



L ONDON O RIENTEERING K LUBB

LOKation 151

A busy summer of orienteering,...



... including Square-O in Trafalgar Square

Plus: The AGM on November 19th

September 2009



LOK People - Klubb Officers for 2009

Chairman

Neil Brooks (01494) 872578 chairman@londonorienteering.co.uk

Secretary

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

Treasurer

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

Fixtures secretary

Camilla Darwin (020) 8563 1495 fixtures@londonorienteering.co.uk

Membership Secretary & Klubb kit

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

Publicity Officer

Glen Slade (0208) 980 4217 publicity@londonorienteering.co.uk

LOKation editor

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

Captain

Graham Williams (01727) 867742 captain@londonorienteering.co.uk

Equipment

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

Mapping

Julie Cleary (01707) 275934

FROLICS coordinator

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

SEOA Rep

John Hardy (020) 8368 7182

Auditor

Sonia Gable (020) 8550 1805



Fixtures

Orienteering Fixtures are available via the following websites:

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

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

BOF: <http://www.britishorienteering.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

With another O season in the 'real' woods about to begin, I thought I'd reflect on some of the O that's happened over the quiet summer period that has caught my attention:

- The 3 Parks: I've only just got into these small scale, evening events, and this LOK one in June was something different! Whilst it mixed the three areas of Highgate Woods, Queens Wood and Hampstead Heath, Glen Jones cunningly required competitors to use an A-to-Z extract to link together Queens and Hampstead. Should have been easy, just a different scale and symbols but not for your chairman! Without any indication of where on the A-to-Z extract you were starting, or where the Heath was, I was quite content to run way, *way* off the map, before having to trudge back up to Hampstead village to try again. Needless to say, local knowledge helped Lökkies Eric Le Roux and Matt Cook take the top two places. It was, however, great fun if you haven't tried these events make a note to do so.
- The really friendly gathering of Lökkies for our summer BBQ, hosted by Pete and Becky Sacares (and girls). One of the few LOK events where rain came in to play, but that didn't deter our Pete from grilling away under the gazebo, whilst the rest of us watched from indoors!
- With LOK bringing Horsenden Hill in to use for the first time at our Frolic, it was pleasing to see a big turnout, and coupled with there being six events this year, it shows that orienteers are now expecting events all year round. Whilst we didn't win (the downside of the last event being in the holiday season), we can be proud of Greg Birdseye's steadfast organising (and reporting) - thank you Greg!
- We've been asked to run another Score event for ActivityMix in June 2010. Last time it was in Hyde Park, this time it's on home ground, Hampstead Heath. We'll be looking for volunteers to help coach nearer the time.
- Our numbers are on the up! We have mid-60s membership units in the Klubb we must be doing something right!

Happy reading and happy orienteering over the autumn.



From the thicket - Camilla

Thank you to all the contributors to this edition of Lokation. There are numerous reports of orienteering over the summer. It is welcome dilution of the minutes of last year's AGM, duly published this year ahead of November's AGM. And so, on with the magazine...

➤ **Boxing Day Score Event – Is its future with LOK or another club? – by Neil Brooks**

Last year we had to cancel the traditional LOK Boxing Day score event due to too many people going off and enjoying themselves humbug! With a little over a week to go, SAX asked our 'permission' to hold a score event in the absence of our event, and we were happy to oblige. SAX even said we could have the event back this year if we want, as we got there first!

Which brings us to the 2009 Boxing Day event this year we need to be better prepared, and that means we need to make the call before the end of October as to whether we will have the volunteers around on the 26th December to run a score event. Whilst in the past it was traditional to spend Christmas in or near home, that would not seem to be the case today ... I, for one, haven't had Christmas at home for over 15 years.

Accordingly, I am proposing that the LOK Boxing Day Score event, which has had a long and successful run, is relinquished for others, better manned than us, to take forward..... that is unless you know better and step forward with the vowed intent (and knowledge of what you'll be doing at Christmas) of volunteering to continue this LOK tradition. I leave this with the Klubb membership the 27th October is the date (committee meeting night) we'll decide the event's fate to save it, volunteer to Neil (neilbrooks@msn.com) before then.

➤ **Formal notice of the LOK AGM**

- ⊥ The AGM will be held on **Thursday November 19th 2009** after a short training run in Hampstead. The meeting will start at **8.00pm** in the upstairs room at **the Magdala pub, 2a South Hill Park, London, NW3 2SB**. It is just round the corner from Hampstead Heath Overground station.
- ⊥ 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 the last AGM
3. Chairman's report
4. Treasurer's report and approval of accounts
5. Election of officials
6. Proposed change to the Constitution
7. Any Other Business

The minutes of the 2008 AGM are published on pages 15 to 19.

➤ **Minor proposed change to Constitution**

This concerns the minimum number of Committee meetings required to be held per year. The existing wording is: "The Committee shall meet at least eight (8) times each year." The Committee would like to amend the wording to 'at least six meetings' which allows for unexpected cancellations (due to illness, for example) to occur without contravening the constitution. Currently there are 8 meetings held per year and there is no intention to schedule fewer on a regular basis. Members will be asked to vote on this point at the AGM.

