



L ONDON O RIENTEERING K LUBB

LOKation 143



**Leith Hill Tower - not far from
our event on 23 October.**

October 2005



LOK People - Klubb Officers for 2005

Chairman

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

Captain

Andrew Redington (020) 8941 4856 Andrew.reddington@hsbcirepublic.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@londonorientteering.co.uk

SEOA Rep

John Hardy (020) 8 368 7182

Auditor

Sonia Gable (020) 8550 1805



Chairbound chatter

Autumn is upon us and, unlike nature, the orienteering community is waking up and there are events everywhere: I hope you've all been able to enjoy some interesting trips into wood and heath. Talking of which, LOK's district event on 23rd, organised by Glen and planned by an "A" team, Gill, Julie and Ronan, is on one of the best orienteering areas in the South-East, Leith Hill; so come and have a run AND lend a hand on the day. If the World Cup event there was anything to go by, your orienteering skills will certainly be put to the test. Don't overlook, as I did then, the map's being 1:7,500: overlook and you overrun!

The AGM is nearly upon us (November 24th) to be held at the bar closest to the Thursday night run (i.e. the Rec Centre itself), so we should be able to have a prompt start AND get to the curry house opposite in good time. One major piece of business is the amended new constitution, thanks to Julie. It's a good social occasion too; so please come.

Looking forward to Boxing Day, I am organising the Annual LOK Boxing Day Score Event on Trent Park and it is often difficult to get helpers because of family commitments etc. over Christmas. If you can help, please do! There is the reward of a nice quaff of mulled wine at the end. Now, looking much further ahead, the idea has been floated of laying on an orienteering event in the London area (preferably north/east) to coincide with the Olympic Games in 2012. This will not, of course, be an Olympic event as such, but, nonetheless, a good thing for the sport. It would be interesting to hear from you whether you think Orienteering should be an Olympic sport. There are lots of reasons I can think of why it should and should not and how one might organise it; so let's be hearing from you!

John



Thoughts from the Thicket

The next few weeks promise to be busy for the Klubb, hence a speedily-crafted Lokation to ensure everyone is fully aware of what's going on. See 'Klubb Business' for the imminent events and 'Fixtures' for your longer-range planning.

There's an amended version of the proposed Konstitution in the centre-spread, in anticipation of the AGM in November. I wish you a happy start to the winter season of orienteering.

Camilla

Leith Hill District Event - October 23rd

Just around the corner now is *our* biggest event of the year: Using the World Cup site at Leith Hill we are hosting one of the few orienteering events on this weekend. The event is being organised by Glen Jones and planned by Gill Adams, with help from the Clearys and Pete. I'm sure most people reading this and who would be available to help, have already contacted Glen to offer help. If not: his phone number is on the facing page. Let him know! Here are the relevant details about how to get there, when and where to park.

PARKING: Field at property named Tanhurst, off Tanhurst Lane. Grid Ref 187/TQ 131428. Charge £1 / car. **NOTE** Different field from that used at the World Cup.

DIRECTIONS Access to the car park is off a very narrow lane designated by us as 'One Way' from NE to SW. You **MUST** arrive via the road junction at 133428. Travelling from the North, pass through Abinger Common and then continue SSW on Leith Hill Road. From the East via Coldharbour. From the South via Ockley. Please take care on the narrow roads.

STARTS Registration 9.30 to 11.30. Starts 10.00 to 12.00. Start and finish 10 min walk from car park. Safe good track, moderate hill. OK for all terrain pushchairs, difficult for small-wheeled ones. Courses close 14.00.

FACILITIES Peaslake School will provide a BBQ and hot refreshments. Ultrasport – selling a range of outdoor equipment / clothing. Toilets in car park.

Historic Hampstead Street O - Thursday November 3rd 2005

An evening event organised by David Rosen, following his successful event in February. You can be certain of an entertaining evening running around the semi-familiar roads of Hampstead on the first Thursday after the clocks change.

David has painstakingly made an OCAD map of the Hampstead area and it would be available to anyone else in the Klubb who wants to design their own event. It really does cheer up the winter evenings (especially when it rains) so do talk to him about it on the night.

For this event, turn up at the Recreation Club (see rear page for directions) between 6.30 and 7pm on Nov 3rd, ready to run.

