



L ONDON O RIENTEERING K LUBB

LOKation 147



“Do it with style*”

New O kit for Klubb members available at
the AGM on November 22nd.
Or email kit@londonorienteeing.co.uk

(NB The colours are two tones of blue with white elsewhere - not grey. Your ever-helpful Editor.)

*Corporate slogan from Trintex

October 2007



LOK People - Klubb Officers for 2007

Chairman

Glen Jones (020) 8450 0444 chairman@londonorientteering.co.uk

Secretary

Iain Miller (020) 8299 0781 secretary@londonorientteering.co.uk

Treasurer

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

Membership Secretary & Klubb kit

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

LOKation editor

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

Captain

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

Coach

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

Fixtures secretary

Neil Brooks fixtures@londonorientteering.co.uk

Equipment

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

Mapping

Julie Cleary (01707) 275934

FROLICS coordinator

Greg Birdseye (020) 8248 3973 frolics@londonorientteering.co.uk

SEOA Rep

John Hardy (020) 8368 7182

Auditor

Sonia Gable (020) 8550 1805



Chairbound chatter

Deadlines, deadlines.... write it by the 19th please said the Editor, quite a while ago, so here I sit on the 18th hoping that time pressure will force the creativity out. Yesterday I was listening to a Radio 4 programme tracing the history of the NME (New Musical Express magazine) and I heard that cutting edge journalism of the 80s apparently needed the twin stimulants of time pressure and 'Speed' - well I have plenty of the former, but none of the latter (of either variety!).

On the O front, I am much immersed in the forthcoming Park O at Alexandra Park, Highgate and Queens Wood (30 Sept). Although I'm planner, I didn't know the area in detail, so did an initial afternoon of surveying about a month ago to figure out the lie of the land and possible control sites. Then I did the armchair planning bit and some back and forth with David Rosen who is controlling. Then on Sunday I went for another afternoon surveying, checking, tweaking control placements and taping sites. I expect there will be a few more course tweaks this week, but the map has to go to print on Sunday so that'll be it (apart from an early start on Sunday 30th to put the controls out). It is an investment of time to do this, but it's not that much, and it is enjoyable - if you haven't tried planning an event yet, give it a go - there's plenty of support available, and if you can read a map and draw a line you're about there in terms of starting qualifications!

It will be very interesting to see how many people we get at Alexandra Park - it's an area we haven't used for about 9 years, so that might encourage a few people. Some might think of it as 'only' a Park O thus quite easy - and of course it doesn't compare with technical courses on Leith Hill, but it has a different appeal - a mix of terrain with the park and the woods, but also some great views and very family friendly (in case the rest of your family don't 'dig' changing in the rain in a windy muddy field).

We were lucky that Janet Biggs of HAVOC stepped in and offered to redo the map (thank you very much Janet). Although we had a couple of paper copies of the old map from 1986, we could only locate the Alexandra Park section on OCAD so the Woods had to be traced in to start with before any updating could begin.

Our Klubb challenge as usual is spreading awareness, raising membership and sharing the burden among a wider group of volunteers. At Trent Park we displayed some take-away leaflets on a big board (well done Neil) and I saw quite a few people taking them. We have also opened up the email circulation list so that anyone can 'subscribe' to it and receive updates. About a dozen people have subscribed since we did that 3 months ago.

At Alexandra Park we'll be handing out the leaflets again and also trying to get people to give us their email address if they are interested - with a bit of luck an event like this can enthuse some people new to the sport and get them to join at least the list and then perhaps the Klubb in due course. If you are planning to come and run at Alexandra Park please offer to help, if only for a short shift - we need Klubb members to talk to new people, to explain how it all works and answer any questions.

Looking forward; the outbreak of Foot & Mouth is very depressing news - much worse obviously for those whose livelihoods are affected, but I imagine some organisers of events in the next couple of months are wondering whether they will be able to proceed. Our own event in Surrey (24 Feb 2008 at Holmbury Hill) is hopefully far enough off that the problem will have been resolved by then, but of course there will need to be enough time for planning access beforehand.

