



L ONDON O RIENTEERING K LUBB

LOKation 152



**Summer Orienteering is almost upon us:
Get out and about in London's parks.**

April 2010

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Fixtures

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



Nellie's Natter - Neil

Orienteering is really a season of two halves isn't it? ... We have the November to April 'real' season, plus the May to October 'park' season. For most of us it's likely to have been the real season that got us first interested, but does that make the park season any less valuable?

As a sport, whilst orienteering is available to everyone, it needs to be put in front of 'everyone' in order for that first spark to be ignited and for people to get a feel for the sport before they feel confident to move up to 'the real thing'. Fortunately this first phase also coincides with the better weather and for events that are more accessible to the casual would-be orienteer.

Another feature of the park season is the nature of the events low-key, minimum manpower and an ideal opportunity for getting existing members involved in the planning and running of events.

And so 2010 sees LOK making a concerted effort to capitalise on this park-time by joining forces with SLOW to bring the Park Race series to the capital! Backed by SLOW's experience in the marketing of orienteering to non-orienteers (you'll see that 'orienteering' is a sub-text in the advertising), I am hoping this is the beginning of a new part of 'what LOK does', and that it helps LOK to grow members skills and member numbers accordingly, I recommend the Park Race series to the membership!



From the thicket - Camilla

Thank you very much to regular contributors for their work for this edition: Neil, Greg, David and Glen spring immediately to mind. Two stories from "down under" feature prominently, hence the (weak) excuse for the photo on the front. I feel that Lokation needs a bit of a revamp in 2011 so new editors-in-waiting please make yourselves known to Neil: I'll be stepping down in November at the AGM.



Klubb Business

➤ **Future events calendar**

Lots of smaller events in prospect for the summer season, as explained by Neil. Park-O and Frolics lead the running order. Another big turnout possible on Hampstead Heath in September, as the SLOW publicity machine promotes the City of London Race the day before ours: a 'London double'. LOK helpers needed for that date (September 19th) so please mark it in your diary now...

Here's the traditional table with key officials. Please call Neil to offer your assistance where there are blanks.

Event	Date	Planner	Organiser	Controller
Park O - Hyde Park	Thurs 20 May	Ian Bullock	Ditto	Paul Todd
Park O - Grovelands Park	Thurs 3 June	Mike Hughes	Ditto	Pete Sacares
Park O - Hampstead Heath Score/ActivityMix	Thurs 17 June	Glen Jones	Ditto	None needed!
Frolic - Addington Hills	4 July	Paul Todd	Neil Brooks	VACANT
Park O - Alexandra Palace	Thurs 8 July	Jon Chandler	VACANT	VACANT
Local - Hampstead Heath	19 Sept	VACANT	VACANT	VACANT
Boxing Day Score - Trent Park	26 Dec	In conjunction with HH	Ditto	
Local - Holmbury	20 Feb 2011	VACANT	VACANT	VACANT
Frolic - TBC	26 June 2011	VACANT	VACANT	VACANT
Local - TBC (after City of London race)	11 Sept 2011	VACANT	VACANT	VACANT

➤ **How's your ranking?**

Do you know how famous you are? Re-launched earlier this year is the BOF Ranking List which shows the whole world how you compare against other orienteers based on your last year of Level 1 and 2 (i.e. 'regional' and above) events. You can find the ranking list on the BOF site, under 'Event information' and then 'Ranking list' (in left-hand menu). It shows that Paul Todd is by far our most successful orienteer whilst in the 400s out of all UK orienteers, he's 25th in his age category! As for your Chairman ... just outside the top 100 (by class) so there's my incentive to get in a few good runs and make it in to the 'top 100'!

Have a look, even if just out of interest you may find it adds a new dimension to your season! Neil

➤ **Relaunching the Klubb Champs**

The first Frolic event of the season will double as the LOK Klubb Championships. It's on 27 June at Gunpowder Park, Waltham Abbey. More details to follow on our website...