➤ **Future events calendar**

Here's the round-up of events by LOK over the coming year. Have a go at something new!

Event	Date	Planner	Organiser
Hampstead Heath	27 th September 2009	Greg Birdseye & Jon Chandler	?
Street O	Autumn 2009	TBC	TBC
Boxing Day Score .??	26 December 2009	VACANT	VACANT
Leith Hill Compass Sport Cup	24 th January 2010	Paul Todd	Neil Brooks - overall boss Nick Vass - car parking Ronan Cleary - land access. More lead roles to be filled
Frolic	27 June 2010	VACANT	VACANT
Hampstead Heath local	26 Sept 2010 TBC	VACANT	VACANT

➤ **Leith Hill - 24th Jan 2010**

We're stepping up a gear now that it is only four months away. In addition to Paul Todd as Planner, the car parking field has been identified, and a 'car park' manager (Nick Vass) has been duly appointed. Ronan has accepted the role of 'land access negotiator', and before long we will be looking for other team leads to join our professional organisation team (as well as a few grunts to help on the day!) See the article on page 6 introducing the CSC scoring process in (almost) all its glorious detail.

➤ **New order of LOK O tops - not quite 'in the post'**

Julie Cleary is chasing up the manufacturers who seem to be dragging their feet a bit. She has the orders list and will a few left over, once the order does arrive.

➤ **STOP PRESS: Graham Williams travelling so new Klubb Captain needed.**

Graham Williams, our Klubb Captain (responsible for getting LOK teams together for relay teams etc), is off travelling for three months to South East Asia. If you're interested in following his progress, look no further than these websites. <http://journals.worldnomads.com/will/default.aspx> and <http://travellerwill.wordpress.com/>



Club Committee 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:

October 6, 27	January 26 2010	April 27
November 19 - AGM	February 23	May 25
December - none	March 30	June 29



What is the Compass Sport Cup? - by Camilla Darwin

Since we are hosting the South East round of the Compass Sport Cup, I thought I'd better find out what it is exactly. All I knew was that LOK was always at a disadvantage because it had too few junior orienteers - but I never knew any more than that! Of course we are very grateful to those that we do have currently, and a new crop of (particularly) girls is growing up all too quickly. But still, the small print is still against us for this year - here's why.

- There are actually *two* competitions: the Cup and the Trophy. The former is for larger clubs, the latter for smaller ones (<100 members, with family members counting as 3 individuals). We are a **SMALL** club this year.
- After one regional Qualifying Round, the winning club proceeds to the Final. If there are more than 8 clubs at the event, two clubs will go through.
- The courses are:

1	Brown	Men Open	Large
2	Blue	Women Open	Small
3	Blue Men	M45+ M20-	Large
4	Green Women	W45+ W20-	Small
5	Green Men	M60+	Small
6	Short Green	M75+ W60+	Small
7	Light Green	Men/Women 18-	Small
8	Orange	Men/Women 14-	Small

- White and yellow courses are on offer but do not count for competition purposes.
- Here's the complicated scoring part. (Incidentally, I now see that the Frolics scoring works in a similar manner.)
 - The winner on each Compass Sport Course scores 100 points. The runners then count down from 100, with consecutive integers for the two 'large' courses; with consecutive even integers for the rest.
 - There are the usual provisions if runners have tied.

- o The team score is as follows:

Cup team score	Trophy team score
25 scores to count	13 scores to count
Max 6 from 1 and 3 each	Max 3 from 1 and 3 each
Max 4 from each of the other courses	Max 2 from each of the other courses

Scoring Example for the Trophy match:

1. List your three highest scores on each large course.
2. List your two highest scores on each short course.
3. You will now have eighteen scores (or fewer if you weren't able to run enough competitors on any one of the courses.)
4. Finally, select the highest thirteen scores of these eighteen and add them together. This gives you the team score.

So, if you don't have anyone running in at least one of the categories, you suffer a hefty penalty.

There is no 'entry on the day' available so, if you want to run as well as help out, you **MUST** register via LOK first. Our Captain will be co-ordinating the team entry. Watch out for an LOK email later in the season with details.

Here is the result from the 2008 Compass Sport Trophy South Eastern Round. It was held on March 29 at Millbank, hosted by Saxons. We had 5 runners: time for a big improvement this year! And well done to Greg Birdseye, Catherine Galvin, John Hardy, Anne Power and Paul Todd for their loyalty last year.

2008 Trophy scores

Club	Score	Counters
SOS	1242	13
MV	1215	13
DFOK	1202	13
CHIG	1196	13
SUFFOC	1113	13
HAVOC	1053	12
LOK	420	5



The Frolics - LOK passes the Bus to MV

Congratulations to MV as Frolics champions for 2009. After coming in fourth in 2004, third in 2005 and 2006, and second in 2007 and 2008, they've finally made it to the top, and are worthy winners of the London bus trophy. The 'best x out of y' rule has caused some controversy in the past but MV would have won the title either way.

