



L ONDON O RIENTEERING K LUBB

# LOKation 150

New LOK areas:



Horsenden Hill: to be introduced at our Frolic  
Regent's Park: now available

April 2009



## LOK People - Klubb Officers for 2009

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## Fixtures

Orienteering Fixtures are available via the following websites:

**LOK webpage:** <http://www.londonorientteering.co.uk/>

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

**BOF:** <http://www.britishorientteering.org.uk/event/findevent.php>



## 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. The pub used has been changing recently: be there to find out the latest choice!



## Nellie's Natter - Neil

It was way back in the days of 1992 (did we have colour televisions then?) that I decided that if I was going to spend my Sundays getting cold and muddy whilst others got even colder organising the events for me, I really should put something back in to the sport, and, as a minimum, join my local orienteering club, LOK. Well, here we are 17 years later, with landmark version 150 of LOKation, and I find myself addressing you as your new Chair of THE London Orienteering Klubb - thank you for your vote of confidence!

Whilst the responsibility of office were thrust upon me rather unexpectedly following Glen's (Jones) forced retirement in order to commence his treatment for kidney cancer, may I record my, and the Klubb's, thanks for his commitment and leadership of our Klubb. Amongst other achievements, I believe it was Glen who first called me up from the back-benches to help with organising events ... and I've never looked back! In fact, it seems that Glen is establishing the best practices in the roles he has filled within the Klubb in order that he can then hand them over to me, firstly with Fixtures Secretary and now as Chair! In a similar vein, many thanks to Camilla, who not only acts as Editor of this illustrious journal, but has additionally taken on the Fixtures Secretary role I vacated.

You may recall that 2008 ended on rather a down-note with both Glen (Jones) and Julie Cleary both suffering bad news as the new season was starting ... however ...there is good news from the woods: both have been spotted out running and continue to be fully involved in keeping the Klubb running! Although this season's 'serious' events are about to finish, watch out for them both passing you in the near future!

As a run up to our quiet 2009 (saving ourselves for a busy January 2010 with the Compass Sport Cup), David Rosen and Glen Jones have both organised evening Street O events in, respectively, London's West End and Hampstead. Over 80 competitors enjoyed, yet again, dry LOK events. I ran my first 'street' in the West End, and it gives you a different perspective on both orienteering and getting around London. My most vivid memory is running down the middle of Oxford Street squeezing between busses going in each direction ... later I learnt that more experienced competitors only ever ran across the Street in order to avoid the shoppers, busses, taxis, sandwich boards and bikes!

Now that I have started my three year term as Chair, I have realised that it couldn't have come at a more exciting time for orienteering in London! Now is the time to prepare ourselves for the 2012 Olympics in OUR city, so come the time, we are ready to showcase OUR sport to the world's visitors. To this end, we have already opened up a new area for orienteering in 2009, just off the Central Line (see article on page 6), and have commenced discussions with a London park that will actually be hosting one of the Olympic events, as a potential venue (see Late News). These areas may be small, but they are part of the bigger picture of orienteering variety that LOK needs to embrace in order to raise the sports profile. And this is where we can all help .... When you see a request to join our small band of planners, organisers and helpers, grab the chance and get YOUR name down as someone who is willing to take on a small challenge, under expert supervision of course, and help LOK continue to be seen as THE KLUBB that puts on great

quality events in and around one of the world's most famous lokations!



## From the thicket - Camilla

A slim-line edition of Lokation this time. Not so much annual Klubb business to report: instead, a greater focus on orienteering itself. Of course, the Frolics season is on the horizon - introducing a new site for the Klubb. Thanks to Graham Williams for a piece on orienteering 'BD' (see page 10). As always, any material is gratefully received - especially as it always reaches the high standard expected of our readers without my intervention.

Next edition after the summer so relax over the summer and write some prose (or even poetry) for your fellow Lökkies. Happy orienteering.