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:

April 27
May 25
June 29

July 27
Sept 28
Oct 26

Nov 23 - Provisional AGM date
Jan 25, 2011



The London Park-O Summer Programme with SLOW



North of the river events

Hyde Park – Thursday 20th May



A race in London's biggest and most famous park.
The event is a mass-start event with a 45-minute time limit - bring a watch!
Start – 7pm

Grovelands Park – Thursday 3rd June



A race over parkland landscaped by Humphry Repton in the late 1700s.
There are two courses available, around 2.5km and 5km long.
Starts - Between 6:30pm and 7:30pm



Hampstead Heath – Thursday 17th June



A race through one of London's most beautiful open spaces, with views across London.
The event is a mass-start event with a 45-minute time limit - bring a watch!
Start – 7pm

Alexandra Park – Thursday 8th July



Race around parkland overlooked by 'Ally Pally', the People's Palace.
There are two courses available, around 2.5km and 5km long.
Starts - Between 6:30pm and 7:30pm



South of the river events

Dulwich Park – Tuesday 25th May



A race in one of south London's most beautiful Victorian parks.
There are two courses available, around 2.5km and 5km long.
Starts - Between 6:30pm and 7:30pm

Battersea Park – Tuesday 8th June

Check web site for further details

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There are two courses available, around 2.5km and 5km long.
Starts - Between 6:30pm and 7:30pm



Tooting Bec Common – Tuesday 29th June

Check web site for further details

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There are two courses available, around 2.5km and 5km long.
Starts - Between 6:30pm and 7:30pm

Brockwell Park – Tuesday 13th July

Check web site for further details

There are two courses available, around 2.5km and 5km long.
Starts - Between 6:30pm and 7:30pm

Bishops Park – Tuesday 20th July

Check web site for further details

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There are two courses available, around 2.5km and 5km long.
Starts - Between 6:30pm and 7:30pm

