



L ONDON O RIENTEERING K LUBB

LOKation 146



"Trees on Hampstead Heath" (1965) by George P. Landrow (*from www.victorianweb.org*).

Can you identify the location of this photo?

The SE Relays are to be held by LOK
on Hampstead Heath on 20 May

April 2007



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Chairbound chatter

Sunday night, Camilla's deadline been and gone and been extended and finally I am searching for some inspiring comments with which to start the 'chatter'. I'd like to say that I came to the office of chairman with a grand plan and a whirlwind first 100 days in prospect - a bit like Gordon Brown is probably going to unleash on us sometime soonish. I'd like to say that but it wouldn't really be true! Truth is that as someone who has just gradually got progressively more involved in the Klubb over the last 3-4 years, it got to the point where I thought that I should probably take a turn.

In my first competitive event since taking over (Waggoners Wells), I set off with the bit between my teeth, determined to run well and with the added frisson of excitement of competing with Ronan and Duncan on the same course. Apparently the new responsibilities had addled my brain for there ensued a catalogue of disastrous errors leading to a last place. (I've been pretty far down the field often enough, but never absolutely last!) Ah well, as the anthem goes... "things, can only get better..." So it looks like my contribution as Chairman will not come from leading the rankings!

This takes me nicely on to our recent successes - there have been a few performances of note from Lokkies over recent events, which I think are covered elsewhere in Lokation, but perhaps the most impressive come from Julie Cleary who deserves congratulation for the remarkable way she has come back from a stroke last year to not only winning form - but in such devastating style, taking chunks out of the competition!

On the event front, Holmbury Hill in March was LOK's first regional event for many years. With a number of the usual stalwart helpers not around on the day, we ran the event with a very tight manpower level of around 17 helpers in all. And, as any of them will testify, we did so in the most atrocious conditions - continuous heavy rain from start to finish. Notwithstanding this, everything ran smoothly, and in the comments received afterwards, we had a lot of praise and thanks, and no gripes at all barring one small technical query about a control siting. Our performance as a Klubb was first rate and I am proud that we put on an event of this quality - everyone involved deserves a big thank-you.

We have a busy summer of events ahead, starting with the SE Relays in May followed by the Frolic in July and then a District event in September. With the anticipated Boxing Day Score that will make a 5-event year for LOK - something to be proud of given our limited resources. I am very pleased that after having concentrated our events in the same few areas over recent years (Leith Hill, Holmbury, Hampstead Heath and Trent Park - and just 1 Night event down at Addington), we are going to use some 'old new' areas this year - Alexandra Palace is confirmed for the Frolic and we are hoping to get permission to do the September district event on Highgate & Queen's Woods. These may not be undiscovered areas of stunning orienteering, but variety is the spice of life, and with SportIdent we can now plan courses which criss-cross areas as much as necessary to make an interesting course in a compact area. We need main officials for both these events - so please consider taking a turn.

I had originally hoped we would be able to run the Frolic in Hyde Park, which could potentially have done wonders for our profile, but notwithstanding the 'official' encouragement to the populus at large to get off their collective backsides for a bit of exercise, we were not able to get the Royal Parks to agree. Maybe another year!

Membership is clearly our biggest challenge as a Klubb. Reflecting the general situation in Orienteering, our membership is declining and the number of people actively involved in the Klubb is already low enough to mean that a significant burden falls on only a few. It seems striking that we live in such a huge vibrant city, yet the number of new members joining the Klubb is tiny.

I think we need to think about 2 things: Firstly, **publicity**: we have a rather ad-hoc approach to gaining publicity, with individual event organisers having to send an entry to Time Out, but not much else happening to gain us publicity. Sure, we are in the BOF list and Compass Sport, but these are 'closed' publications accessible only to those already in the sport. If we are to grow our membership, we need to get our message out to new people that this is a fun sport and there are plenty of opportunities to give it a try. With society more and more concerned about health and exercise, we have a very positive story to tell and there is a press out there keen on stories, the only difficulty is finding the time to get coverage.