## Klubb Business

### BEEN & GONE

- The AGM was well attended with the only changes of officials being those previously mentioned of Chair and Fixtures Secretary.
- It was unfortunate that we had to call off our Boxing Day Score event, however, it's a sign of the times that more and more people are now going away for Christmas. Whilst we 'let' DFOK use the vacated slot for their version of the same event, we will endeavour to re-institute the event this year.
- A short introductory course on the use of OCAD (the software we use to draw the O maps) was attended by three from the Klubb in January. This part of planning an event is probably the hardest and most time consuming, so luckily we rarely need to do more than make minor amendments to existing maps. And in case you're wondering if the technical side of actually planning the courses is as difficult, the answer is 'no' as we use a piece of free software called Purple Pen ([purplepen.golde.org/](http://purplepen.golde.org/)) that takes 30 seconds to learn.
- LOK's not-a-Christmas-party - three cheers to Rachel Hopkins for not just locating such a lively Italian joint, but for getting such a great turn-out!
- LOK received a 'thank you' cheque for £100 from ActivityMix, the commercial organisation we ran the Hyde Park score event for last April ..... very nice of them to not just pay for the event, but to tip us too! We shall be putting this towards a second laptop for running the SI kit.
- 13 Lökkies ran one of the Starts at Happy Herts' Burnham Beeches National Event. We had around 500 of the 1,200 competitors through our Start, and thanks to the organisation of David and Alison Saunders (who share their allegiances with Happy Herts), it couldn't have been better organised. And to top the day, first places went to Pete Sacares (M40S) and Theo

Jones (Yellow)!

## COMING UP

Those volunteer spaces are filling quickly, so you'd better get in quick !

We're sorted on the Planning side for the main events on the horizon, but we need a couple of volunteers to take on the Organiser's role. Basically it's the 'logistics manager' role, with the main requirement being a car (for the kit) and an ability to be organised. We have a excellent checklist to follow, and advice at-hand, so please just let Neil Brooks know you're interested - [neilbrooks@msn.com](mailto:neilbrooks@msn.com)

Event	Date	Planner	Organiser
Frolic - Horsenden Hill	28 <sup>th</sup> June 2009	Neil Brooks	?
Evening O's - on Hampstead Heath.	TBC - hopefully a monthly series on Thursdays. Pub afterwards	Various: 1) David Rosen, April 27	As planner.
Hampstead Heath Local (was 'colour coded')	27 <sup>th</sup> September 2009	Greg Birdseye  Jon Chandler	?
Street O	Autumn 2009	?	?
Leith Hill Compass Sport Cup	24 <sup>th</sup> January 2010	Paul Todd	Neil Brooks

- **Late news: Regent's Park access agreed. Another new LOK space...**  
Neil has just secured outline permission to propose an orienteering event in Regent's Park. Perhaps an Evening-O as part of the summer season would be a suitable starting point? If anyone would like to take advantage of the opportunity, email Neil as soon as possible. ([neilbrooks@msn.com](mailto:neilbrooks@msn.com))

Here's the map ready and waiting...



➤ **New order of LOK O tops being considered**

Julie Cleary is canvassing orders for a new order of LOK orienteering tops, as her stock levels are low (and empty for some sizes). The cost is subsidised by the Klubb (thanks Ronan and committee) but the manufacturer bills in Euros so there's no escaping the devaluation of the pound. If you would like a new top, and are prepared to pay for it, please email Julie your interest - AND SIZE - so that she can have an idea of the quantities. Those quantities then influence the production costs: hence no figures here. Email [kit@londonorienteering.co.uk](mailto:kit@londonorienteering.co.uk).