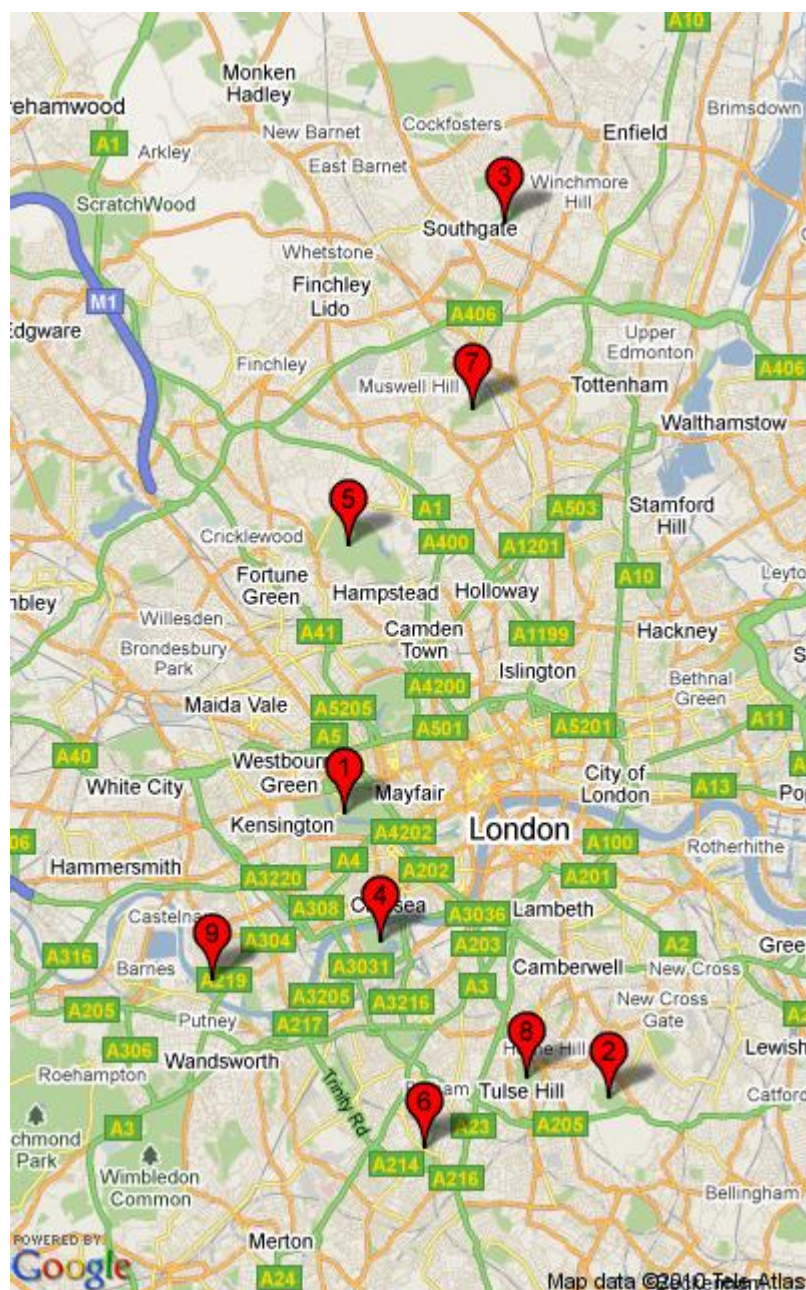
Full series

1	Thursday 20 May	Hyde Park *	Hyde Park Corner UG	LOK
2	Tuesday 25 May	Dulwich Park	North Dulwich BR	SLOW
3	Thursday 3 June	Grovelands Park	Southgate UG	LOK
4	Tuesday 8 June	Battersea Park	Battersea Park BR	SLOW
5	Thursday 17 June	Hampstead Heath *	Hampstead Heath BR	LOK
6	Tuesday 29 June	Tooting Bec Common	Tooting Bec UG	SLOW
7	Thursday 8 July	Alexandra Park	Alexandra Palace BR	LOK
8	Tuesday 13 July	Brockwell Park	Herne Hill BR	SLOW
9	Tuesday 20 July	Bishop's Park	Putney Bridge UG	SLOW

Entry fees: £1-£3 including map and electronic timing

All the races are on weekday evenings and are suitable for beginners - just turn up!
The events are all in parks, so competing in a T-shirt and trainers will be fine

Go to www.parkrace.org for more information.



The Frolics -Mole Valley defending themselves in 2010

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 were 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.

Here's a round-up of this year's events. See individual club websites (or the LOK website in due course) for more information and our website for this year's scoring rules.

27 June	CHIG	Gunpowder Park, Waltham Abbey	www.chig.org.uk
4 July	LOK	Addington Hills, Coombe Lane	You know this one!
11 July	SLOW	Oxshott Heath	www.sloweb.org.uk
18 July	MV	Ashtead Park	www.mvoc.org
25 July	DFOK	Beacon Wood, Greenhithe	www.dfok.org.uk

Kangaroos and Kookaburras - by David Rosen



When we heard that the 2009 World Masters Orienteering Championships would be in Australia, we were determined that we would be there. WMOC is an annual event but this year it was going to be part of the multisport World Masters Games which take place every 4 years.

At Check-In we bumped into Liz and Chris Drew (HH) and we soon found that Hilary and John Palmer (NOC) were also on our flight. In fact there were over 120 UK runners entered for the event out of a total of 1100 competitors..

From Sydney airport we drove straight off to Canberra for the Canberra 2-days which was billed as a fairly low key warm-up. With our internal clocks not yet fully adjusted, Miriam and I got up at dawn on the morning of the first race and were rewarded with a brief sighting of a duck-billed platypus. The camp site warden had tipped us off that there was a family of them in the pool below our tent.

The bush west of Canberra was devastated by huge fires in 2003. It was interesting to see how the large gum trees were recovering, but there was a lot of new undergrowth which reduced visibility. The area contained many large rock features which were a good taste of the type of terrain we were going to experience in the Blue Mountains.

We had packed lots of singlets and shorts but the weather was unseasonably wet and cold with frost at night and a cool breeze during the day. We were pleased to be able to spend two nights with Brittany Robbins and Simon Quartermaine at their warm house in Canberra. They had moved back to Canberra in August having spent several years in South End Green where they were regular attendees at LOK training. They send best wishes to all their LOK friends. They are enjoying running and cycling in Canberra though they do miss the buzz of London.

The second day was in a hill within the City. It was very runnable and quite easy but absolutely full of kangaroos. They were obviously quite used to humans as they only moved if you were running directly at them.

On arrival back in Sydney, we went to the Olympic Park to register for the Games. We were lucky to only have a two-hour queue - some people queued for five hours. Luckily we had our stools and books with us so we were quite relaxed.

We camped in the suburbs of Sydney on the edge of Lane Cove National Park, along with many of the orienteers. The trees were alive with noisy and cheeky Kookaburras. Our next-door neighbour was somewhat surprised to have his toast whipped out of his hand en-route to his mouth by one particularly resourceful bird.