Looking back over the last few months, my own orienteering has been notable by its absence. Apart from a jog around our Frolic course in Trent Park (nice course, thanks Graham) the only competitive event I did was the Springtime in Shropshire - 3 days in lovely Ludlow in a tent with 2 of my children, Magda (12) and Theo (7). Sad to say my orienteering was pretty rubbish (what's new) managing to punch a wrong control on day 2 without noticing. It ruined what I had thought had been a decent run in teeming rain! However I made it onto the photo pages of Compass Sport..... yep, that's me in the red jacket at the BBQ at the campsite :)

I hope you have had an enjoyable and successful time orienteering in the last few months and I look forward to bumping into you in a forest (or a Park!) soon.

Glen



Thoughts from the Thicket

Sadly there is a dearth of original orienteering content in this edition of Lokation: I leave it to your consciences to decide why that might be. I know that the Klubb has been represented in the big events of the summer, so, don't fear, we are 'out there', 'doing it'. Thanks to Julie's work, we can do it 'with style' next year, as advertised on the front cover (Remember: new kit is not just for Christmas!).

Undaunted by the lack of articles, however, I have put together a short magazine: a Sprint-O rather than a Long-O, you might say. I hope you enjoy applying your brain cells to some of the puzzles at the back: I decided that Sudoku were too commonplace now. And yes, I am offering a rare prize for one of the puzzles!

Happy Orienteering over the coming season in your new strip. May your faith in the compass needle never be broken. And do write down your thoughts afterwards. I have just been sorting through my map collection and am amazed by the range of places I have visited. Time for a 'retrospective' from anyone, perhaps?

Camilla



Captain's Log

All quiet at this time of year.

⊥ The AGM will be held on **Thursday November 22nd 2007** after a short training run in Hampstead. The meeting will start at **8.00pm** in the upstairs room at the Stag pub, on Fleet Road. Please make the effort to attend your Klubb's AGM: it is an important meeting to discuss the future!

Provisional Agenda

1. Apologies for absence
2. Approval of the minutes of last AGM
3. Chairman's report
4. Treasurer's report and approval of accounts
5. Election of officials
6. Any Other Business

⊥ **New LOK Kit Available at the AGM**

- Julie, our kit maestro, showed a couple of possible designs for new O kit at last year's AGM. This year, she should be able to bring the real thing (providing postal strikes don't obstruct this). The exact price is not available at the time of printing but if you email her your order, she will be able to give an exact price. Check out for on-line PDF version for a full-colour exposé. The manufacturer is Trimtex ("Do it with style" No comment, Ed).

⊥ **Future events**

- Here is the long-range calendar of LOK events. We have had a busy year this year and put on many successful events. The most recent is the Ally Pally/Highgate and Queens Wood event at the end of September, just after this magazine was put to bed.
- As you can see, however, 2008 has a number of events which need commitments from Lokkies, not to mention the **Trent Park Score event**.
- At present, 2009 is a notionally 'fallow' year, to give a break to the regular LOK members who step up to the plate frequently. Please consider whether you can do your bit to help out in 2008 first - in the **major** roles.

Event / Date	Planner	Organiser	Notes
2007 Dec 26 Score - Trent Park ??			Your choice of either planning or organising. *** URGENT ***
2008 Feb 24 Regional – Holmbury	Possibly the Clearys		
2008 Mar 21st-24th JK in the South East	n/a	n/a	LOK (with SLOW) are providing general manpower on Saturday 22nd at Leith Hill
2008 Frolic			
2008 Oct 12th District			
2008 Dec 26 Score			
2009 – 'fallow year' – Frolic			
2010 March Compass Sport Cup Leith Hill			