 **Club Meetings**

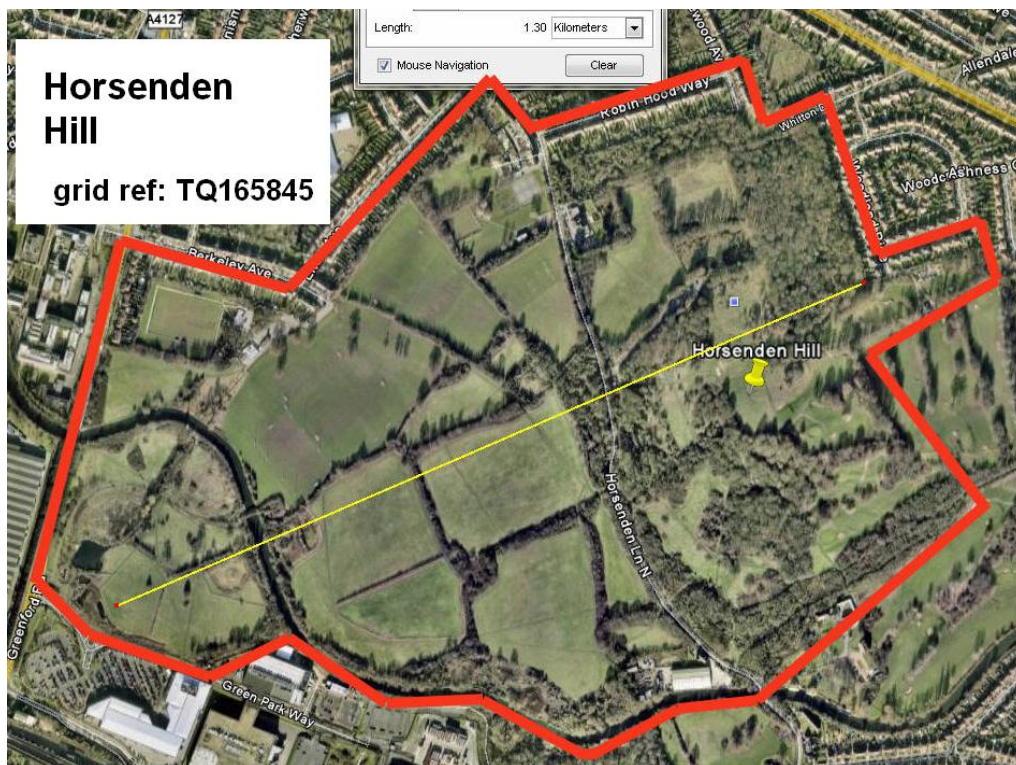
The last Tuesday of every month is the club meeting held in bar at the Royal Free Hospital Recreation Club, Fleet Road, Hampstead, London NW3. (See below for directions.) Kick off is **8.00pm**. Everyone is welcome; fresh views on club/SEOA /BOF business are always needed.

Dates are as follows:

April 28	July 29	October 28
June 3 (for May)	August - none	November AGM 20th
June 24	Sept 30	December - none

 **New LOK Area for our Frolic: Horsenden Hill**

**Introducing the area**



**Horsenden Hill and Paradise Fields** (grid ref: TQ165845) is a hill and open space just off the A40, in the London Borough of Ealing, with Perivale on the Central Line just a mile away. Horsenden Hill is the highest point in the local area, rising to 84m - not quite a Leith Hill, but then, Leith isn't a Scottish Munro!

In the Second World War it was the site of an anti-aircraft battery, which was used to protect the local factories from air attack. There are currently two reservoirs built into the hill on the south side. To the south and east the hill is bound by the Grand Union Canal (Paddington branch), which runs roughly along the 100 ft (30 m) contour line, giving the area a height difference of around 50m. From end-to-end, it's around 1.3km, which makes it larger than Alexandra Palace. The aerial photo shows that around 40% is open country, with a bridge over the canal as the only crossing point.

Following negotiations with Ealing, they have agreed that we can run our Frolics event there on 28<sup>th</sup> June. Whilst this is considered a 'trial' event, the Klubb is investing in having the area mapped from scratch, based on the assumption that all will go smoothly, and we'll be welcomed back in future years.

As is my prerogative, I've even volunteered to plan not just the first Horsenden event, but it's also my first plan ... this does mean, however, that someone else needs to volunteer as Organiser (e.g. collect kit, organise tent putter-uppers etc).

Finally, have you noticed the similarity between several of our areas .... Hampstead Heath, Holmbury Hill and Horsenden Hill ..... they are all 'HH' ..... just a thought!

Neil

**OUR Frolic: Your chance to be the first!**



Sunday 28th June is your chance to be the first LOK Organiser to set foot on the new orienteering area in West London, near Greenford, just off A40 (Horsenden Hill). Permission has been obtained, car parking sorted, but we need two stalwarts to step forward, one as organiser (collect kit from Klubb shed, and organise the on-day volunteers) and one as SI bod (i.e. check the laptops consume, digest and report). That's it ..... two medium responsibility roles up for grabs ..... email Neil Brooks (neilbrooks@msn.com) if you are interested in being a first-footer!