LOK AGM - Thursday Nov 24th - Notice hereby given of AGM for 2005

The LOK AGM needs your presence and opinions. The AGM will be held immediately after a shortened training run. We have been experimenting with locations ever since the Roebuck closed for a facelift. This year we have decided to hold it in the bar of the Recreation Club itself. It should ensure a prompt start at 8pm. There will be drink and crisps on offer from the bar. It is then proposed that as many as wish to shall adjourn across the road to the Fleet Tandoori for a meal.

There are a number of important items on the agenda. After approving the minutes of the previous AGM and hearing the reports from the various Committee members, there are at least three other items to consider that your editor know about. There may be more.

1. A vote on the amended constitution, as presented in this document.
2. Nomination for the post of Company Secretary. Iain Millar has volunteered to be Minutes Secretary.
3. Nomination for the post of Frolics Co-ordinator.

I am publishing here an updated version of the draft constitution, following the consultation exercise earlier this year and the comments made at the last AGM. (In fact, no-one at all responded to Julie Cleary following its publication in Lokation.)

Therefore, please try to bring this Lokation with you - but most importantly, BRING YOURSELF! The Klubb Committee would welcome the tangible feedback that all their hard work is recognised and valued by others. (I speak not for myself as Editor but for the far more committed Committee members, without whom the Klubb would not exist).

AGM - Bar of Royal Free Hospital Recreation Centre, Fleet Road, 8pm Nov 24th
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LOK's Traditional Boxing Day Score event - Trent Park - December 26th

Once again, LOK extends its seasonal hospitality to orienteers ready to run off their Christmas excesses with another score event on Trent Park. John Hardy is organising the event again and Karen French is planning it. If you're in London over Christmas, do go along and support them. This year, we're using the Hockey Club car park.

Boxing Day Score - Trent Park. Includes mulled wine.
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Fixtures

Looking into 2006 and beyond, here's the round-up of LOK commitments, with the people responsible - and the 'situations vacant' for the Klubb. Email anyone on the Committee if you are interested in taking a position - whether with the help of a mentor or not.

Date	Event	Location	Organiser	Planner
January 2006 - TBC	Not the Christmas Party	[somewhere in London's nightlife]	???	
Sat 25 Feb 2006	SENiLe event	Trent Park	John Hardy	Karen French
Weekend March 4/5 th 2006 - TBC	Klubb training weekend	Sandy Balls Holiday Park	Martin Potter	n/a
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	???	???

Last year's Christmas Party Sub-committee (as Nick Vass and I once called ourselves, before dissolving into laughter) has not officially been reappointed. However, over the occasional 'tasting session,' we decided that we would recommend (if anyone asked us) avoiding the typical log-jam of Christmas parties in December and holding something in late January. After all, the AGM is almost a Christmas party (well, not during the meeting part). So, watch out for details of a 'Not the Christmas Party' early next year. (Date possibly to be agreed at the AGM?)

Martin Potter has been looking into our annual trip to Sandy Balls for Klubb training. The proposed weekend is early in March 2006 - trying to avoid the snow! Martin is working on specifically the weekend of March 4/5th which has a District event at West Burley on Sunday. He would therefore propose that after Saturday training, and Saturday night socialising, we try our skills at that event. Once he has been able to confirm this date, he'll be in touch with Lökkies (and watch the website). The alternative dates were in February.



Frolics Results - by Camilla

LOK was *that* close to winning the Frolics trophy this year! But SLOW had a more consistent turnout at all four events and deservedly wrested the trophy from Happy Herts, the 2004 winners. Here, in an attempt to place Frolics on a footing with cricket as a numbers game, is the round-up of this year's points and scores.

The post of Frolics co-ordinator is vacant for 2006. I have enjoyed the past three years and have seen the series elevated from interesting side-show into a more serious inter-club rivalry. I put this down to the increasing use of SI equipment and the advent of the internet, speeding up the results process.

Whoever takes over from me will be inheriting a (fairly) well-run series. Participating clubs are well-organised. The Frolics Calculator takes output from SI and, via the action of three 'buttons' (driven by road-tested macros), calculates all the results you need. You then just need pen and paper to add up the cumulative results (or Excel again, cutting and pasting). Not an onerous task for someone during the not-always-sunny month on July. I heartily recommend the job. There is also a precedent of LOK providing the scoring mechanism afresh each year: innovation is welcome.