Secondly, **converting prospects**: It hasn't been orienteering's style hitherto, but perhaps we ought to be just a tad more persuasive when independents come to run at our events. "Join now and you get the run free and some stickers for the kids / handy list of upcoming events etc." If we can get people to join and onto the email list then maybe we can get them to a few events rather than just one - and perhaps even get some of them hooked on the sport. What do we need to do this? Not much, just a Co-ordinator, a plan, some leaflets, and enough volunteers to do it at events.

I have fleeting thoughts of trying to do something along both these lines, but with the hectic nature of normal life, and usually being involved in the organising of our events to some extent, I don't seem really to get to it. We could really do with a person with a mission and perhaps a small amount of Klubb resources to focus just on this. What do you think? Could this be you?

Well, I think that's probably enough for a first 'chatter' (far too much do I hear someone muttering?) I wish you all great Orienteering in the months ahead and I hope to see you in a forest or park soon!

Glen



Thoughts from the Thicket

I'm pleased to say that this edition of Lokation is full of orienteering articles. However, there are no semi-fictional works, no entertaining accounts of being lost in the forest, up against time pressure, stopping to watch a rare butterfly, etc, so the 'magazine' does have a rather business-like air to most of it. But I hope you'll enjoy reading your way through to the 'puzzle' section at the end. I encourage you to put pen to paper about your real orienteerign experiences: it is clear that we are doing a fair amount of running this year.

It is also clear from Glen's chatter and the articles which follow that LOK is committed to host a significant number of events over the coming twelve months. Backstage experiences can turn themselves into articles too! Next edition in the **mid-summer** so sharpen your nibs now...

Happy orienteering, Camilla.



Klubb Business

- ⊥ There have a number of excellent results in recent orienteering races since the start of the year. Here's a run-down of the main wins or near-wins: I'm sure I've missed a few. Apologies if so.

Thetford Thrash Day 2: Kate Brett won W40L, Julie Cleary won W40S, Catherine Galvin won W35L, Ronan came 2nd in M45S

Baddow Ridge: Catherine Galvin won W35L, David Rosen won M50S, Miriam Rosen came 2nd in W55L.

Chiltern Challenge: Martin Potter won M40L , Andriy Malchyk won M35L, Alison Saunders won W45S.

White Downs, Dorking: Julie Cleary won W40 (by 16 mins!), Alison Saunders won W45S, David Saunders came 3rd in M45S.

Waggoner's Wells: Julie Cleary won W40S, David Saunders came 3rd in M45S

Ashridge: Julie Cleary won W40S.

- ⊥ Trent Park's Boxing Day Score was once again a success. There were 78 competitors, many of whom regard it as an annual fixture. The event made a small profit. Thanks to John Hardy and team again for their continuing work on the event.
- ⊥ The Holmbury Regional event was certainly not a wash-out. (Groan, Ed) Around 500 competitors provided the best test yet for our waterproof (but not mud-proof) maps and Pete and Matt chose some thought-provoking courses for everyone. It was a great team effort from all those who were helping to run the event - and especially thanks to Keith for going beyond the duty of a controller to help out. I would particularly like to draw Lökkies' attention to Pete's 'top tip' following the event:
 - "I personally didn't realise that you can "revitalise" the map by taking it into the bath with you after your run, then putting it in the airing cupboard for a couple of hours."

- ⊥ LOK will be running a series of O events on Hampstead Heath on Thursdays during the summer. Long & Short course options (est 1 hour). Changing facilities (cost 80p) at the Royal Free Rec Club (see final page on Training for the location). Events will be free. Starts 6.45 - 7.00pm. Beer afterwards at The Stag on Fleet Road.

April 19 - planner David Rosen

May 24 - planner Matt Cook

June 21 - planner Pete Sacares

July 19 - planner Glen Jones.