HH are the main beneficiaries of being able to drop their lowly result at Nonsuch Park to pull up to second overall, leaving SLOW and LOK to jointly complete the top four. Some might say that last year's champions LOK could feel a little hard done by as they were second before the rule and in fact over the six events had the highest number of individual points scored [LOK 2903, SLOW second with 2894, and HH third on 2766 only a fraction ahead of MV on 2762]. Clearly it's not just about the numbers; turnout and strategic targeting of events helps. **But let's not get too analytical -the Frolics is only a summer fun series after all.**



Tay 2009 (Scottish 6-Day) - by selected LOK Reporters

An interview with Catri (7y) and Isabel (5y) Minty

We drove to the orienteering events. Every day we had Wilfs for lunch - pasta, crisps and yummy cake. (Mummy says don't mention the fizzy drinks). First we did the string course, then Mummy or Daddy took us to the White start for our courses. I did the White course (Isabel) and I did the W10B course, course 1 (Catri).

[Isabel] I went on the White course, with Mummy or Daddy. I had good fun running and climbing rocks and ladders. I ran fast. Sometimes I got tired. The scary bit was when there was a big mud pool and I felt I would sink into it forever. My shoe got very muddy. We didn't have paths on the first or last day - we followed streams, walls, fences and taped routes. We crossed a muddy stream too. The last day was called Loch Ordie, we climbed a big hill to the start, it was open moorland. The run-in was really exciting and you could see your mum or dad. I kept on going! On the first day I won a water bottle and on the last day, a coaster. I was very tired after the white course.



[Catri] I did course 1 without any help. It was my first time doing W10B. I got lost on day 1 and I mis-punched but it didn't happen again! Mummy bought me a new descriptions holder that really helped me. I got sweaty running. One day we ran where the Army practised and we were told not to pick up any strange objects.

We also did the string or off-string course every day. The themes included "We're going on a bear hunt", "cartoon animals", "seaside", "homecoming Scotland/ Scottish inventions". It was fun. We got lots of sweeties and prizes like Frisbees and calculators and lcd cleaners and fun marshmallows. I ran really quickly but my little sister Alida stopped to play with all the things out at the controls - like putting on the snorkel and mask at the

seaside, also she picked up stones and bugs. On the seaside day, I did the off-string with Mummy. It was quite tricky - you have to use the map to find the controls away from the string, otherwise you might get lost.

A bad bit - we got bitten by ticks. I had 2 (Isabel) and I had 1 (Catri). They were brown with legs. My first one was tiny. We got them off with tweezers.

A good bit - we made lots of new orienteering friends at our lodges and the events. The weather was really sunny except one day when it poured and poured.

One night, Granny looked after us and Mummy and Daddy went to the Ceilidh. Next Scottish in 2011 we want to go too!



STOP PRESS: We interrupt the Scottish reports to show evidence of Alida M at the unique, even historic, Plinth-O and Trafalgar Square-O on 11 September (see page 20).



Back to Scotland: A holiday account from Greg Birdseye

An odd-numbered year, first week in August: Scotland again. This year apparently saw the 100th day since the start in 1977 - and reportedly several people have run every single one of them. For me it's been only about 20 since Dumfries and Galloway in 1991, as my trips to Scotland are at best occasional and, as last time, I this year entered only three out of the possible six, which allows more time for a 'proper holiday' as well.

For *Tay 2009* the six events fell neatly in two groups, roughly north and south of Perth. I've previously sampled some of the 'hard man' type terrain to the north, so the choice was three, rather tamer - but still interestingly different - areas along the lower Tay and estuary: the surprisingly craggy but well-pathed outcrop of Kinnoull and Deuchny, immediately over the river from Perth and as a result popular with local walkers and picnickers; the flat sandy pine forest of Tentsmuir right on the coast (and only a short jet's-blast above RAF Leuchars); and the complex grassy dunes, steep in places, of Barry Buddon between Dundee and Carnoustie.

As usual there were dire warnings in the programme about the dangers of tick attack. I picked up two at Kinnoull and no fewer than nine at Tentsmuir. The old style LOK-tops with the Aertex-type open-weave material could hardly be better designed as tick gatherers as one trots through the shoulder high bracken. And it's all very well to say examine carefully and remove immediately, but even with a helpful companion it's almost impossible to spot all the little blighters when you have even a moderate degree of freckles. And some can be only 1mm across (at least until they've started to gorge themselves on your life-blood by the next morning).

Overall though, the event was as good as always, with impressive organisation, nice maps and challenging courses, and I really enjoyed it ... albeit with a bit of a cautionary tale at the end.

