committee Meeting and shall be due on each 1st January. Where a subscription is more than three (3) months overdue, the member is deemed to have left the Klubb.

4. MANAGEMENT

The affairs of the Klubb shall be managed by a Committee of officers, elected by the AGM and holding honorary positions. The principal offices shall include the following:

Chairman	Membership Secretary
Secretary	Mapping Officer
Treasurer	Equipment Officer
Fixtures Secretary	Klubb Captain

Other positions of office may be created by the Committee as needed for the purposes of managing the Klubb's affairs. All officers shall retire each year but shall be eligible for re-appointment. The Committee may co-opt any eligible member to fill any office falling vacant.

The honorary position of Chairman shall not be held by the same individual for longer than three (3) consecutive years. No person should hold more than two (2) principal offices.

The Committee, which is mandated to take decisions on behalf of the Klubb, shall be responsible for the day to day affairs of the Klubb, proposing and adopting new policies, codes of conduct and rules that affect the organisation of the Klubb in accordance with the Klubb's objectives.

The Committee shall meet at least eight (8) times each year. Klubb meetings shall be open to all members of the Klubb and the dates and venues of all Klubb meetings shall be available in advance. A quorum shall consist of four (4) officers, including two (2) principal officers. In the absence of the elected Chairman, the meeting shall elect a temporary chair for that meeting.

Only elected and co-opted officers can vote at Klubb meetings and shall have one vote each (even if two offices are held). The Chairman or temporary chair shall have an additional casting vote.

The Committee shall arrange that a Klubb newsletter and/or magazine is circulated to members and shall appoint an editor who shall determine the contents. However, the editor shall allow the Committee to inform members of topics it has under discussion and of major decisions taken, by means of the Klubb newsletter or magazine.

5. FINANCE

The financial year of the Klubb shall run from 1st September to 31st August. The Klubb accounts shall be audited annually. The Honorary Auditor shall be appointed at the AGM and shall not be a member of the Committee.

The Treasurer shall prepare annual accounts for auditing and a Financial Report for the AGM. The Treasurer should also make interim accounts available to the Committee at each Klubb meeting.

A bank account shall be held in the name of London Orienteering Klubb. Cheques shall be signed by the Treasurer, and may be signed by another authorised signatory (as agreed by the Committee) if deemed necessary. Authorised signatories will be chosen from the Chairman or Secretary.

6. ANNUAL AND EXTRAORDINARY GENERAL MEETINGS

The Klubb shall hold an AGM between 1st September and 30th November each year. All Klubb members shall be given notice of the AGM at least twenty-one (21) days in advance.

The agenda for the AGM shall be:

- a. To approve the minutes of the previous AGM
- b. To receive the Chairman's annual report
- c. To receive the Treasurer's annual report and approve the accounts for the previous financial year
- d. To elect Klubb officers, Auditor and Honorary Life members
- e. To consider any resolutions or amendments to the Constitution
- f. To approve items of policy or principle proposed in advance by the Committee or Klubb members
- g. To consider any other business relating to the well-being and/or development of the Klubb

Nominations, with proposer and seconder, of candidates for election of officers and Honorary Life Members shall be made in writing (or e-mail) to the Secretary prior to the start of the AGM.

Items of business, including amendments to the Constitution, with proposer and seconder, shall be made in writing (or e-mail) to the Secretary fourteen (14) days in advance of the AGM.

An Extraordinary General Meeting (EGM) may be called by the Committee or by a written petition to the Secretary signed by not less than ten (10) Klubb members, outlining the reasons for calling the meeting. All Klubb members shall be given notice of an EGM at least twenty-one (21) days in advance. Only business directly related to the subject of an EGM shall be discussed at the EGM.

A quorum at the AGM or EGM shall be ten (10) Klubb members or 10% of the Klubb membership, whichever is the greater. All members of the Klubb over the age of sixteen (16), including those who are part of a family membership shall be eligible to vote. In the case of group membership, only one vote shall be recorded.

Amendments to the Constitution at an AGM or EGM shall be by the consent of two-thirds of the Klubb membership. Other decisions at an AGM or EGM shall be by a simple majority of votes.