To add another date, speak to anyone listed above.

- ⊥ Looking forward to more formal events, here is the full calendar of events facing LOK. If you can volunteer for the main posts - or for minor ones - contact Glen or Neil or other committee members.

Event / Date	Planner	Organiser	Notes
2007 May 20 SE Relays - Hampstead	Andrew Redington	Neil Brooks	Big event: relay format. Helpers WANTED NOW.
2007 Jul 15 Frolic – Alexandra Palace			
2007 Sep 30 District - Highgate Woods/Queens Woods			
2007 Dec 26 Score - Trent Park ??			
2008 Feb 24 Regional – TBC			Originally Leith Hill but that is being used for JK.

- ⊥ Do look into Route Gadget if you've run at an event. It's a mass-participation way of learning how costly your 'little' mistakes *really* were. You can upload your own course onto the web and then run a simulation to see how you stack up against your peers. It takes Winsplits and runs rings round it! Enjoy your surfing: it makes paying for broadband worthwhile.
- ⊥ The next few articles provide more details about future events related to LOK.



South East Relays 20 May 2007 - Hampstead Heath

Delightful London heath land, runnable with some contours and some slightly technical bits especially in the Sandy Heath area. Good views across London from many points and you can run through the grounds of Kenwood House too!

PARKING East Heath Car Park (Pay & Display), East Heath Road, Hampstead, London NW5
Grid reference TQ 272859 or free parking in local side roads. Parking is very limited - please share transport if possible or use public transport.

FORMAT A team event for three people, with each person running a separate course. Mass start at 10.30 for the first leg, with each subsequent runners starting when the previous team member finishes. Each team in a class will collectively run the same distance, and eventually visit the same controls, however, the course a team follows on a particular leg

will vary from other teams, so that different teams visit the controls in different sequences, thus preserving some requirement to navigate rather than follow the person in front; e.g. course A may be on the first leg for some teams, the second leg for others, and the third leg for the remainder.

RELAY CLASSES Only SEOA clubs eligible for trophies, but other clubs welcome to enter. Four classes:

SE Open Championships Blue, Green, Blue (in this order)
SE Women's Championships probably the same as Open Championships
SE Handicap Championships (see below) Blue, Green, Orange (in any order)
SE Junior Championships (see below) Orange, Orange, Orange

COURSES Distance / climbs approximately: Blue (6km, 150m), Green (4.5km, 100m), Orange (3km, 75m).

HANDICAPPING For the Handicap class the team's total handicap score must not exceed 46. For the Junior class (M/W18 and younger) the team's total handicap must not exceed 35.

Age (BOF)	10	12	14	16	18	20	21	35	40	45	50	55	60	65	70	75+
M	8	10	12	14	16	18	20	19	18	16	15	14	13	12	11	10
W	8	9	10	11	12	13	15	13	12	11	10	9	8	7	6	5

LAST YEAR'S WINNERS

- SN - Open winners
- SO - Women's category
- GO - Handicap winners
- MV - Junior winners



The Frolics Series 2007 - from Greg Birdseye

Frolics will shortly be upon us once again. The series seems to be going from strength to strength: this year there will again be five events (and possibly a sixth to be decided) compared with generally only four in the early years. We start at the end of June and then run through most of July, and although some of the venues have still to be confirmed, the programme so far looks like this:

June 24	DFOK	Shooters Hill
July 1	SLOW	Ham Riverside
July 8	HAVOC	Bedfords Park
July 15	LOK	Alexandra Palace
July 22	MV	Epsom + Ashtead Commons
July 29	??	