We stayed in St Andrews - roughly at the centre of gravity of the three days and, for the proper holiday, wandered around the very pleasant attractions of the East Neuk of Fife. St Andrews is similar in lots of ways to Berwick-upon-Tweed where we were for the JK this spring: a small coastal town with lots of history; attractive solid stone buildings; ancient ruins and nice open spaces; pleasant pubs and places to eat as well. And again similar to Berwick, there is an attractive small theatre (always a sign of a place with some local confidence). *First You're Born* was described as "a deliciously absurd romantic comedy by one of Denmark's most innovative contemporary dramatists", which about summed it up.

With the Royal & Ancient clubhouse less than half a mile away from our B+B there was general surprise that we were not there for a spot of golf, but we eventually convinced them we had other ideas, and in between the running about in the woods we had a very good time. Scone Palace seemed to be overrun with orienteers, but to the east, Cambo walled garden was excellent, and the historic windmill-powered salt pans on the coast to the south an interesting piece of history. The highlight though was the boat trip from Anstruther out into the Forth estuary to the bird sanctuary of the Isle of May. We missed the puffins by a few weeks and the sea was a bit choppy, but it was good to

wander about the island and see the thousands of gannets, terns and gulls of several different varieties.

The cautionary tale came a few days after we got back though: dizzy spells, feeling weak and feeble and then a diagnosis of a Bell's palsy, which sounds like some rather unfortunate Victorian affliction, but is in fact apparently not uncommon in 21st century Britain. A bit like coming out of the dentist with frozen face muscles and not being able to move your mouth as it's supposed to. The exact cause is unknown but it can be linked to a viral infection - hence the dizzy spells as well. So it was down for blood tests, then doses of anti-virals, and lots of steroids to stop it getting any worse. Luckily, in most cases it eventually cures itself and it seems I've had only a mild onset as the symptoms are already starting to recede.

But, here's the tricky bit, and where we get back to our tick friends. The facial palsy identified by Sir Charles Bell in the 19th century can unfortunately also be a sign of Lyme disease, much talked about in orienteering circles and CompassSport articles, and not very helpful with a long-standing kidney shortfall. So more blood tests (brilliant GP) and mega doses of antibiotics, just to be on the safe side. Even more luckily all the tests seem negative, and I can now start to breathe a bit more easily again (indeed, literally). A lucky escape perhaps.

But, what to do? Friends and relations helpfully suggest that the solution is never to go orienteering in Scotland ever again. Or better still never to go orienteering again full stop, particularly since I've been ticked several times in the last few years much nearer home: Butterwood nr Basingstoke, Micheldever only in June this year, and even Horton Country Park for a MV Frolic. Is nowhere safe?

But that's no solution is it? Makes you think though - perhaps there is some merit in Street-O after all...?





Confessions of a novice planner - by Neil Brooks

I may be the chairman, I may do a lot of organising, but it doesn't mean I've ever undertaken any planning before! Our Horsenden Hill event was a new area I'd found, so it seemed right-and-proper that I should lead by example and learn the art of how to plan a few courses, so that I can then encourage others to do likewise.

For those of you that didn't run the LOK Frolic, Horsenden Hill (just off the A40 in west London), has an area of about 1.3km x 900m ... however, there is an east/west divide of woods on a hill with plenty of fight to the east, and flat open fields with few features to the west ... and a road dividing the two with few safe crossing points.

Being a Frolic, all I had to do was plan a Light Green of around 4km, a 2km Yellow, and a 3km extension. It soon became clear that getting much of value from the flat fields would be difficult ... it was 'follow the path to the next hedge' territory. With input from Ronan and Julie, I decided that both Light Green and Frolic were best located in the woods, giving me an area of just 700m x 400m to play with. An extra feature of this area was the type of clientele found wandering in the darker, more secluded areas by the time I'd finished my numerous visits (and Mike Elliot the mapper had the same experience too), we were almost being seen as regulars, and no longer worth following in to the undergrowth! As for the extension, this was going to have to visit the fields and be more of a sprint than anything technical.

As soon as I started drawing routes on the map, I soon found that I was going to struggle to fit in a 4km route. So what lessons did I learn as a novice planner?

- **Lesson 1 - change the scale:** The size of the area meant I'd have to use the length of the area multiple times, but this could introduce the risk of too many close purple lines, which would just make it difficult to follow at speed. Several alternatives were tried, but the lines were still too close to other control circles, and I envisaged runners going from 2 to 3 to 8 before realising. The solution was to make the map bigger, whilst keeping the smaller control circles. So now we had a 1:5,000 map, which is usually the preserve of sprint maps, but needs-must
- **Lesson 2 - change the map:** Mike's map was very accurate, however, it did mean that paths right next to fences got confused ... was it a path or a fence at that point? With the fence 'tags' (those little lines that stick out every so often to show that it's a fence) being almost identical in size to the path dashes, again, it was leading to a confused bundle of lines. I chose to exaggerate gaps between fences and paths ... whilst on the ground they were 10cm apart, on the map I showed them as 4m clarity over accuracy.
- **Lesson 3 - change the colours:** OK, the course lines don't cross, but I'm not happy with the visibility of the purple lines over the dark green areas get the printer to produce a sample, and the course is just not clear enough. Check the colour pallet - yep, using the correct ISO colours; check a map I 'like the colour of' (Hampstead Heath) -

hey, that's not using the ISO colours and looks better. Let's see if these colours work for Horsenden - yes they do.