First event - SLOW		
Score	EvtPts	Club name
537	20	LOK
534	19	MV
534	19	SLOW
459	17	HAVOC
172	16	CROC
156	15	DFOK
98	14	TVOC
75	13	CHIG

Second event - DFOK	
546	20 DFOK
506	19 SLOW
493	18 LOK
481	17 MV
442	16 CROC
422	15 HAVOC
75	14 HH
69	13 SAX

Third event - MV		
568	20	SLOW
508	19	MV
496	18	CROC
485	17	LOK
430	16	HAVOC
166	15	HH
141	14	DFOK
96	13	SAX
75	12	CHIG
71	11	TVOC

Fourth event - LOK	
550	20 LOK
505	19 HH
501	18 SLOW
442	17 MV
417	16 HAVOC
340	15 CHIG
165	14 DFOK
156	13 TVOC
77	12 SAX
67	11 CROC

Cumulative results - in order		
	Total	Position
SLOW	76	1
LOK	75	2
MV	72	3
HAVOC	64	4
DFOK	63	5
CROC	61	6
HH	48	7
CHIG	40	8
SAX	38	9
TVOC	38	9

Cumulative results - in order		
	Total	Position
SLOW	2109	1
LOK	2065	2
MV	1965	3
HAVOC	1728	4
CROC	1177	5
DFOK	1008	6
HH	746	7
CHIG	490	8
TVOC	325	9
SAX	242	10

London Orienteering Klubb Constitution – to be adopted at AGM.

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.



Two disqualifications and an adventure - the Lowe Alpine Mountain Marathon - by David Rosen.

Friday 1:30 p.m. I met Miriam on Victoria station and we took the train to Gatwick. An hour's flight to Glasgow and we picked up our hire car. "Where are you going?" asked the check-out agent. "Oban". "That's where everybody seems to be going today" she said. Along with several other pairs of people with rucksacks, we headed for the car park and drove North over the Erskine Bridge.

Before lunchtime the previous day, we had only known that the LAMM (Lowe Alpine Mountain Marathon) was two and a half hours North of Glasgow. On Thursday lunchtime, the website revealed the location as Oban. But there aren't any mountains at Oban!?

Arriving at the LAMM car park on school field at Oban at 8 p.m., we were given a sheet of instructions telling us that the race this year would be on the island of Mull. And the ferry only runs every two hours: at 2030 and 2230. Luckily we were all prepared to pick up our packs and rush to the pier where we boarded the ferry with two minutes to spare.

We were boarded via the car deck which we found half full of rucksacks and settled down for the 45 minute sail to Craignure. There was a thick sea mist so there was no point in going on deck. There was a growing sense of excitement as teams met up and discussed where the route might go.



<http://www.toursaboutmull.co.uk>

Along with several hundred other teams, we disembarked and started on the 2 km walk to Torosay castle. After only a few hundred yards, the procession ground to a halt - it turned out that train tickets were being given out. Brian Jackson asked us to assist so we helped him distribute the limited supply of tickets and kept the last two for ourselves. Then we climbed aboard the miniature railway carriages and were hauled to Torosay Castle at a very sedate pace - those who had walked got there just before us!

We pitched our tents and registered as the night fell and were well tucked up in bed before the teams arrived near midnight off the 2230 ferry. Even so, we only had a relatively short time in bed as our assembly time in the morning was 7 a.m.

Day 1

The bagpipes played at 5 a.m. so we were up in good time to walk to the road and catch the bus. That took us round to the North side of the island and a midgy start line. We were pleased to get going to the first control on the B course - a short pull up to a col. But the second leg went right across the island - a massive 13 kilometres with a choice of two major options. Half way along the leg, crossing a major ridge in the mist, I was surprised that my compass showed we were heading East when I was pretty sure we were going South. Then I remembered the reputation that Mull has for magnetic rocks.



<http://www.seumas.mull.com/gallery>

Four and a half hours after we'd started, we reached the second checkpoint. A short taped route led to the dramatic tower of Castle Moy which was checkpoint three. The next couple of controls were in a nice technical area, shrouded in mist. We were feeling quite tired by now, but navigated well and dropped nicely to the sixth control on the shore of Loch Uisg.

A relentless climb from sea level up to 500m following a steep narrow gully took us round the shoulder of Creach Beinn and towards our last control on a knoll, high above the campsite. It was a steep rough descent down to the final control on the dam, and Miriam's legs were beginning to give way. An involuntary swim as she stumbled across the dam refreshed her for the final three hundred metres to the finishing line, 9 hours and 18 minutes after we had started.

We downloaded and were dismayed to hear that there was no punch registered for the first control. I'm pretty careful about my punching, especially on a mountain marathon, so I was surprised if I hadn't punched properly. But after 9 hours, I couldn't be certain that I'd heard the beep.

