



L ONDON O RIENTEERING K LUBB

LOKation 153



**A surreal experience at the White Rose?
P.I. Birdseye is on the case**

Plus ... Our AGM on November 18th

October 2010



LOK People - Klubb Officers for 2010

Chairman

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Secretary

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Treasurer

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Membership Secretary & Klubb kit

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LOKation editor

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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 - by Neil

Since my last natter (April), I don't think I've taken part in a single 'traditional' orienteering event! You may cry 'shame on you', but I think it's a good thing, as there are 12 months in the year, and it's good to do something different ... Let me tell you what's kept me fresh and eager for the new autumn/winter season in the forest

First off there's been the very successful London Park Race series (www.parkrace.org) - nine mid-week evening park races put on by LOK and SLOW. Easy courses that required even more concentration than a traditional long O, as evidenced by both myself and Paul Todd managing a 'mp' by missing a control!

Then there were the 'trail runs' Take a map (or actually three maps) and navigate 21km around Kent or Richmond Park/Ham. Light Green standard, but easy to just follow others and then discover they are not going the direct and quickest route!

Street Os guarantees no stinging or scratching unless you're negotiating the overgrown alleys in Didcot! Run in two completely different type of areas ... housing estate (Didcot) and city (Guildford and London). Managed 'mp' in Didcot and London ... easy to do when controls get close and you cover the next control with your thumb!

Mountain biking - MTBO. Takes me back 10 years to when this was my staple Spring to Autumn style of O. Glen & Theo Jones took part in the same event over a few hills that I seem to remember running on ... Leith, Holmbury and Pitch Hill. 3 hours of sweaty ups and fast downs - fantastic fun! And being a score format I couldn't 'mp'!

At all of these events you do see the regular orienteers who, like me, want variety, but you also see those who wouldn't call themselves 'orienteers' ... they are 'runners' or 'mountain bikers' who are also varying their routine. Maybe, if you haven't thought about trying an orienteering variation, now is the time to have a go ... you never know, you might like it!



From the thicket - by Camilla

To be honest, the thicket I'm trying to find my way out of at the moment has a colourful, cottony feel to it and it's definitely quite a mountain... oh yes, it's the unending laundry pile that goes with a newborn baby, an active (and not quite potty-trained) toddler, and a sportsman. I'll make it to the bottom one day! We have, nevertheless, made it to a couple of Frolics and to the City of London race: 'race' being an aspirational term in my case, as I walked around as quickly as I could. I hope to be back running by the New Year (oh yes, it'll be 'Resolution-time' again).

Amid this domestic complexity, I have to hand over Lokation and Fixtures Secretary. I've enjoyed the creativity of the former and the IT exposure and responsibility of the latter. A full Lokation archive is on offer and Neil has been 'mat cover' for Fixtures: so don't be anxious about stepping forward... Thanks to all the authors for all the articles I've been able to publish since March 2004.

➤ **Future events calendar**

Here's the traditional table with key officials. Please call Neil to offer your assistance where there are blanks. Please note that I have included other events where LOK has committed to provide significant support, so that you have these in your calendar too.

We have been invited by Hampstead Heath to take part in a number of activities through 2011 which tie in with other sporting activities. Neil has more details.

Event	Date	Planner	Organiser	Controller
Boxing Day Score - Trent Park	26 Dec	In conjunction with HH	Ditto	
Local - Holmbury	20 Feb 2011	VACANT	VACANT	VACANT
Park-O series REPEAT	May to June	OFFERS ACCEPTED		
Frolic - TBC	26 June 2011	VACANT	VACANT	VACANT
Local - TBC (after City of London race) Probably not Hampstead Heath	11 Sept 2011	VACANT	VACANT	VACANT
Jubilee Weekend 4-day O in South East - possibly Classic race on Holmbury	on Bank Hol Monday 2012	VACANT	VACANT	VACANT
Southern Champs - Epping Forest East	23 Sept 2012	CHIG in charge, LOK assisting.	City of London race	The same weekend
SE Score Champs	2013			

➤ **Formal notice of the LOK AGM**

- ⊥ The AGM will be held on **Thursday November 18th 2010** 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. Any Other Business

The minutes of the 2009 AGM are published on pages 7 to 10, in handy centre-fold format for you to tear out and bring with you, to reduce photocopying!

- **LOK Christmas party invitation ... Thursday 16th December, around 8pm**
 Ian Bullock is organising a Christmas party, based on a tried and tested format, namely a nice curry after Thursday night training. The most likely venue being the Fleet Tandoori, Fleet Road, NW3. If you are interested in attending then please contact ianbullock@gmail.com in order to get a rough idea of numbers in order to make a booking.

➤ **Two divisions for the 'new' South East League 2010/11**

Did you know that just go for your normal Sunday orienteering run might be helping LOK in the South East League? Nine events in 2009/10 were used to determine the top club ... and LOK have definitely room for improvement, hovering around 11th/12th each year out of 15 clubs.

Runners get points based upon their age class and how they compare to a 'standard competitor having a good run'. Run very well and you can get more than 100 points (Well done Theo Jones, who achieved that at Epping East!).