- **Lesson 4 - use the wrong symbols:** We engaged Mike Elliot of MV to produce the map, and I was very impressed with its accuracy however, I still felt that slavishly following the mapping standards for the paths was leading to paths being drawn the same despite, on the ground, one being 2m wide with man-made steps, and another being 30cm wide and over-grown. I felt that in the more technical (i.e. dark green) areas, they had to be differentiated. Whilst Mike was concerned that this resulted in paths in different parts of the map using the same symbol (e.g. tarmac path and wide graded soil path), this was unavoidable, and all in the name of clarity.

- **Lesson 5 - use non-standard course lengths:** 'Event Guidelines' specify how long each course should be ... just managed to make the LG course reach the minimum, but the Yellow was only 1.5km, just 75% of the minimum 2km ... they'd be finished too quickly! So how was I to keep the punters running for the required number of minutes, without resorting to the Ikea strategy of getting them to weave in and out of every bush I could find? The hill allowed me to up the climb ... over or near the top three times ... that slowed them down; and adding a few extra, but not gratuitous, controls (Julie and Ronan made sure of that) made sure the winner hit 21min ...1 min over my target of 20 min.

So there you have it I've come clean! I'm sure there are easier areas to plan on, and I'm glad I wasn't doing eight courses, and I know I wouldn't get away with such flagrant disregard for the 'rules' at other events, but it was a good learning event ... and I enjoyed it. I would strongly recommend that others look out opportunities for similar 'doesn't need to be too serious' events to test their planning skills ... maybe even trying a simple score event in one of our London parksRead on.



Parks parks everywhere! - by Neil Brooks

- In the last LOKation it was mentioned that **Regents Park** is now available for an O event ... and planners solicited for. There haven't been any volunteers yet, so we're mentioning again ... maybe someone would like to suggest an evening event ... possibly as part of either a LOK or wider-London (generally means SLOW!) mid-week evening series?

- The **Finsbury Park** map is in the process of being updated by Duncan Minty. A small park, but ideal for local youth groups to use. Maybe someone else would like to update out Victoria Park map?

- Tom Edelsten of CHIG has mapped a number of London parks for various schools. The largest park is **Grovelands Park**, located in N21 (Southgate, Winchmore Hill). He's made this map available to us if we can use the area. It's a park, with some wooded areas, and measures 1km x 500m another area that someone might like to consider for a short evening O event?



The Attractions of Urban Sprints - by Catherine Galvin

It could be argued that the full benefit of electronic punching, in particular SportIdent, is only now being realised, a decade or so after its introduction into the UK. You can attend quite low-key events and find such a variety of formats that the bog-standard colour-coded event can look a touch passé. One of my favourites of the recently developed formats is the urban sprint event. This has now become a way of extensively, albeit fleetingly, visiting town centres, city parks and university campuses without needing to sightsee or study.

For the second year SLOW has put on a series of Park-O events on Tuesday summer evenings, with the net result that I have added Clapham Common, Peckham Rye and Ravenscourt Park to my collection of maps. This style of event is considerably more accessible than conventional forest O. For a start the map scale is much bigger, 1:4,000 or 1:5,000 instead of 1:10,000, which I find much easier to read. Secondly, you can reach the events by public transport. Thirdly you can usually wear shorts and last but not least (for me) light conditions are almost always good due to the absence of heavy leaf cover. The term "sprint" can be a tad misleading in that you have to concentrate throughout your run. The large number of controls are laid out in such a way as to keep you twisting and turning; switch off, and you will soon find yourself adrift with all street corners seemingly looking the same.

This year I have travelled to two sprint events by intercity train. On Good Friday I ventured north with GNER (RIP!) to Newcastle and back in a day for Day 1 of the JK orienteering festival to taste the delights of its city centre university buildings and the Exhibition Park terrain. Two bisecting motorways made the map look like a hot cross bun so that part of the skill was ascertaining the optimal route from quadrant to quadrant.

And, on the Saturday 22 August, I travelled on South-West Trains along the south coast for Wimborne's urban orienteering event on a map entitled Thomas Hardy's Dorchester. A much better title would have been Prince Charles' Poundbury as I somehow managed to avoid having anything to do with the great writer. From the first to the 17th of my 27 controls I navigated my way round Charles' pet new housing development on the outskirts of Dorchester. As Poundbury is built to a traditional high-density urban pattern overflowing with back passages and cut-throughs, rather than a suburban one, and as it was almost peopleless except for the odd sweaty orienteer in the humidity of the afternoon, it was ideal for sprint orienteering.