⊥ Frolics results

- Thanks to Greg Birdseye for another excellent organisation of the Frolics Season. A couple of changes tweaked the competitiveness up another notch. Firstly, he expanded the qualifying clubs to reflect the spread of participants to encourage attendance. Next, he cunningly insisted that the final event counted in the Frolics scoring - just to keep the tension up until the end!
- SLOW are to be congratulated on winning the competition in 2007, following a joint-win in 2006 and outright win in 2005. Can any club stop them next year?
-
- Counting all five events, MV would have been the comfortable winners, with LOK third instead of coming fifth. Maybe we need to strategise our attendances a bit more next year!
- Here's the full results table for the record. See the blog on LOK's website for the event-by-event detail.

Final Frolics Position	Club	Cumulative Score	Cumulative Frolics Points
1	SLOW	2020	77
2	MV	1974	74
3	HH	1674	69
4	HAVOC	1589	66
5	LOK	1551	64
6=	DFOK	1393	62
6=	CROC	1232	62
8	CHIG	1100	57
9=	SAX	901	53
9=	BKO	880	53
11	SO	951	46
12	TVOC	587	42
13	SN	428	32
14	GO	72	8

⊥ Trent Park permanent course now in place.

- This was launched in the summer with some groovy graphics.





The Guardian goes Orienteering at LOK's Frolic

(Published on Saturday 28 July, 2007)

The family

Our ideal family activity is watching *The Simpsons* rather than stomping through forests. We don't even walk to school and my oldest daughter will phone from the tube station (half a mile away) for a lift home. But selling the idea of orienteering to Maddy (16), Tilly (eight) and Lydia (five) was surprisingly easy, as the course we'd chosen was close by, short and had a cafe. My partner, John, was particularly up for it, having mastered the compass in cub scouts.

The training

Orienteering is not cool. Tell people you're taking the family diving and they'll look envious, tell them you're going orienteering and they snigger. More fool them. Admittedly the sport was founded by a Swedish scout master, but unlike many family activities, orienteering is cheap, healthy and accessible - there are courses set up all over the UK (and some permanent ones) every weekend. You need no specialist equipment, at least to start with; only shoes that you don't mind getting dirty and clothes that are bramble-proof.

The aim is to navigate in order between control points on a course, using a compass and map. Your time is recorded but you don't have to be competitive; running is optional. Courses are colour-coded according to ability and there are international standards for maps and the way that control points are described. At its highest level, orienteers have Olympic levels of fitness and wear Lycra, but even toddlers can take part.

As first-time orienteers we tried a Sunday "frolic" course in Trent Park, north London. Greg Birdseye, a member of the London Orienteering Klubb (yes, they use the Swedish spelling) gave us tips on how to get started. You are given a map, compass and a dibber, which you plug into each control point to prove you've found it. Each control point (and they can be anything from a post to a tiny depression in the ground) is marked by a triangle and has a code to ensure you go round in order. "To be good, you need to understand map reading," says Greg. "The maps we use are much more detailed than OS maps. They are drawn to a large scale - 1:10,000. Concentration is the key, although it would be hard to get lost in Trent Park. We say it's all about map contact - making sure you can see on the map all the features you can see on the ground, so you know where you are all the time."

Orienteering maps show small features such as boulders, tree stumps and even ant hills (marked with an X). Various terrains are shown in different colours. The more dense the woodland, the darker the green, while yellow is for open, grassy spaces.

We choose the easiest course, a yellow (citing Lydia as an excuse), which is only 1.7km long, mostly along paths with the occasional metre of long grass. Greg checks that we can use a compass. Maddy suddenly remembers some skills from a Duke of Edinburgh course. I ask why you couldn't just follow someone else around the course, but they've obviously thought of that. At the starting line, competitors are staggered by a minute, but as there are a few

courses running today you could get lost following the wrong person. Proper orienteers don't just find any route between control points, they work out the best route.