7. DISSOLUTION

The Klubb may be dissolved by the consent of two-thirds of the Klubb membership at an AGM or EGM.

In the event of dissolution, any monies or assets shall become the property of BOF.

8. COPYRIGHT

Any map produced by member(s) at the Klubb's expense shall become the sole copyright of the Klubb.

Articles submitted to the Klubb newsletter and/or magazine shall remain the copyright of their authors.

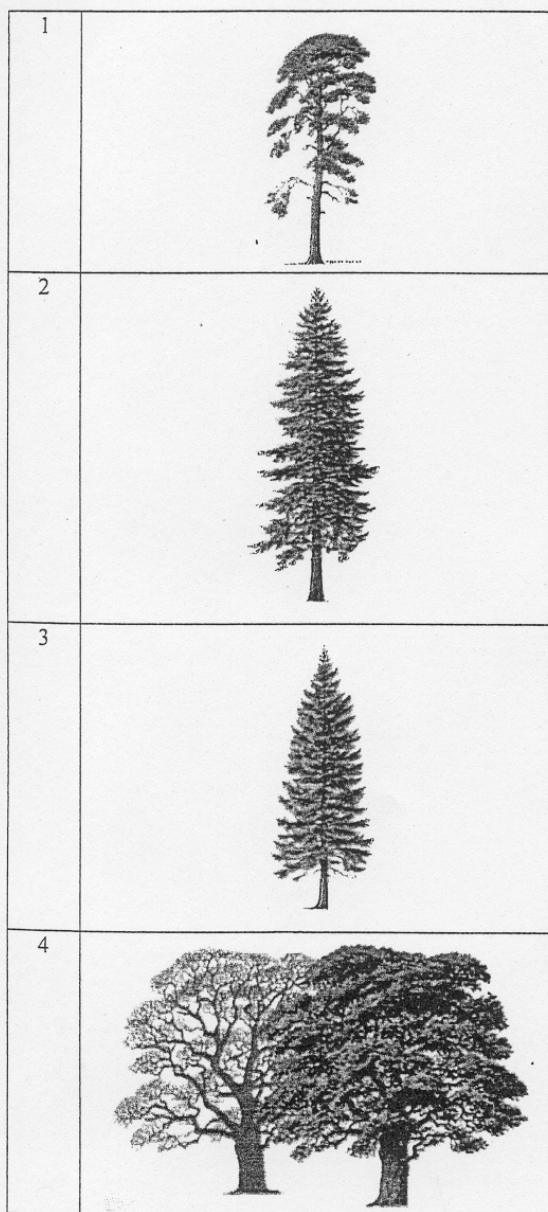


To Help you in the Forest - Test Yourself

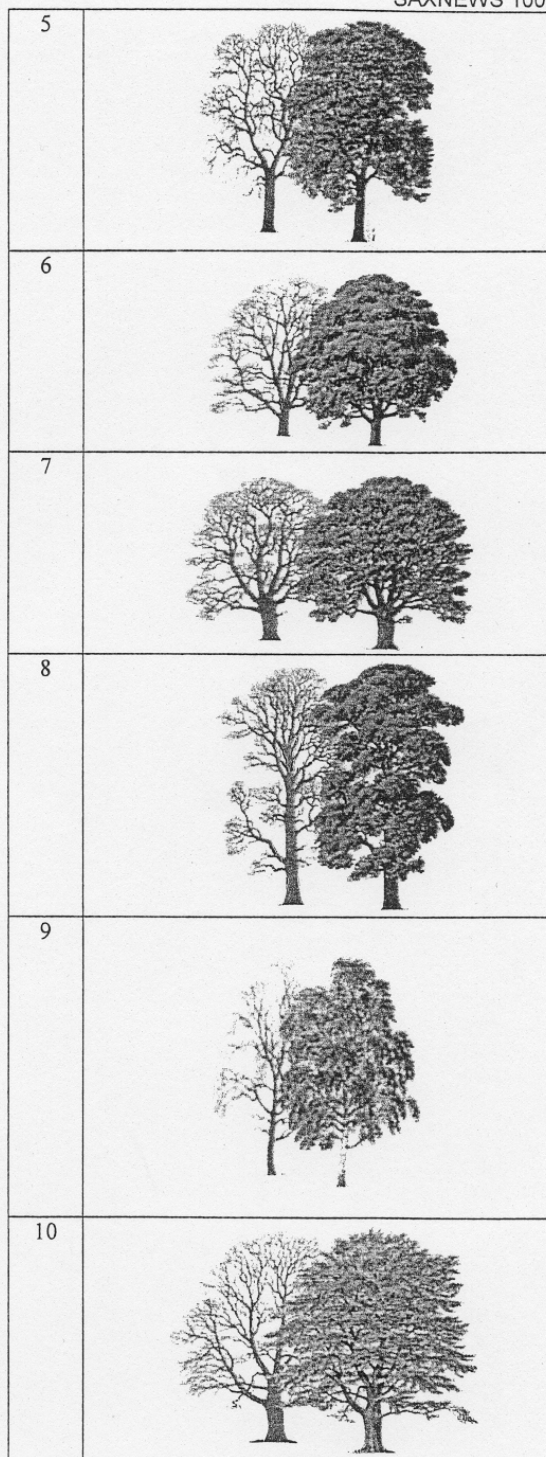
Thanks to Saxnews for this feature. Ask them for the answers too!

Another competition

Orienteering is a sport which relies on observation. We need to be aware of our surroundings which of course is mainly in the forest. But can we recognise the various trees therein. So for a bit of fun and a prize, just name the 10 tree types shown below. Send your answer to the editor. First correct solution wins a bottle of bubbly.



SAXNEWS 100



John Faller



Review of the Klubb Training Weekend - Martin Potter

LOK recently held their very successful training weekend in the New Forest. Every one stayed at the excellent Sandy Balls Holiday Centre in Godshill. The lure of the on-site Funday in aid of the Tsunami Appeal was too much for most of the younger members - and some of the older ones too - who decided to miss the training in favour of face painting, stilt walking and magic shows.

The training started with some serious carbo loading on the Friday night in the Woodside Inn. Saturday morning commenced with a gentle 30 minutes run in the local woods. Later the main training was on the superb Hampton Ridge. Courses consisted of compass and pacing, contouring, corridor and window event and the very keenly fought control-picking exercise. The weather was mild and clear and most people tried at least three of the four exercises.