There were some unusual relocation features: I was able to correct myself by noting that the traditionally styled market hall, apparently based on the one in Tetbury, was shown on the map as a canopy i.e. pale grey. At one point you could see the historic fort of Maiden Castle in the distance whilst at the same time hear the gentle din from traffic on the by-pass.

From control 17 to 22 of the 5.8k course I headed into the open along the edge of fields until I reached an older and more conventionally irregularly shaped housing estate, probably dating from the 60s. On the way to control 25 I detected life, smelling a BBQ to the backdrop of the 5th cricket test against the Aussies. From control 26 I ran across playing fields, where I should have paid more notice to the uncrossable boundaries, to reach the finish in the sports centre car park.

I came back just within the hour very red in the face and thirsty despite having adequately hydrated myself beforehand. A bonus was the unexpected (and very good) showering facilities in the sports' centre. Had I known I would have brought my swimming costume.

Overall I thought the event was well worth the 3-hour train trip down to Dorchester. I didn't dwell in Thomas Hardy's Dorchester, instead heading off to the buzz of Southampton carrying my O kit and running shoes right to the end of a sun-lit town quay and back.



Minutes from the 2009 LOK AGM - 20 November 2008

London Orienteering Klubb

Annual General Meeting 20 November 2008

Minutes

Present: Iain Millar, Neil Brooks, Nick Vass, Matt Cook, Paul Todd, Glen Slade, Eric Le Roux, Peter Sacares, Gabor Erdos, Graham Williams, Glen Jones, Rachel Hopkins, Camilla Darwin, Catherine Galvin, Dominic Lockhart, Miriam Rosen, Brittany R .

1. Apologies: Mick and Kate Brett, Ronan and Julie Cleary, Ian Bullock, Gerry Butcher, Louise Jones, Andrew Henderson, Duncan Minty, Clare Todd, David Rosen.
2. Minutes of last AGM 22.11.2007; accepted as true record. Proposed Nick Vass. Seconded Matt Cook.

3. Chairman's Report.

Review of Events

Nov 29th 2007 – London's West End Street O – David Rosen mapper and organiser– (46 vs. 18 in Hampstead previous year)

Great memory of ducking around bemused shoppers

2007 Boxing Day Score – John Hardy / Pete Sacares / Ronan-Julie (95 up from 80'ish)

First time in 4 yrs not won by Ed Catmur! – Graham Parkes won

Feb 21st 2008 – Hampstead Street O – Glen Slade (1st planning) – (42 vs. 18 previous yr)

Learning point on door colours, but went well.

Feb 24th Holmbury Regional (2nd yr in a row) – Neil Brooks / Ronan & Julie / Tim Pugh (608 +28 string vs. 2007 figures of 501 + 14 string) = 20% increase buoyed by the 'warm up for JK' status

Good weather! 2nd use of Web entry – using Fabian4 again – v successful

Good financially with a significant surplus even after paying for the 2nd half of the map

Small band of volunteers, but many compliments. Peaslake BBQ again

Controller's comment "Hope the JK will be as good"

JK 2008 – Leith Hill Car Park team – sterling performance from many members in the freezing cold sleet, and got everyone in and parked – and then Pete Sacares went on to win M40S

April 17th Hyde Park Score Event – Glen Jones as planner / Neil / Ronan & Julie / David Rosen (mapping)

103 on the Open + 47 pairs on the ActivityMix corporate event.

AM paid for us to run it and also land access, so we made a handy profit on the event and great to use HP for the first time in years. Green Park & St. James' also mapped and suitable for use if not doing a corporate event.

Glorious evening (v cold) Launch of new sail flags (thanks Julie)

Summer Small O – (May-June) – just 2 this year – David Rosen (14) / Pete Sacares (37) compares to max 20 last year.

Waterproof maps again

July 13th Alexandra Park Frolic – Neil Brooks / John Hardy / Janet Biggs (114 up from 89 last year)

2nd use of Ally Pally – although limited to just AP not Highgate Woods or Queens Wood

Glorious day

Frolics Series – Glorious Victory – stormed into lead at SLOW Wimbledon, never let up.

2 x 1st place 3 x 2nd place meant we won by a country mile

36 Lökkies took part in at least one race Glen S & Catherine running at all 5

Trophy – Greg to chase up bus trophy return

Oct 12th Hampstead Heath – Neil Brooks (for GJ) / Paul Todd / David Rosen & Cleary's (191)

Splendid weather again.

General Comments on Events

As last year - Good maps and waterproof paper, good organising, planning and controlling, a generally high standard

Good club equipment – sail flags & another folding table, perhaps new signage this year

All profitable

Looking Forward

Nov 27th – Street O in London's West End – David

Boxing Day Score – NEED help

Jan 22nd Street O in Hampstead – NEED help

2009

Fallow year Spring Regional as Holmbury used 2x in succession and Leith used at JK and maybe need to use Leith for Compass Sport Cup in 2010

Spring Hyde Park possible

2010 - March Compass Sport Cup

General Comments & Observations

Last year – talked need to grow membership - Heartening to see membership up this year to 68 (50 last year)

Last year's AGM I talked of Publicity Officer – Glen Slade co-opted

Leafleted the corporate people at the Activitymix event (custom leaflet) + leaflet at Ally Pally

Offered incentive to join at the Hampstead event

Good progress, but need to do more.....