This year the format is being revamped. There will be 2 divisions with a new trophy for the winners of the 2nd Division, and like football 2 clubs will be relegated and 2 promoted each season. LOK is in 2nd division. The points differential for clubs at the top of the table has been reduced to make a closer competition.

As Colour courses are now being used, the events must have the full range of colours to be accepted as an SEL event. Runners should run the recommended course for their age to score maximum points, but people choosing to run down will be awarded a proportion of the points depending on how far they run down. Bear this in mind as you plan your winter weekends.

Full list of 2010-11 SE League events

18-Sep-10	SLOW	City of London - HISTORY
03-Oct-10	SO	Eartham, Chichester HISTORY
21-Nov-10	CHIG	Wormley / Broxbourne LOK HELPING AT SIMULTANEOUS SCHOOLS EVENT
28-Nov-10	SN	Long Valley S
09-Jan-11	DFOK	Westerham
23-Jan-11	HH	Ashridge
27-Feb-11	GO	Redlands
06-Mar-11	HAVOC	Thorndon Park North

➤ **Klubb Champs 2010 and SWELL 2010 results**

Congratulations to Neil Brooks, Clare Todd and Lauren Slade for being our Klubb Champs 2010. Also to a number of great junior rankings, including Efia and Kai Rutlin, winning Orange in the SWELL 2010 and top 10 positions for Theo Jones, Catriona Minty and Isabel Minty in White and Yellow course. Each class had between 40 and 80 competitors.

 **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:

Nov 23 - AGM	Mar 29
Jan 25, 2011	April 26
Feb 22	May 31



The Petzle Lake District Mountain Trial - by David Rosen

The mountains are a long way from London. But we know some LOK members would like to try fell running. Here's a suggestion for the brave...

The Lake District Mountain Trial is one of the oldest races in the Fell Running calendar having first been staged in 1952. Last year, it looked like it might not take place for want of an organiser, so we agreed to organise it.

The Trial is held at different venues in the Lake District in mid-September. The courses are intended to be severe tests of route choice, navigational skill and stamina in difficult mountain country. The "Men's" Trial will cover about 20 miles and the ascent and descent of about 8000 ft. The Women's Trial is shorter (about two-thirds of the men's distance). The Short Trial caters principally for novices, younger runners and older veterans. The course is about 10 miles in length with about 3500 ft of ascent and descent.

Competitors start at minute intervals and, after a short run-out, get given a 1:40000 pre-marked map showing the position of the checkpoints. Generally, the checkpoints themselves are on fairly obvious features (tarns, summits, streams) but the route choices can be pretty extreme. You might have to decide between a steep ascent and descent, a rocky traverse or a much longer run round a path.

This year the Trial was run from the Kentmere valley, just north of Kendal. The courses headed towards Haweswater and returned via Hartsop and Threshthwaite Mouth. The men's race turned out to be a close competition between Rhys Findlay-Robinson, Hector Haines and Steve Birkinshaw (who won it in 2009). All three are experienced orienteers as well as being strong fell runners. RouteGadget shows that Rhys took a clever contouring route through the crags round Yoke which earned him a vital two minute advantage and gave him victory with Hector Haines (EUOC) second.

When we agreed to organise, David said it was on the condition that women would be allowed to run the Men's Trial if they wished. Previously, women had been told that they were not allowed to run the longest course! This year Helene Whitaker, the 2009 women's course winner, stepped up to the Men's Trial and finished a superb 35th.

So if you fancy a good day out in the fells, make a note of the date of next year's race; Sunday 11 September 2011. [*A clash with the City of London Race, Ed*]. The exact venue isn't released until after entries have closed. The website for the race is www.ldmta.org.uk and entries for next year's race will open in April.



AGM Official Notices - 2009 Minutes and Accounts

London Orienteering Klubb

Annual General Meeting 19 November 2009

Minutes

Present: David Rosen, Iain Millar, Neil Brooks, Matt Cook, Paul Todd, Glen Slade, , Peter Sacares, Glen Jones, John Hardy, , Rachel Hopkins, Camilla Darwin, Catherine Galvin, Miriam Rosen, Martin Potter, Ronan and Julie Cleary, Junying Chang and Maya Dodwell.

1. Apologies : Andrew Henderson, Duncan Minty, Claire Todd, Greg Birdseye, Jackcie Wastell

2. Minutes of last AGM 20.11.2008; accepted as true record. Proposed Peter Sacares. Seconded Camilla Darwin.

3. Chairman's Report.

2008/09 deliberately a 'fallow' year in terms of 'events' due to January 2010's CSC/T commitment. Thursday 27 Nov 2008, Street O in London's West End – David Rosen as planner/organiser. 44 (virtually same as previous year). Controls were letter boxes. SLOW took top five places – maybe related to their practicing with their monthly street-O series.

Boxing Day Score event – cancelled due to not enough people around on the day.

Thursday 22 Jan 2009 - Hampstead - Historic Hampstead Street O – Glen Jones as boss. 38 competitors. Local knowledge appeared to have the upper hand – Pete Sacares won for LOK!