# The Frolics- Remember, we are defending Champions



This year, possibly for the first time ever, we have *six* Frolics events in the series. For those who haven't tried it before, the events are open to all, every competitor runs the same course (of approximately 'light green' standard) and there is a handicap system which adjusts not just for age and sex, but also for previous experience - being a top performing orienteer can be a substantial disadvantage. At each event there will also be at least one easier course for newcomers, plus a longer extension of the main course for enthusiasts.

The first six finishers on handicap for each club count towards their club's score. The results, and running scores and positions as the season progresses, will be put on the LOK website. The winning club will be entitled to call itself 'FROLICS 2009 champions' for the year. LOK managed to regain the title last year, but there was tight competition so we must expect the rivalry to be just as intense as usual this year.

June 21	CHIG ( <a href="http://www.chig.org.uk">www.chig.org.uk</a> )	Claybury Park, nr Woodford ***new Frolics area***
June 28	LOK ( <a href="http://www.londonorienteeing.co.uk">www.londonorienteeing.co.uk</a> )	Horsenden Hill, Ealing ***new Frolics area***
July 5	DFOK ( <a href="http://www.dfok.co.uk">www.dfok.co.uk</a> )	Shooters Hill
July 12	SLOW ( <a href="http://www.slweb.org.uk">www.slweb.org.uk</a> )	Wimbledon Common
July 19	MV ( <a href="http://www.mvoc.org">www.mvoc.org</a> )	Nonsuch Park, Ewell
July 26	HAVOC ( <a href="http://www.orienteeing-havoc.co.uk">www.orienteeing-havoc.co.uk</a> )	Epping South West

Full details of the events (directions, parking, start times, additional courses, etc.) will be available on club flyers and found at the club websites listed.



## A good time was had by all... JK2009 by Greg Birdseye



Springtime in the Northumbrian hills: driving rain, horizontal sleet and hail on the open tops, the download tent shredded, the toilet block blown over (together with an unfortunate occupant at the time) ...

But that was the British Championships five years ago at Simonside above Coquetdale at Rothbury. Fast forward to April 2009 and 50 miles further north, almost to the Scottish border, and the contrast couldn't have been greater. A happy band of LOKs were met with wall-to-wall blue skies, gentle breezes, almost luminously brilliant yellow gorse in the sunshine, primroses and wild violets peeping out of last year's flattened bracken, fresh green shoots on the trees, a fabulous view from the tops down to the coast with Holy Island floating in a shining sea...  
Kyloe Woods, Greensheen Hill and Cockenheugh at their best for two days of classic orienteering.

The going was just as tough as at Simonside though, with the expected steep slopes, crags, marshy areas, underfoot brashings and knee-deep heather on the fells. The sort of area where total concentration pays for itself ten-fold in saving wasted effort, and at the end the brain hurts as much as the legs and lungs. But totally brilliant orienteering overall, and as far as I know all the LOKs who made the trip enjoyed themselves as well.

And a special mention in despatches for both Catherine Galvin and John Hardy. Catherine for possibly the all-time record commute to an orienteering event: early morning train on the Friday morning from King's Cross, short hop from Newcastle central station to the university campus, a good run - only 8 mins down on the leader (while still running up as W35 I see) then train back to London and home in time for a nice cup of cocoa tucked up in bed. And John, leaving home in N London at 3.00 am on the Saturday, driving 350 miles up the motorway and then straight in to the rough stuff of Kyloe. There's dedication for you.

An interesting comparison with an earlier age: at the Pitlochry JK of 1990 (Creag Vinean, Craig-a-Barns) a little further north, LOK had 23 participants who travelled all the way up to Scotland. This time we were only just into double figures, including the Junior Mintys on the white course. Times change.

Lokation readers might know that relays are not really my thing, but I gather the relays happened, although without a LOK contingent. And anyway the deal with my support team (i.e. Penny) was that we would have a proper holiday as well - so three more nights in the excellent B+B in Berwick-upon-Tweed, visits to Lindisfarne, Bamburgh Castle, the Alnwick Garden and Craggside House at Rothbury, and then back to London just in time for the good weather to arrive down south.