Starter 'O' series – vision of regular low key events (Happy Herts Saturday Series – St Albans 200 people in the park). Use the parks – Hampstead, Ally Pally, Finsbury Park, Highgate Woods, Queens Wood, Hyde Park, Regents Park, and Trent Park

Need them to be regular to get people to come a few times

Low key so can be run by a small handful of volunteers

Simple courses only

25 ish controls

Volunteering / Event Officials –

Last year talked of volunteers: we have a small band of regulars, no consolidated list of who in the club is able to do what and when they last did it – so approach to finding event officials is ad-hoc – we need to build a database of competences, and a database of volunteers so that we can see who is doing what and encourage the free-riders (gently!)

And so we can arrange training for those who want to learn new skills (e.g. planning/organising)

Progress – Nick developing this.

Thanks & Sundry

Chair Glen retiring – thanks to all the supportive committee

Thanks to the stalwarts who turn out to help all the time – officials and just helpers, in particular Neil who has more brownie points for official roles than anyone else.

Lokation – another good year despite challenges of motherhood - Camilla

Frolics co-ordination (AND the result) - Greg

Hampstead co-ordination and mapping – David & Miriam

Catherine – shed accommodation

The Thursday crew for maintaining the Klubb spirit

Vote of thanks in their absence for Ronan & Julie – unremitting effort stalwarts, controlling, IOF advisers, and now all best wishes Julie's stroke (Julie emailed to say thank you for flowers)

4. Treasurer's Statement

Overview

It is my pleasure to once again present the Klubb's accounts fye 31st August 2008. As you are aware, I am unable to join you tonight to present these accounts in person. However, they are pretty clear and represent a satisfactory position. The following narrative (an abridged version of which will be presented to the AGM by Glen on my behalf) should provide sufficient additional information to get behind the headline figures.

The financial side of the Klubb enjoyed its best year ever with an excess of income over expenditure of just over £2,072 (more than double last year's) resulting in a closing bank balance of almost £5,300 – a nice antidote to the credit crunch. The star contributor was, once again, running events where we generated surpluses this year in excess of £2,516 – just short of our previous best in 1993 when we ran our last National Event on Leith Hill. I have arranged for copies of the accounts to be distributed to all of you. These are in draft form as, due to unforeseen circumstances, I have not yet been able to get them to our auditor, Sonia Gable, for sign-off. I am (once again) not expecting any post-audit changes to these drafts but, if there are, I will distribute amended copies of the final accounts with a future Lokation.

Income

Event Profits were again up significantly on last year at £2,516 from £1,765 with 3 more events hosted. The key contributor this year with £834 was the very successful Hyde Park Score Event which we hosted for Activity Mix, closely followed by another highly regarded Regional Event at Holmbury Hill which showed a profit of £738 even after allocating the remaining £947 balance of the total £1,965 for Stirling Surveys resurvey (£1,018 allocated to 2007 event). We also held 2 very successful events on Alexandra Park: a District and the FROLICS, both of which generated surpluses (after all costs) averaging £400 each.

Subscriptions reversed their downward trend this year from £508 to £681 as membership numbers increased from 50 to 65 at financial year end (since increased further to 68). As you will see later, the administration of the club continues to be comfortably covered by existing subscriptions, so it has been decided to again leave fees unchanged for the coming year.

Map Sales were down on last year (which included an exceptional c. £500 for Hampstead Heath POC maps sold to Corporation of London) and consisted mainly of the £947 balance of survey costs charged to this year's Holmbury Regional Event as mentioned above.

Sales of O-Suits at £765 reflect the popularity of the new Trimtex Klubb O-tops with 30 sold at the heavily subsidised price of £25 each. (The other £15 was clearance of some of the last remaining items of older kit at £5 a garment.)

Donations mainly relates to £150 which the Clearys received for their involvement as planners of the European Railway Championships in 2007 and which they wished to donate to LOK to go towards the costs of new sail banners. This was offset by the payment out of £61 land access fees collected the previous year from the Intervarsity Championships on Leith Hill for passing on by us to the Wotton PCC, but overlooked. As advised last year, this year's accounts show the one-off £61 cost under Donations to reflect the overlooked payment now being made.

Income from North London SI Consortium of £200 represents another distribution of funds back to participant clubs the same as last year. This brings to £800 the total of our original £1,000 investment returned to date.

Turning to the **Expenditure** side of the Accounts:

Administration Expenses increased from £184 to £386 due mainly to Other Costs which this year included website related cost of £100 (most of which is biennial) and a one-off repair bill of £80 for the roof of the Klubb's equipment shed. The other significant element was the £91 premium for insuring the Klubb's growing and valuable stock of equipment.