That evening was spent eating and drinking in the local Fighting Cocks. Perhaps there was a little too much drinking as only three hardy souls turned up for the Sunday morning run. Later that morning the orienteers were able to put the training into practice at the nearby Redshoot Colour Coded event. The training obviously paid off with some fine performances including three in the top six places on the brown course.

After the Sunday event some of the group made their way home whilst the luckier ones spent another night in the log cabins comparing routes, missed controls and gorse scratches. Everyone seemed to enjoy the weekend. Now that this event is in the fifth year let's hope this can become a permanent fixture in the LOK calendar.



Reviews of the Addington Senile, February 12th

Richard Blake, planner

Addington Hills is a small area but complex enough to run a testing night event on and this time we ran it with the assistance of CROC who supplied the organisation with LOK undertaking the planning side of things. Planning the courses proved easier than my previous attempt at a night event at Addington as the decision to use SI punching made the use of second loops for the longer courses - necessary on such a small area - much less complicated.

Julie and Ronan once again provided a large input to the event, not least giving me advice on the courses, acting as controller, collecting and delivering SI equipment, drawing, printing and bagging the maps, programming the SI units, helping put out and collect controls on the night and generally keeping an eye on proceedings. My thanks to them as well as to Glen who also turned out on the night to run the computer side of things with the preliminary results appearing on the web early the next day.

Thanks also to Alison High and her team of CROC helpers who took on the event organisation and arranged car parking, registration, start and finish, not to mention hot soup (very welcome on what became a cold evening) to ensure smooth running of the event.