Next year takes the JK to the South West (Braunton Burrows, etc.) and - some

enterprising advanced publicity distributed at this event - to Northern Ireland for 2011. The Mountains of Mourne are calling.



*The run-in to the finish at the Saturday event at Killoe  
(with some old codger on his last legs and just about to expire before  
reaching the line)*



## The rise of the machines - by Graham Williams

A few months ago I was running at Shining Cliff in Derbyshire, an area I'd last run on at the JK in 1991. On that occasion two areas were in use, on opposite sides of the A6 and allowing the runners time to cross the road and restart the other side involved a fiendishly complicated system that involved someone counting down the time for each competitor. Thinking back on this made me realize just how Orienteering has been transformed by the rise of the machines, electronic punching, digital mapping and the internet, which make such practices now seem rather quaint. Members new to the sport might be interested to know how things used to be, while I hope this is a pleasant wander down memory lane for older orienteers.

Previously Orienteering was a sport that ran on paper. All fixture lists, final details and results were on paper and getting hold of this information involved the use of lots of Stamped Addressed Envelopes. 'BD' (Before Dibbers), punching involved sticking a mechanical 'punch' with spikes on it through a paper control card which were protected by plastic control card holders which you had to buy. In time they became defunct when Tyvek, a super strong paper was introduced.

The pre-marking of maps was a luxury used for only the biggest events. For Colour Coded

(now District) events and below, you had to mark the course on the map yourself, copying it from a master map next to the start and doing this was included in your time! To do this every Orienteer had two essential bits of kit - a red pen to mark the course, as red is the only colour that doesn't appear on O maps, and a plastic bag, which you had to buy, to protect the map. With rise of digital mapping, pre-marking became universal and the maps came pre-bagged. Now the bags have gone as well as the maps are now printed on waterproof paper, which is a pity, as they were pretty useful.

Control Descriptions were on slips of paper, as they are now, but the descriptions used to be all written, a knoll was called a knoll, and using symbols is a fairly recent development. At Hampstead in the late nineties I first saw that a runner had written the symbols and codes in the boxes on his control card, which I thought was a pretty neat idea. Of course, as with all good ideas, in a few months everybody was doing it.

BD, the only way to record how fast you had taken to get between controls was to buy a digital watch which recorded laps, so every time you reached a control you pressed the lap button and then wrote it all down after the event. The joke was that you knew when you were close to the control by the sound of all the watches going 'beep'.

Running an event involved a lot more people than it does today. A simple colour-coded event would need at least three car-loads of volunteers: to sell the maps and allocate the start times for each course and to write it all down. Before the software worked out the running times, start times were usually sacrosanct and the finish was an elaborate affair and, of necessity, close to the assembly area. As a runner finished someone shouted out 'now' as they crossed a taped line and everyone was funnelled along in order. A raffle ticket was then stapled to their control card. I must admit I never worked out the significance of the raffle ticket or how the time was worked out from it but it made sense to better minds than mine. My duties in the finish tent usually involved checking the holes in the control cards, the only way to see if the runner had gone to the right controls and matching up the stubs. At the start the runner handed over a tear off piece of the control card (the stub) which was matched up with control cards of the finishers. This was a safety feature and was the only way the organiser knew if anyone was missing.

In the late nineties, the new age ('AD' perhaps?) began. At an event on Brown Clee Hill I used SI for the first time. On that occasion nearly everyone hired their electronic control cards, which had various names before becoming universally known as dibbers, but very soon everybody had one. Even on that first outing it was obvious that this was the future: punching was so much faster and easier; times and results were instantaneous; and only a couple of people were needed to run the whole thing. The big question then was where to find the cash to buy all this lovely kit.

The internet made event details and results universally accessible and allowed entries and - most importantly - payment for entries to be done online. Together with electronic punching and digital mapping, the era of paper and the SAE came to a very welcome end. Perhaps there would be some interest in hosting a novelty nostalgia event where we use all the old kit again? I'm sure all those old map boards and punches are still languishing at the bottom of the shed.



## Major Fixtures: May 2009 - end Jan 2010

Regional and National events only, not Local ones. They need pre-entry plans...