We revived with rest and food but I was still very miserable about our disqualification. We were also worried about getting our 5.30 p.m. flight from Glasgow the next day, as when we'd booked the flight, we hadn't factored in a ferry journey that only operates every 2 hours. Miriam said that if we were disqualified, then we might as well do one of the shorter courses the next day and make sure we catch the 1 p.m. ferry.

A little later, I was chatting to some other 'B' class competitors who mentioned that all the 'B' times were wrong because the start box had not been set properly. That

got me thinking - I'd previously come across instances where the software won't show a punch if it seems that you've got to a control before you started. After some investigation, Martin Stone and Andrew Leaney agreed that there was a punch in my card for the first control. We were reinstated (along with a couple of other teams) and, relieved, we settled down for the night.

Day 2

At the LAMM, you can use a punching start and set off very early if you want on the second day. We were on the start line at 6.15 a.m. as we knew we had to catch that ferry. The second day was 21 km, only two-thirds of the length of day one. Nevertheless, it was going to be tight.

We were soon up in the mist and had some nice running along a high ridge, before descending to what we'd hoped would be an easy run along a forest edge. In fact it turned out to be really boggy and tussocky. The time was slipping away. Leg 4-5 was what the eventual winners of our class later described as "A real man's leg". It was an almost vertical 500m climb up to a high ridge. Miriam powered up it and we were keeping up with lots of fit younger teams. We contoured round to a misty col, hitting the marker spot on. Then we needed to get to a control below the cliffy face of Dun da Ghoithe. We started on our planned descent off the ridge, but after a few metres it looked like we were in danger of getting crag-bound. We reversed our steps to the ridge and contoured round the back of the mountain where we found a steep (but less rocky) descent route to the control; a tricky re-entrant in the mist.

Just one more long leg took us round a long terrace and a quick climb up onto a ridge. Then we were descending to a cluster of three controls. The first control, on a stream junction, we hit spot on. Then it was a 250 metre leg to control 8 on the next stream with just 20 metres of ascent. We contoured along the slope, hit an obvious stream gully, and, with a number of other teams, climbed up it. We climbed and climbed, but there was no control. Some teams went even higher, some turned left and others right. We wondered if we'd missed the control in the gully so we dropped down it again. But found nothing. By then we were almost at the third control in the cluster, an obvious knoll. We looked up at the hill side which was clear of mist and covered in teams scouring the area, but we couldn't understand what was wrong. With time slipping away, we decided there must be something wrong, but we didn't have time to do a sweep search. We decided to carry on and finish the rest of the course.

As we dropped down towards Torosay castle, we could see our ferry approaching the pier. We downloaded and asked if anyone could give us a lift the two kilometres to the pier as we now only had 10 minutes to get there. Luckily Dave Johnstone was

available and kindly whisked us off. We had to forego our Wilfs meal and made do with macaroni cheese and chips on the boat.

On the ferry we talked to other teams about control 8. Apparently it was on a barely existent stream and it was a matter of luck how long it took you to find it.

We got Glasgow, just in time to check in for our flight to Heathrow. But at the check-in we were told there was a two hour delay on the flight. Just then, one of the staff called up the line "There are six seats left on the Gatwick flight". We'll have two we said. So in the end, we got back to London pretty much on time.

We were shown on the results as disqualified for missing control 8. However, it was clear from the splits, and from tales from other teams, that there was something desperately wrong with the control. After a few e-mails, the planner confessed that the lower half of the stream with the control on was probably non-existent. And since the stream wasn't in a re-entrant, it meant that the control was totally unfair. This was accepted by Martin Stone who kindly agreed to reinstate us.

Overall, a brilliant weekend. It involved every sort of transport, interesting courses over beautiful, if rough, terrain and made more challenging by the mist. As usual, Martin Stone and his team of organisers (including many from South Ribble OC) did an excellent job.



Stats for David and Miriam

B Course

Day 1 31 Km 1490m
9hrs 18 mins

Day 2 21 Km 970m
6hrs 19 mins

67th team

113 teams started 96
teams completed

Source: www.holidaymull.org



Number orienteering!

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

Mild – a smaller grid on which to warm up...

Fill in each 3x3 grid with the digits 1 to 9 once and once only.

Ensure that 1 to 9 appear once only in each full row and column of 9 digits too.

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

Fiendish – you have been warned.

I have published two grids in the interests of marital bliss among some households of Lökkies.