Following a day of heavy showers, the afternoon and evening remained dry with a starlit night developing and some fantastic views over the lights towards central London. The 44 competitors, some of whom seemed to find the courses more challenging than others, may not have had time to appreciate the views or stars but generally seemed to have enjoyed their runs, which makes the effort worthwhile.

All in all, another successful event.

PS A shame that we were unable to find an organiser from LOK but sharing the load with CROC did mean that the event was able to proceed.

Alison High, CROC, Organiser

Many thanks to all the helpers who came along to ensure that the event ran smoothly. Neither CROC nor LOK are big clubs, but working together was a definite success! It was good to have the start and finish so close to the car park, and it was nice to have a chance to chat to runners at the finish.

Thanks also to Croydon Council for permission to use the area; to Richard for his courses; and particularly to Ronan and Julie Cleary for all their help and support - it was a pleasure working with them and learning from their very professional approach.

Finally, just a quick plug for the next CROC event - 19th March 2005 at Gatton Park, Redhill. It's a Chasing Sprint race (part of the Southern Express) on a brand new area of fast parkland. Paul Whiston is busy planning some great courses, and it promises to be a morning of exciting, fast, close racing!! We look forward to seeing you there.

Ronan & Julie Cleary, Controllers

As both Alison and Richard say, this was a very successful joint event between CROC and LOK - the first of many we hope. Alison persuaded many CROCs to come along and help, and I'm sure the soup at the finish was very welcome. Richard's courses provided a good night challenge on what is a lovely little area - surprisingly difficult due to the many re-entrants and spurs. Glen, as usual, was our SI Co-ordinator, and LOK are very lucky to have such a willing and capable volunteer who turns up at every event we hold. Thank you - to all our helpers.

Thanks also to a couple of people for the comments about the 1:5000 map (it used to be a 1:7500) - we thought it might give competitors valuable experience before the World Cup Sprint races which will also be at 1:5000.

Next plans for an Addington event will be as part of the 2006 Southern Express series - we look forward to seeing you there.



Hampstead Street-O - David Rosen

Over the course of December and January, instead of cycling directly from our flat in South End Green to work near Baker Street, I could often be found in the early morning touring the streets of Hampstead.

I'd scanned the 1:10000 OS map and loaded it into OCAD as a template. Then I had a first attempt at drawing the streets.

After that, I went out and did the groundwork, steadily checking and correcting my map. I was especially pleased when I discovered a new ginnel (or alley for you Southerners). Finally, when the map was pretty much OK, I went out and located fire hydrant (H) signs for the competition.

I had organised a street event round Hampstead about 20 years ago, but I believe this was the first since then. The original one was on a photocopy of the OS map, but with a difference - only the area round the controls was shown, so the map consisted of lots of blobs of map with blanks in between. You had to guess how to get from one blob to the next!



Nowadays, street maps are usually line drawings with all driveable streets shown as a single standard width line, and the ginnels shown as footpaths.

We held the event on Thursday February 10th. Unfortunately it was drizzling which meant competitors had to use map cases. There were 30 controls worth 10 points each and all controls were yellow H signs. The time limit was an hour with a 10 point penalty for each minute late.

Congratulations to all who took part. Matthew Cook set a good early score of 230, but that was beaten by Matt Richards with 248 and then by Glen Jones with 260. But in the end, Peter Sacares was the clear winner finding 29 of the 30 within the hour. Camilla Darwin was the winning lady with 18 controls with Catherine Galvin only 20 points behind. Special congratulations to Frances Bond who got back safely, despite visiting Finchley Road & Frognal railway station which is some way off the edge of the map.

Now that the map exists, it will be very easy to hold further events. If someone else wants to plan, I'll be very happy to print the competition map off using OCAD. On this occasion I used H signs, but an alternative is to ask a question about an obvious notice or sign. Blue plaques could be another theme in Hampstead, but they can be difficult to read at night so might be better for a special day event.