And this year Frolics may be even more notable (or at least noticeable) than ever. Some of you may have caught up with the fact that this is the 'London Summer of Sport' (no? well nor had I actually...), but it appears that the Greater London Authority is spending our money wisely, to promote sport in London by providing grants to worthy enterprises such as Frolics. We have put in a bid on behalf of SEOA and, if successful we might have some funding to

spend on, for example, a big Frolics banner plus themed start/finish banners to be passed round the organising clubs, as well as possibly subsidising map production costs thereby allowing lower entry fees. A decision on the grant application is due around the end of April.

Last year the competition was very tight throughout and we eventually finished joint first with defending champions SLOW (or you could argue we won it actually if you included the results of all five events rather than only the best 4 out of 5). So make sure you get these dates in your diaries well in advance and we may be able to mount a successful defence. Who cares about the 5 jours de France in Aquitaine or the Western Plains Carnival in New South Wales when we have Frolics in the London parks?



JK 2008 - Reserve 22 March 2008 to help at Leith Hill

The JK is coming to the South East again: it was last here in 1999. Here's a snapshot of the organisational situation at present. Leith Hill is being used for the first main race and LOK and SLOW are on the line to provide manpower. So, please arrange your ski-ing holiday earlier in the year and arrange to be here to help next Easter.



For interest, here's the run-down on the weekend and the latest letter indicating which clubs will have which responsibilities over the BIG weekend!

Friday 21st March: Sprint Race at the University of Surrey in Guildford

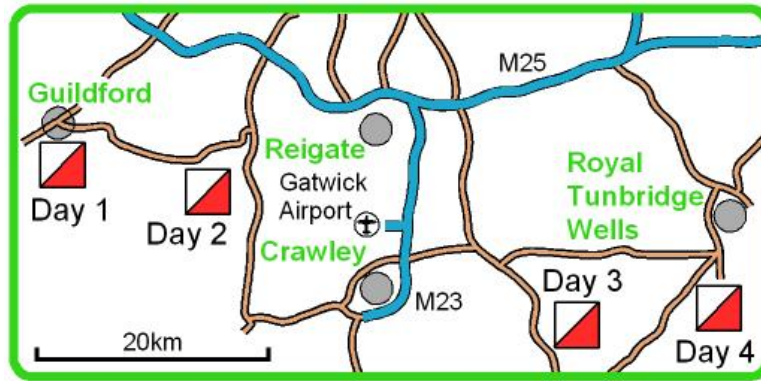
This area was used the Sprint Race Qualifier at the World Cup in 2005 and drew praise from everyone who ran there. Detailed university campus buildings set in parkland on a gentle hillside provide classic sprint terrain which confused even the best in the world.

Saturday 22nd March: Middle Race (M and W Elite)/Long Race (all others) at Leith Hill A second area from the 2005 World Cup, but one with a long history of use at major events in the South East. Runnable and hilly mixed woodland, with areas of detailed earth features to provide a technical challenge.

Sunday 23rd March: Long Race at Broadstone Warren and Pippingford Park, Ashdown Forest Several parts of Ashdown Forest will be combined to offer a wide range of terrain including mixed woodland and open heathland. You can expect a technical and physical challenge on another area with a long history of use, including the British Championships.

Monday 24th March: Relay at Eridge Old Park, Tunbridge Wells End the weekend in this traditional English country estate with large blocks of detailed woodland scattered around extensive parkland.

This list is still subject to final agreement on land permission. All these areas are now embargoed, along with Newlands Corner, Crowborough Camp and Winterfold and Pitch Hill.



From Neil Crickmore, SEOA representative to JK 2008

"With just over a year until this event the areas and the major officials are mostly now in place and it is time to start thinking about wider issues. At an event of this size all clubs will need to provide manpower and expertise. Below is a proposed allocation of clubs to events and specific activities. It is proposed to run the JK in a similar way to the way WC2005 was run with a number of specialist teams overseeing a given activity each day eg starts, string course etc. Team leaders have been assigned to most of these specialist teams but we will be looking for a few outstanding ones. Watch this space. The following allocation has been based on membership numbers, geographical location and previous volunteering."