The Sprint competition consisted of a qualifying race in the Macquarie University campus followed the next day by the final in the Olympic Park. Miriam qualified easily for the A-final in W60 and had an excellent run in the final to finish 8th. The Olympic Park was surprisingly complex with many fences and parts of the course going into the large stadia. The finish was in the wood-chopping arena - a nice small stadium which was just right for the 1200 competitors in WMOC. The splits showed that Miriam was equal with Carol Pearce (CHIG) at the last control but outsprinted her on the run-in. I had error-free runs both days but my 'sprinting' wasn't fast enough to make the A-final. Nick Barrable (the CompassSport editor) won Gold in M35.

Our World Masters Games accreditation gave us free rides on Sydney's trains, buses and ferries, so we managed to see many of the major sights during our stay.

The long distance competition consists of two qualifying races and a final. As in the Sprint, the top half of the qualifiers run in the A-final while the others run the B-final. The races were based around Lithgow, an old mining town just the other side of the Blue Mountains from Sydney.

The model event really whetted our appetite as the controls were mainly in amongst huge complex rock 'pagodas'. We both ran well in the first qualifying race but Miriam was disappointed because the 'old ladies' courses were only in the easier spur-gully areas. The second qualifying race was better and both of us had courses with a fair amount of rock. Again we ran well and both made the A-final. A surprising number of competent runners missed out on the A-final because they had some sort of disaster over the two days - mispunching/missing their start time/badly losing a control.

The final was in the best terrain of the week. Clandulla forest was rough virgin bush with many steep-sided valleys encircled with complex cliffs and huge boulders. Miriam started well but ran up the wrong mountain on the way to number three (along with quite a few other runners). It didn't help that a major river was not marked on her map (but was shown on my map). Presumably it was a map correction that hadn't reached all versions of the final map files. She eventually relocated but lost about 15 minutes on that leg and finished 30th. David had a steady run and was pleased to finish 43rd in M55. There were two British winners - Andy Hemsted won M60 and Pella Rye won W80.

We stayed on for a few days in the Blue Mountains, camping at Katoomba. The scenery is amazing with vertical 1500 foot high sandstone cliffs. The Victorians engineered some spectacular routes up and across them using a combination of natural ledges, hewn steps and ladders. The walking is very strenuous. Katoomba is at the top of the cliffs so typically you spend an hour walking vertically down to reach the rain forest, several hours walking in the valley and then a tough steep climb to get out again. We were pleased to see two lyre birds as well as some beautiful orchids.

All too soon we were on the plane heading home - just in time to compete in the OMM in mid-Wales before going back to work.



A taste of O Down Under....? - by Greg Birdseye

You can hardly open CompassSport these days without someone going on about how great it is to go orienteering in Oz. Fantastic maps, brilliant terrain, super weather (mostly) ...

So when we found ourselves planning a 'big trip' to the other side of the world for the first couple of months of this year (the excuse, if any needed, was our significant wedding anniversary at the beginning of January) one's thoughts naturally turned to at least making some enquiries. This wasn't to be an O trip, mind, of the sort some perhaps more dedicated members of the club might envisage, where the trip is structured around the O calendar. Rather, the itinerary for New Zealand, Tasmania and the southern part of Australia was worked out and only then a look for what might serendipitously coincide.

By good fortune, two likely candidates emerged: a mid-week evening event in a Dunedin park, and a much more significant one ~100 km NW of Melbourne as part of the Silva-sponsored *Eureka Challenge 2010* event. Enough to justify packing the O-shoes at least.

So to Dunedin. A very pleasant day sightseeing, ending with a couple of hours in a hide down by the beach to watch the yellow-eyed penguins returning to land at dusk. Get back to the B+B, nice meal, relax, log on just to check the final details for tomorrow night. Oh, *@*\$!! - the results have just been posted. It was tonight, not tomorrow! Another senior moment....

A couple of weeks later though, before we got to Melbourne, we were sitting on the grass in a park in Hobart eating our customary lunchtime tuna pâté on crusty buns, when what do I see but a number of hot sweating people running about carrying maps, in varying degrees of fitness and O gear. "Is this an O event?" I enquire of a couple of, perhaps

W45s, not going past too energetically. "Oh yes, it's the 2010 Corporate Challenge, a lunchtime inter-company competition. We've got two copies of the map actually, would you like one?" [Very nice people in Tasmania, I decided].