Going solo

I missed the compass talk trying to stop Lydia pulling my tracksuit bottoms down and ask John for a reprise. "You take the compass, align the main arrow with the direction you're going and then move the wheel of the compass so the north is in line with the north of the map." I am lost already. I understand that you follow a point on the compass, but that's about it. After five minutes, Maddy tells me to forget about the rationale and to concentrate on remembering the sequence of events needed to get the compass direction.

To start your orienteering course, you need to find the start triangle on the map, punch in your dibber to get your start time, then look at the map and set the compass on the map to find the course to the first control point - marked as a circle. We have seven circles. Keen to impress, we set off at a jog, John having found the bearing on the compass for the first control point. "I'm hungry," says Lydia. Meanwhile, Tilly is worried: "I can't run fast, I'll be trailing after you in a minute."

Lydia, keen to finish and get to the cafe, hurtles down the hill and turns right (the wrong way), although she manages to be the first to see the first control point on the trail. John is immediately on to the next compass reading. By the third control point we get the hang of it. We all pore over the map and Maddy, who so far has refused to break into a jog, sprints ahead to beat me to the next control point. We all take turns in putting the dibber in, and by the fifth control point feel quite confident.

The course is a mixture of woodland and open grassland, at 10am the park is quiet and when the sun comes out it really is glorious. "This is a good family activity, an excuse to get the little ones moving," says Maddy as we approach the finish line. "But I wouldn't want to do more than 1.7km." We are thrilled to be the second to finish (although we started second and had the shortest course) at a time of 27 minutes. Julie Cleary, in charge of the finish line, says, "The secret is not to use the compass to start with; use the map to orientate yourself. If your compass is slightly off and you miss a control point, you need to work out where you are quickly by looking at all the features around you."

Having received her congratulations and moved out of sight from the organisers, Lydia lies down and refuses to budge. "I need a piggy back," she wails. It's the longest walk back to the car park.

Your turn

You can do orienteering on foot, but also on mountain bikes and skis. A course costs about £7.50 for an adult and £2 for children. Courses start from white (very, very easy) and go up to brown (hard). The course organisers will give you a map and compass, and dibber hire is £1. There are clubs all over the UK and events most weekends. The British orienteering website offers a starter pack to help you find your way.

Puzzle section by Camilla

A hotch-potch collection of puzzles for you this time.

A. Circuit training.

Why do runners always run around the track in an anti-clockwise direction?

Do they develop a clinical lean?

Andrew and Pete meet at the race track, which is 400m round. Just to make a point, Andrew runs anti-clockwise whilst Pete runs clockwise. Normally Andrew can complete a circuit of the track in two thirds of the time Pete takes.

They agree to stop when they both meet at the start again. Where will they meet on their way around and will they ever meet at the start again? If so, after how many circuits? (Make some simplifying assumptions about zero acceleration, no foul play, no headwinds, etc.)

B. Alphabet Maths.

Each letter in this sum stands for a different digit. What are they?

$$\begin{array}{r} \text{ONE} \\ \text{TWO} \\ \text{TWO} \\ \text{THREE} \\ + \text{THREE} \\ \hline \text{ELEVEN} \end{array}$$

Here's a grid for you to write in your solution.

The first correct grid to be emailed to the Editor wins a small, edible prize.

E	H	L	N	O	R	T	V	W

C. Introduction to 'Tom Swifties'

Tom Swifties are a type of pun, which falls under the class of Wellerism, which anyone who knows their Dickens will recognise. (Read about Sam Weller in *The Pickwick Papers*.) Tom Swifties were originally sentences in which an **adverb** relates both properly and punningly to a sentence of reported speech. They fall broadly into four categories (explained here), and can include the pun being in the verb rather than an advert. :

- "I couldn't believe there were 527,986 bees in the swarm!" Tom **recounted**.
- "Don't you know my name?" asked Tom **swiftly**.
- "Your fly is undone," was Tom's **zippy rejoinder**.
- "I only have diamonds, clubs and spades," said Tom **heartlessly**.