How about 3 Days in Belgium? - by Greg Birdseye

For the Belgium aficionados in the club (- not sure there are any apart from me?) this year's Belgian 3 Daagse is in the Flemish north, up near the Dutch border in Limburg province. That means it will be the flattish and quite sandy pine forests as it was in 1992 where I had a very enjoyable time. One course I remember criss-crossed the Belgium-Holland border several times on the way round. This year it's earlier than usual, in the middle of May, which may provide rather dryer weather than last July down in the Ardennes, based around Chiny, where I had a generally wet but still excellent few days.

Chiny itself is a smallish village right in the heart of the Ardennes, on the river Semois. The 3 days of 1993 was in the same area but a little further upstream, based at Arlon where the river rises, close to the Luxembourg border. The river runs from there more or less north-west, along the edge of Belgium, until it crosses into France and joins the Meuse a bit north of Charleville-Mézières. As the crow flies that's about 75 km. As the fish swims though, it's perhaps 3 times that, with the river meandering through the thickly wooded steep slopes of the Ardennes.

That first day had a rather 'messy' map, and I was glad of the 1:10000 scale. After a while I discovered that the large tracks shown on the map were in fact the slightly flattened areas with the odd wheel rut showing though the long grass; very easy to cross without seeing as I did more than once. But overall, only one disaster control (29 minutes) spoiled a reasonably good run.

I spent nearly all of those 29 mins in torrential rain trying to navigate to a charcoal burning ground - quite common in this part of Belgium but in my book often an indistinct feature. It was in the middle of a green bit surrounded by odd woods and trees, rough open, general rubbish and almost non-existent tracks. As I circled round for the third or fourth approach, my brain was beginning to hurt from trying really hard to relocate, navigate and carefully pace. Steamed up glasses didn't help either. Eventually, I rounded a familiar clump of bushes and this time it materialised before my eyes, albeit quite well disguised by dripping undergrowth.

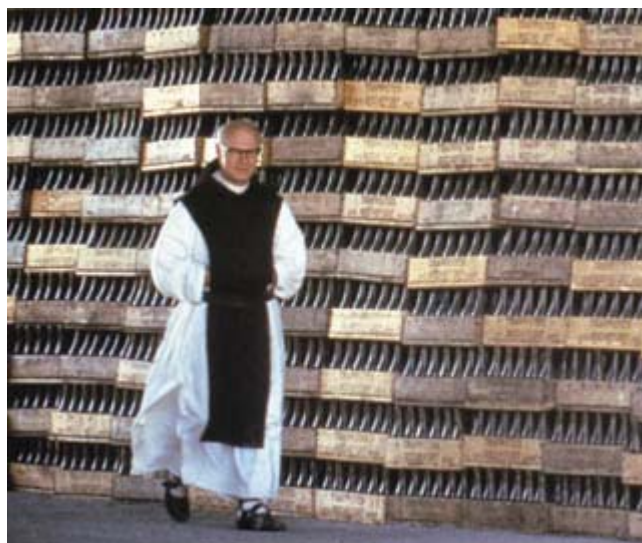
Allowing for this mishap, my 96 mins didn't seem too bad, although a M. Grande Vitesse from Belgium took only 42. Not the slowest H55 though, by a long way, and a D40 on the same course took about 2 hrs longer.

And day 2 was much nicer, not least because I deemed it sensible to take a safety first route from the outset. Talking of safety though I thought one control was really quite dangerous: a crag at the bottom of a steep slope covered in slippery leaf mould, just before it fell over the edge of the cliff into the river gorge below. I didn't hear of anyone getting that close to the river but it seemed a little tricky to me.

Finally, day 3: a bit hilly in places but rather nicer woods and features. But in order to finish in the assembly area/camp site in the centre of Chiny village, all the courses crossed the river from the north for the last km or so. Unfortunately the centre of Chiny is 60 m above the river, so a lot of tired people were struggling up the last slope.

Speedy fit people took 2-2 $\frac{1}{2}$ hours combined time over the three days. A rather less speedy, less fit, yours truly was closer to 4 hours. Even so that was enough to be not far below half way, and the aforementioned D40 finished at nearly 8 hours in total.