But on to the big one. Enter on-line, double-check all the details, directions, timing, right day(!). The main event was the first round of the National O League for M/W 21 elites (some very fit looking people I thought). But there was also a choice of four courses for what was called the Public Race: a long and a short 'hard', a medium length 'moderate', and short easy one for novices. The long hard was only 5 km, so that was the one for me, I thought...

Found the event no problem, at Chewton Diggings with relics of the gold rush, not far from Bendigo. Hot day, thunderstorms about, but everything looked very promising. Make sure you start slowly, get into the map and keep contact (unfamiliar terrain etc.), conservative route to #1, stick to the paths, concentrate, and then concentrate some more.

And what happened?? Couldn't get in touch with the map at all, all the blue features of course weren't, so that streams and supposedly wet ditches looked no different on the ground from brown features; paths seemed to be of random density and all covered with eucalyptus leaves. On the way to the first control (1 km and more of rough stuff, stony ground, scratchy bushes) and despite all my resolve beforehand, my brain said: "I'll just take a bearing, run straight, can't fail to hit that major path to relocate..." And then I ran off the map! [Well it was only A4 size with a large part covered up by the control description box very close to what I thought was my optimal route. And perhaps there is something in the debate about whether Northern hemisphere compasses work properly south of the equator?]

Some (considerable) time later, when nothing fitted on the map, or rather lots seemed to but only fleetingly, some slight unease was rising about being totally lost in the trackless bush, miles from civilisation. Memories also of seeing snakes crossing our path on two occasions when Penny and I had been out walking elsewhere - copperheads* we were told, not immediately fatal but not something you'd want to fall victim to in the middle of nowhere apparently.

After an hour or so, I thought I recognised the main N-S track into the event, and the map finally began to make sense - because I was at last looking at a bit which actually related to where I was - and I found myself not too far from the start/finish area. On another occasion I might then have strengthened my resolve and set out again, but I thought better of it, punched the last four controls (having missed 1-8) and ran in. "You must've done really well" said Penny as she took the celebratory finish photo. *@*\$!!

So, the sum total of my O experience Down Under amounts to: one missed event, an inadvertent appearance in the middle of another and one experience best forgotten. But at least I can now add Australia to the list of countries I've run in.... And when you read CompassSport next time, my suggestion would be to not get too carried away with enthusiasm. And try to remember to take your brain with you on the trip.



Orienteering in Literature - by Glen Jones

If you read the *Guardian*, you'll know they have an ongoing series at the bottom of the letters page which follow a particular theme - for example recently (i.e. for ages) it has been clichés, so the idea is to get a cliché into a short topical letter.

I would like to offer the more literarily-minded members of LOK a similar challenge: Find novels in which orienteering appears. My starting contribution is "The Fifth Woman" by Henning Mankell. It's an Inspector Wallender mystery and, admittedly, the only novel in which I can ever remember seeing a reference to orienteering. I'm sure other Lökkies can come up with more extracts for us all to enjoy...

Lars Olsson didn't really feel much like training on the evening of 11 October.....He was a devoted orienteer. He lived for the joy of running in the Swedish woods. He ran for a team in Malmo that was preparing for a national night orienteering run. He had often asked himself why he devoted so much time to it. What was the point of running around in the woods, often cold and wet, his body aching, with a map and compass?..... He strapped his running light to his head and started off. It had rained that day, heavy showers followed by sunshine. He could smell the wet earth. He ran along the path into the woods. The tree trunks glistened in the light from his headlamp. In the densest part of the forest there was a little creek. If he kept close to it, it made a good shortcut. He decided to do that. He turned off the path and ran up a small hill. Suddenly he stopped short. He had seen someone in the light of his lamp. At first he couldn't work out what he was looking at. Then he realised that a half-naked man was tied to a tree in front of him. Olsson stood quite still. He was breathing hard and he felt very frightened. He took a quick look around. The lamp cast its glow over trees and bushes, but he was alone. Cautiously he took a few steps forward. The man was hanging over the ropes tied around his body. He didn't have to go any closer. He could see that the man was dead... He turned and ran home. He had never run so fast in his life.

By the way, the rest of it is a very good read by the way - a real page turner!