Sprint Race at University of Surrey, training at The Chantries - manpower from GO and SN

First Individual Day at Leith Hill - manpower from LOK and SLOW

First Trail-O at Newlands Corner - manpower from CROC

Second Individual Day at Ashdown Forest - manpower from MV and SO

Second Trail-O at Crowborough - manpower from CHIG

Relays at Eridge - manpower from DFOK and HH

Specialist Teams:

Car-parking - GO

Starts - SO

Finish - SAX

String courses - SO

Event centre - SAX

Prize giving - SO

NB Julie and Ronan are likely to be IOF EAs for the 2 World Ranking Events that weekend.



Feedback from SEOA Regional Events Jan-March 2007

What follows is a summary of issues that arose at events held during this period. Detailed advice is not given - the intention is simply to highlight these issues should clubs which to take suitable action at future events. I am happy to provide further details or advice should clubs request this. Neil Crickmore, SEOA Technical Officer

- Generally courses were planned well and were of appropriate lengths and difficulties. The basic principle of not making controls unfair by hiding them, or placing them in

areas where the map is not completely clear should be adhered to. Planners are also reminded not to place the start control on a path junction.

- Online entries were greatly appreciated by competitors and entry secretaries alike. When choosing an online entry provider, those that validated supplied BOF numbers against the BOF database resulted in less manual intervention.
- There is a difference of opinion about how to provide control descriptions. For web display the best method is to "print" the descriptions as a .pdf file. If only providing descriptions on the day sufficient quantities must be printed and competitors should be informed in advance about unusual features such as length or font/box size.
- If 1:15,000 map scales are used as well as 1:10,000 clubs should note that M/W 16 competitors should be given 1:10,000 maps.
- Pretex waterproof maps survive very wet conditions but do suffer from mud. If there is a risk of muddy conditions competitors should be either offered bags or advised to bring their own (need to quote size). Bags do not need to be sealed. There is a problem with wet maps sticking together so maps at the start should ideally be protected from getting wet.
- Some clubs have opted to allocate competitors to start blocks rather than provide individual start times. Whilst this approach has some advantages it can cause problems since queues can build up on some courses. Clubs should consider options for managing this and should note that competitors must not be set off at intervals of less than one minute.
- An additional note from Glen: Next time we need to design EOD forms that are approved by SI techies so that all information is readily uploadable.



Control Features Word Search - from Andrew Henderson

Find 21 control features in this word search, without looking at the list below.

S	J	R	D	N	O	P	P	C	Z	E	S
F	P	R	E	D	L	U	O	B	P	C	B
A	P	U	P	E	T	X	R	C	Y	R	I
C	A	I	R	N	N	C	E	R	H	U	O
E	T	V	E	G	E	T	A	T	I	O	N
H	H	D	S	J	D	D	R	R	L	S	W
B	I	C	S	T	N	E	T	A	L	P	D
R	Y	R	I	U	R	N	H	C	N	K	O
E	L	L	O	N	K	E	B	K	R	T	A
S	L	B	N	V	O	Y	A	L	H	G	A
J	U	N	C	T	I	O	N	M	G	U	N
L	G	V	T	H	I	C	K	E	T	T	W

BOULDER
BOUNDARY
CAIRN
DEPRESSION
EARTHBANK
GULLY
HILL
JUNCTION
KNOLL
NICHE
PATH
PIT
POND
REENTRANT
RIDE
SOURCE
SPUR
STREAM
THICKET
TRACK
VEGETATION



Club Names Word Search - from Camilla Darwin

Same again. An entirely arbitrary collection of club names.