Overall a very good trip. Nice forests, interesting terrain and the picturesque river coming into view from time to time. Penny and I stayed 20 miles or so down river from Chiny, in Bouillon which has one of the best mediaeval castles I've ever toured around. Built on a rocky meander, it towers over the small town. Godefroi de Bouillon was a leading light in the Third Crusade and apparently pawned his castle to finance the trip, but it must have been an impressive sight several hundred years ago. We also enjoyed a visit to the Orval Abbey, home of one of the famous trappist beers.



(Ed. Only marginally relevant picture but more interesting than a map of Belgium!)

So, if you want an alternative to the DFOK event in Shorne Park on May 15th 2005 you could try an easy trip across the sea, even though perhaps the north doesn't quite have the varied scenery and tourist attractions of the Ardennes. I always like Belgium as you can use a 5 day bargain ferry (or tunnel) return ticket, stay in an interesting place and eat lots of good food, not forgetting the strong beer - in modest quantities of course. Belgium does not always deserve its boring reputation.

Su Doku solution:

(Aren't I nice? Ed)

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



Hungary for a h'O'liday? - by Julianna Grant, SEOA Dev't

It is not normally usual to put commercial ads in club magazines, but I hope you would indulge me and let me promote Hungary, which is not only where I was born, but also where I am planning to return to in 2006.

Hungary has a vibrant and very successful 'O' scene. This includes having a double World Champion, Katalin Oláh, as well as a full and exciting event calendar running between early March to early November. One multi-day event is the Hungária Kupa, lasting either 5 or 6 days, offering a marvellous opportunity to experience new orienteering terrain while having an interesting holiday. The dates in 2005 fall between 13th and 18th August, which then lead you into St. Stephen's Day, Hungary's prime national holiday on 20th August with magnificent fireworks and a real festival atmosphere in Budapest and all over the country.

Eastern Europe, especially the countries that have recently joined the EU, is virgin territory for many Brits. Life is still quite simple and cheap, especially in the countryside, while the cities are cosmopolitan with great cultural events at prices still well below the European average. Food and drink, especially wine, are fantastic and accommodation is equally reasonable. Several bucket airlines fly there for anything between £45 - £105 all in. The earlier you book, the cheaper it is. Try: www.easyjet.com flying from Gatwick and Luton, www.skyeurope.com flying from Stansted, www.wizzair.com flying from Luton or www.jet2.com flying from Manchester. If you choose 2005 for your first foray into Hungary, you will still catch it at its best, before it got over commercialised and westernised, losing its unique character.

The Hungária Kupa is taking place in the Mátra mountains, which are about 1.5-2 hours by car from Budapest and offer some beautiful beech, oak and acacia forests with the occasional conifer plantation thrown in. Do look it up on the net, the URL is www.hungariacup2005.agria.hu

And finally, if you want some help with where to stay, the Grant Family Accommodation Bureau is at your service. In preparation for our retirement to Hungary we bought property there with view to letting, so if any orienteers wish to avail themselves of either a nice little flat in Budapest or a B&B in a lovely village not very far from the Mátra next summer, our rates are very reasonable. One friend from Mole Valley has already booked a week in Budapest, why not plan some time in the capital of Hungary, either before or after the Hungária Kupa and make a really lovely trip of it? I look forward to seeing some of you there this coming summer!

More Su Doku for you

Mild

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

To solve a Su Doku puzzle, every digit from 1 to 9 must appear in each of the nine vertical columns, in each of the nine horizontal rows, and in each of the nine boxes.

Fiendish

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

The first correct solution to the 'fiendish one' sent to me (with some evidence of your own working out!) will win a small prize. Ed

(I might publish the answers in the next edition.)

Many thanks to Wayne Gould for his puzzles in the Times newspaper.



Fixtures

Orienteering Fixtures are available via the following websites:

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

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

BOF: <http://www.britishorienteering.org.uk/>

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 location

The last Tuesday of every month is the club meeting held in 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:

March 29 th	August 30 th
April 26 th	September 27 th
May 31 st	October 25 th
June 28 th	November 29 th +AGM (provisional)
July 26 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.