The name comes from **Tom Swift**, a boy's adventure hero created by the prolific American writer Edward L. Stratemeyer. Under the pseudonym Victor Appleton, he published a series of books featuring the young Tom Swift. Tom Swift rarely passed a remark without a qualifying adverb as "Tom added eagerly" or "Tom said jokingly". The play on words discussed here arose as a pastiche of this style.

Your job is to match up the jumbled up words below with the sentences. Be warned: I have only just begun with letter A! There are another 25 to go ... Should keep Lokation in business for a few years (or you can write a **running** diary on orienteering for me instead!).

1. "I'm wearing a ribbon round my arm," said Tom with _____.
2. "I'm concerned about the number of people not attending," said Tom _____.
3. "I like modern painting," said Tom _____.
4. "This salad dressing has too much vinegar," said Tom _____.
5. "There's room for one more," Tom _____.
6. "Here's your allowance for the next two weeks," Tom _____.
7. "I'd like to eat seventeen cakes," Tom _____.
8. "I'm halfway up a mountain," Tom _____.
9. "There's no need for silence," Tom _____.
10. "It's a unit of electric current," said Tom _____.
11. "I compliment the company that makes the Macintosh computer," said Tom _____.
12. "We can't have this and eat it too," said Tom _____.
13. "It's an actual parameter, not a formal parameter," was Tom's _____.
14. "You have the right to remain silent," said Tom _____.
15. "Someday I'll run the CIA," said Tom _____.
16. "I decided which car to purchase after looking at the pictures," said Tom _____.

Your choices:

agreed	abandon	applauding	autobiographically
abstractly	argument	aspiringly	alleged
amply	advanced	absentmindedly	archaically
acidly	allowed	arrestingly	admitted

Major events in 2008



News Update

We are fortunate to have negotiated the exclusive use of Crowborough Army Camp, East Sussex for JK 2008. Crowborough is a small town close to Ashdown Forest - an area of outstanding natural beauty (forest home of Winnie the Pooh and Sir Arthur Conan Doyle). The town includes a supermarket, many smaller shops, a leisure centre with swimming pool, restaurants, take-aways etc. Crowborough Army Camp is on the southern edge of Crowborough on the A26 roughly midway between Royal Tunbridge Wells and Uckfield.

Crowborough Army Camp is a self-contained facility set in lovely woodland grounds and close to all events. Various types of accommodation will be available. Indoor accommodation comprises bedded rooms (with sink), beds in single sex dormitories and floor space. All indoor accommodation is set out in blocks which include toilets, showers and drying rooms. Additionally there will be a camping/caravan field available with access to Portaloos and shower blocks. Booking information will be added to the JK web site by the end of September.



The British Orienteering Championships 2008 will be held at Culbin on the Moray coast in Scotland, incorporating:
British Elite Championships, The UK Cup, FCC, UK Relay League

Individuals - 19th April
Relays - 20th April



Saturday 2nd August to Saturday 9th August.

Saturday 2nd August **Mynydd Llangatwg** (Training Event)
Sunday 3th August **Merthyr Common** (revised map)
Monday 4th August **The Bloreng** (as used for BOC 2007, with summer vegetation update)
Tuesday 5th August **Pwll Du** (remapped for BOC 2007)
Wednesday 6th August **Rest Day**
Thursday 7th August **Wentwood West** (total remap) .
Friday 8th August **Mynydd y Garn** (new area)
Saturday 9th August **Clydach Terrace** (new area)

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.britishorienteeing.org.uk/fixtures/fixtures.htm>

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:

September 28 th
October 30 th
November 22 nd +AGM
December - no meeting

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 orienteeing (lifts, timings etc). This is usually about 8.15pm in The Stag pub on the corner of Fleet Road and Lawn Road, NW3, and good food is served until 9pm.