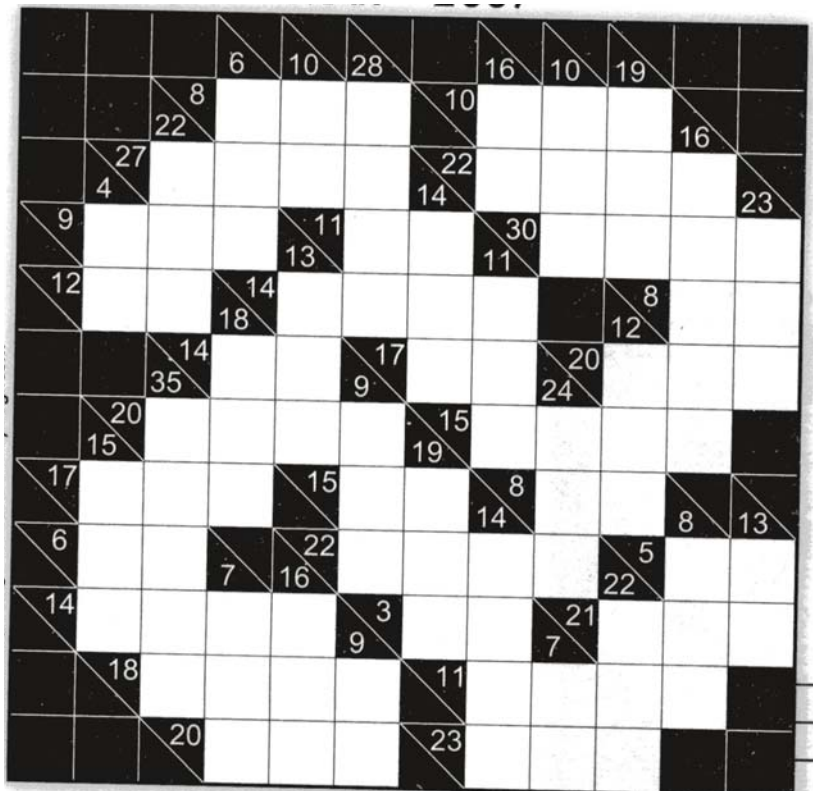
H	I	U	N	I	R	H	O	S	B	X	P
K	A	P	G	D	A	T	M	N	J	I	O
O	T	V	T	I	H	C	L	Y	D	E	T
L	U	V	O	G	H	D	F	O	K	S	O
C	O	O	I	C	N	C	W	K	K	L	C
C	G	H	C	H	O	S	Y	O	G	O	F
Y	W	G	M	L	C	I	E	L	W	W	B
C	O	R	C	O	G	P	Y	S	X	C	F
Z	C	O	U	Z	X	D	A	F	T	K	H
L	B	C	G	D	R	R	L	H	P	V	O
M	R	W	W	L	U	J	T	O	L	P	S
I	C	B	V	M	H	J	B	R	O	O	W

BOK
 CHIG
 CLOK
 CLYDE
 CROC
 CUOC
 DFOK
 HAVOC
 LOC
 LOK
 OUOC
 POTO
 SARUM
 SLOW
 SPLOT
 SYO
 TVOC
 WCH
 WHIGHTO
 WYE



The NON-O Brainteaser: Kakuro

Are you ready to graduate from sudoku? Try this puzzle. Find the digits which add up to the figures shown in the black squares. The square with "22/8" (from top left corner, 3 along, 2 down) means that the vertical spaces below add up to 22 while the horizontal ones to the right add up to 8. Get calculating!



Fixtures

Orienteering Fixtures are available via the following websites:

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

South-east: <http://www.seoa.org.uk/>

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

Club Meetings

The last Tuesday of every month is the club meeting held in bar at the Royal Free Hospital Recreation Club, Fleet Road, Hampstead, London NW3. (See below for directions.) Kick off is **8.00pm**. Everyone is welcome; fresh views on club/SEOA /BOF business are always needed.

Dates are as follows:

24 April	August - no meeting
29 May	25 September (<i>before Regional</i>)
26 June	30 October
31 July	22 November - <i>AGM</i>

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 good food served at the pub before 9pm.