Selected Future Events - from BOF Fixtures List

Events shown from after our Leith Hill event, up to mid March, entirely on the Editor's whim. Boxed are LOK events or have a 'traditionally strong' LOK representation. Closing dates shown where available.

Oct 30th	SW	SARUM District Event & Galoppen. Longleat - Cannimore, Warminster. ST/842440.
Oct 30th	SE	SAX District Event. Pembury Walks. GR/620420.
Nov 3rd	SE	LOK Hampstead Street O Score Event. Royal Free Hospital Hampstead, London. TQ/273854.
Nov 5th-6 th	SOA C3N C3N	Tinto Twin Weekend <i>CD: 22/10/05</i> 5th - Tinto Twin Night Regional Event. Altarstone, Broughton. NT/154366. 6th - Tinto Twin Regional Event & SOL 7. Altarstone, Broughton. NT/154366.
Nov 6th	SC	SOC Regional Event, November Classic. The Reptile Centre, New Forest. SU/211031. <i>CD: 20/10/05</i>
Nov 12th-13th	NE C4S	NATIONAL EVENT & VHI Weekend <i>CD: 06/11/05</i> 12th - Short Race & VHI Relays. Cockenheugh and Greensheen, Belford. NU/060352.
Nov 12th	C2 EA	NATIONAL EVENT & VHI Individual. Kylloe, Belford. NU/045384. HAVOC Local Event (Iim colours). Bedfords Country Park, Romford. TQ/520925.
Nov 12th	SE	SAX Local Night Event & SENiLe. Knole, Sevenoaks. GR/535546.
Nov 13th	SE	SN Regional Event & SN Trophy. Ash Ranges, Aldershot. GR/917557. <i>CD: 01/11/05</i>
Nov 20th	SE	CHIG Regional Event. Epping North, Epping. TQ/450991. <i>CD: unknown</i>
Nov 27th	SE	SLOW Regional Event & OK Nuts Trophy. Esher Commons. TQ/114621. <i>CD:13/11/05</i>
Dec 18th	SC	TVOC Hill Race & District Event + SCOA League. Wendover Woods, Wendover. SP/889090.
Dec 18th	SE	DFOK District Event. Shooters Hill, South East London. TQ/438762.
Dec 26th	SE	LOK Boxing Day Score event. Trent Park, North London, London. TQ/289969.
Jan 8th	SE	SAX Regional Event. Eridge, Tunbridge Wells. GR/370360. <i>CD: unknown</i>
Jan 28th	SC	BKO British Night Championships. Hawley, Camberley. SU/827585. <i>Full registration pending</i>
Jan 29th	SC	BKO NATIONAL EVENT, Concorde Chase & Southern Championships & FCC. Cold Ash, Hermitage, Newbury. SU/521733. <i>Full registration pending</i>
Feb 19th	SE	HH Regional Event. Burnham Beeches and Egypt Woods, Beaconsfield. SU/942866.
Feb 25 th	SE	LOK Night event – Trent Park.
Feb 26th	SC	TVOC Chiltern Challenge Regional Event. Bradenham, High Wycombe. SU/825975.
Feb 5th	SE	DFOK Regional Event. Westerham, Near Sevenoaks. TQ/455515. <i>Full registration pending</i>
Mar 5th	SC	SOC District Event & SCOA League Event. Burley (West), New Forest. SU/230060. <i>Full registration pending</i> **** LOK Training Weekend ****
Mar 12th	SE	SO Regional Event & SE League Event. Selhurst Park, Arundel. SU/919139. <i>Full registration pending</i>
Mar 18th	NW	JOK Chasing Sprint 2006 & UK Cup & FCC. SE Lakes (TBA). <i>Full registration pending</i>
Mar 19th	NW	SROC NATIONAL EVENT & WRE, UK Cup & FCC. Whitbarrow Scar, Kendal. SD/46886 ***** Planners – David and Miriam Rosen *****

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.....are moving

The last Tuesday of every month is the evening for the club meeting. From 25 October, it will either be held in the George pub, Haverstock Hill, or (more likely) in the bar at the Royal Free Hospital Recreation Club, Fleet Road. . The nearest transport is Belsize Park tube and Hampstead Heath train station. Kick off is **8.00pm**. Everyone is welcome; fresh views on club/SEOA/BOF business are always needed. The November meeting is the *AGM*. December's is traditionally postponed until January. Hence, future meeting dates are as follows:

October 25 th	February 28 th
November 24 th - <i>AGM</i>	March 28 th
December - none	April 25 th
January 31 st 2006	May 30 th

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.