Relay Subsidies related to the JK (£115.50), British Relays (£36) and Harvester Relays (£25). In both the BRC and Harvester, we entered 2 x 3-person and 1 x 5-person teams respectively which we fully taken up. Unfortunately, we misjudged the lack of interest by Klubb members in the JK Relays with 4 x 3-person teams entered, but only 1 taken up leaving the Klubb with the full £33 cost of each of the unused teams. It appears the lack of interest resulted from a combination of the foul weather over the weekend in addition to fatigue from the Klubb organising the parking at the Leith Hill day.

Map Production Costs were significantly down as 2007 included the £1,965 survey costs for Holmbury (since fully recovered by recharges against the 2 Regional Events as mentioned above under Map Sales) and £248 relating to printing Hampstead Heath POC maps for onsale to London Corporation. One of the benefits of the use of Leith Hill for JK2008 is that we have an updated, professional OCAD survey of the entire area at no cost to the Klubb which should pay dividends when we host the CompassSport Cup round there in 2010.

Purchase of O-Suits shows the cost of purchasing 35 of the new Trimtex Klubb O-tops at an average cost of £47.40 each.

Equipment Purchases of £725 included 3 sail banners [Start/Finish/LOK] (£509), folding table (£88), signs etc. (£100), windbreak (£20). We also obtained >£250 worth of signs, hi-vis jackets, barrier tape etc. (at a total cost of <£20) in return for our organising the JK parking on Leith Hill).

Training expenditure relates to the cost of the waterproof maps for the West End Evening Event held on 29/11/2007. It was classified as training expenses as it was an informal event for which no entry fees were charged.

My thanks as always to Sonia Gable for agreeing to audit the accounts yet again.

As always, I can assure all the members that the Klubb finances are soundly-based and fully capable of meeting all foreseeable commitments with a year-end bank balance of £5,296 – the highest in the Klubb's history (a good position to be in with the current gloomy economic outlook).

Ronan Cleary

5. Election of Officials

Post	Nomination	Proposer	Seconder
Principal Officers			
Chairman	Neil Brooks	Iain Millar	Glen Jones
Secretary	Iain Millar	Miriam Rosen	Matt Cook
Treasurer	Ronan Cleary	Camilla Darwin	Neil Brooks
Fixtures Secretary	Camilla Darwin	Rachel Hopkins	Greg Birdseye
Membership Secretary	Julie Cleary	Matt Cook	Paul Todd
Mapping Officer	Julie Cleary	Matt Cook	Paul Todd
Equipment Officer	Catherine Galvin	Rachel Hopkins	Glen Jones
Klubb Captain	Graham Williams	Nick Vass	John Hardy
Other Officers			
Lokation Editor	Camilla Darwin	Miriam Rosen	Catherine Galvin
SEOA Rep	John Hardy	Catherine Galvin	Rachel Hopkins
Frolics Co-ordinator	Greg Birdseye		
Other Roles			
Auditor	Sonia Gable	Ronan Cleary	Glen Jones
Klubb Kit	Julie Cleary	Rachel Hopkins	Greg Birdseye
Publicity Officer	Glen Slade	Glen Jones	Matt Cook

6. Constitution: Resolutions, amendments, policies and principles.

No change. Vote of thanks for retiring Chairman

7. Any Other Business

i) FROLICS REVIEW

Following complaints about scoring, Greg Birdseye did brief for Committee

London Inter Club Championships is LOK competition, LOK organised event. .

13 Clubs competed 90% club runners but many independents.

Handicapping system is linked to badge standard, Weakness no badge standards of many events .20 year old decision but still sound.

Options

- (1) Carry on with current system
- (2) Self declaration of standard

Taking into consideration that need to have done 6 events for badge standard and badge system is changing and we need to know what transitional arrangements are.

Proposal: Review rules of FROLICS between now and April. Any comments or suggestions to Greg Birdseye.

ii) Not the Christmas Dinner.

Club dinner to be held in January. Rachel volunteered to organise date and venue.

Trafalgar Square: Orienteering meets art



Adrian Bailey won a place on the Fourth Plinth on September 11, 2009 between 1pm and 2pm. He organised a simultaneous Plinth-O and Square-O, to raise awareness of the sport and money for charity. He had a crew of about twenty supporters, including half a dozen Lokkies, from W2 to W75, running the Square-O. The whole event was filmed and is available at the website below. It is worth a browse.

<http://www.oneandother.co.uk/participants/DADGE>.

The orienteers on the square were carrying a GPS-enabled watch with them as a relay baton. The course that the watch tracked on the square spelled out the following: ONE AND ANOTHER PLINTH ORIENTEERING. The software Route-gadget enables you to see this on-line: thus creating a piece of performance art. To understand this part of the artwork go to Simon Errington's explanation of it.

<http://maprunner.blogspot.com/>

ONE AND ANOTHER
PLINTH
ORIENTEERING