May 2-4	NGOC	Triple O Severn Weekend	Reg	Cinderford, Glos
May-02	NGOC	Triple O-Severn FCC Middle Race	Reg	TBC
May-09	NOC	British Elite Sprint Championships	Nat	Nottingham
May-10	LEI	British Middle Distance Elite & Age Class Champ's	Nat	Loughborough
May-17	WCOG	Regional Event	Reg	Ravenglass
May-17	OD	OD Regional Event	Reg	Atherstone,
May-23	INVOG	National Event & Scottish Championships – Ind's	Nat	Kingussie
May 23-25	WRE	Springtime in Shropshire Regional Events	Reg	Shropshire
May-25	EBOR	EBOR York City Park Race	Reg	York
May 30-31	MDOG	Twin Peak 2009	Reg	Glenridding
May-31	TVOC	TVOC Chiltern Challenge Regional Event	Reg	Watlington
Jun-07	RR	Regional Event & Scottish O League 3	Reg	Hawick
Jun 20-21	SWOC	BOK/SWOC Harvester Trophy Weekend	Reg	Brynmawr/Merthyr Tydfil
Aug 2-8		Scottish 6 Days	Reg	Tayside
Aug 7-9		Eurometing (part of the SWISS 6-day)	Int	Switzerland
Aug 29-31	EBOR	The White Rose Weekend	Reg	Pickering
Sep-06	BL	Regional Event	Reg	Penrith
Sep 12-13	AIRE	Dales Weekend Regional Event	Reg	Skipton
Sep 19-20	DEVON	Caddihoe Chase Regional Event	Reg	Bovey Tracey
Sep-20	STAG	STAG Regional Event & Scottish O League 4	Reg	Blair Atholl
Sep-27	SELOC	SELOC Regional Event	Reg	Haslingden
Oct 3-4	CLOK	October Odyssey Weekend	Reg	TBA
Oct-04	WRE	Regional Event	Reg	Hopton
Oct-04	SO	SO Regional Event - Stoughton, Chichester	Reg	Chichester
Oct-10	MAROC	MAROC Regional Event & Scottish O League 5	Reg	Aboyne
Oct 10-11	SWOC	Welsh Championships Weekend	Reg	Newport
Oct-11	GRAMP	GRAMP Regional Event & Scottish O League 6	Reg	Ellon
Oct-11	WSX	21st Dorset Delight Regional Event	Reg	Burley
Oct-17	CUOC	CUOC Cambridge City Race & Icenian Trophy	Reg	Cambridge
Oct-18	LEI	Compass Sport Cup Final	Nat	Corby
Oct-25	EPOC	EPOC Regional Event	Reg	Huddersfield
Oct 31-Nov 1	TINTO	Tinto Twin Weekend	Reg	S Scotland
Oct-31	OUOC	Oxford City Race	Reg	Oxford
Nov-01	SOC	November Classic Regional Event	Reg	Lyndhurst
Nov-01	MDOG	Regional Event	Reg	TBC
Nov-08	HOC	Harlequins Regional Event	Reg	Ludlow
Nov-15	DVO	Regional Event	Reg	Eyam
Nov-15	SN	Regional Event	Reg	South East
Nov-22	CHIG	Regional Event	Reg	Epping
Nov-28	GO	Night Regional Event & Southern Night Champs	Reg	Puttenham
Nov-29	SLOW	OK Nuts Trophy	Reg	Milford
Dec-06	SO	Yvette Baker Trophy Finals	Reg	Sussex
Dec-13	WCH	National Event & Midlands Championships	Nat	Cannock
Dec-13	SAX	Regional Event	Reg	TBC
Jan-10	OD	OD Regional Event Sutton Park	Reg	Sutton Park
Jan-17	MV	Regional Event	Reg	TBC
Jan-17	QO	Regional Event	Reg	Minehead
Jan-17	UWOC	UWOC Regional Event	Reg	Warwick
Jan-24	NOR	CompassSport Cup 1st Round	Reg	Downham Market
Jan-24	SARUM	CompassSport Cup 1st Round	Reg	TBC
Jan-24	LOK	CompassSport Cup 1st Round	Reg	Leith Hill
Jan-30	CUOC	Icenian Regional Event & EA League	Reg	Thetford
Jan-31	SYO	Northern Championships	Nat	Big Moor
Jan-31	BKO	Concorde Chase Regional Event	Reg	South Central