Friday 23 Jan 2009 – LOK 'not Christmas meal' - Pappagone Pizzeria, N4 – organised by Rachel Hopkins. Great turnout.

Sunday 22 February – HHs National Event at Burnham Beeches – LOK ran one of the Starts. Special thanks to David & Alison Saunders for co-ordinating this as both LOK & HH members. 25 LOKies ran at this event.

Thursday 23 April 2009 - Hampstead Heath Small O – Start of three early summer evening events – up from two the previous year. Stalwart David Rosen. 32 competitors. SLOW back on top, but LOK filling next three slots.

Thursday 14 May 2009 - Hampstead Heath Small O – Matt Cook. 18 competitors.

Thursday 18 June 2009 - The 3 Parks – Glen Jones's 'jigsaw orienteering' event - Highgate Woods, Queen's Wood and Hampstead Heath, interspersed with an OS map of Highgate you just had to join them up ... no easy job for your chairman, running off the map before realising! 40 competitors, won by Eric Le Roux & Matt Cook – local knowledge definitely helping! Probably the only event we've lost controls at this year.

Saturday 27 June 2009 - LOK BBQ – courtesy of Pete & Becky Sacares (& girls). Pete was only one to get wet during showers as he gallantly grilled our food ... everyone else watched from indoors!

Sunday 28 June 2009 - Horsenden Hill Frolic – new area in Perivale off A40. 1.3km x 900m – wooded hill and field. Mapped for us by Mike Elliot (MV). Neil Brooks as (first time) planner, Ian Bullock as organiser. Excellent turnout – 114. No problems with the usual 'clientele' that lurk in the woods! Special thanks to Greg Birdseye for co-ordinating for yet another year, and for overseeing the simple but effective rule change re competitor's 'standard'. LOK came joint 3rd with

SLOW, behind HH and winners MV. Interest and momentum was maintained by Greg's weekly synopsis as the competition hotted up. An area that will be good for a future score event.

Sunday 27 Sep 2009 - Hampstead Heath Level 3 ('colour' as was) – Greg Birdseye/Jon Chandler (first time) planned, John Hardy/David Rosen. Another fantastic sunny Hampstead day – 154 (191 previous year, but we hadn't managed to back-to-back with the City of London race this year) + 26 on String (starting to pay dividends as some move up to White & Yellow courses). Had a minor hiccup with one control on Kenwood House lawn, but only fallout (over zealous Hampstead Heath'er!) address by our friends in the HH parks dept.

Friday 11 September 2009 – Trafalgar Square O – seven LOKies joined other London clubs to run a publicity O event in conjunction with the Fourth Plinth One & Other skyARTS project. Good fun way to spend an hour in the sun, being watched by bemused tourists.

The people corner:

- Club has grown (again) in the last year, up from 68 to 71 'units' (now 74) – 100 individuals.
- Other commitments have meant we have lost the back-room services of Glen Slade (Publicity) and Graham Williams (Club Captain).
- And on 'publicity' ... the very impressive flyer for Hampstead produced by Jon Chandler received many complementary comments.
- Thanks to Catherine Galvin and her mum for continuing to house the Klubb kit, and for the fresh coffee and homemade cake when returning kit!
- Julie Cleary (fresh from wins in the US champs!) for her international money laundering transactions in relation to keeping the Klubb smartly kitted-out.
- Whilst we continue to rely heavily on the likes of Ronan and Julie Cleary, David Rosen, Glen Jones to plan and control at the drop-of-a-hat, good to see a new name added this year in Jon Chandler (currently taking forward the Regents Park potential).
- Camilla Darwin (doubling as Fixture Sec) – for continuing to find new contributors for LOKation – if 5 & 7 y.o. can do it Especially liked the last colour edition!
- Greg Birdseye has definitely definitely decided that it's time to pass on the Frolics Organisers hat.
- David 'anything Hampstead' Rosen – currently lobbying for access to Golders Green Park if it's Hampstead David's the man!
- Whilst club members are generally receptive to direct requests to help on-the-day, we do need more people to take on before-the-day roles to help spread the load.

General comments:

- £100 from Activity Mix (April 2008 Hyde Park event) – asked us to organise similar event in June 2010. Used to purchase a second laptop.
- The immediacy of the periodic LOK emails have been well received.
- Thursday evening club runs continue (a small but dedicated band). I'd like to see more of these used for the informal street and park Os in 2010.
- LOK relinquished Boxing Day Score event for good. HH taken it on, still using Trent Park, with LOK facilitating and controlling.
- Duncan Minty has re-mapped Finsbury Park

Looking forward:

- Hampstead street O - Pete Scares's event in two weeks time
- Compass Sport Cup/Trophy in January. Paul Todd planning, Neil Brooks organising the 'A Team' of team leads. Big event, with everything needing to be 'correct and professional'
- Usual annual events – Frolic, Hampstead (hopefully back-to-back with City of London race)
- Want to expand the early summer series Glen Jones started with more parks included. Inc the Activity Mix event in June. Possible joint venture with SLOW.

4. Treasurer's Report

It is my pleasure to once again present the Klubb's accounts for the year ending 31st August 2009 and, in particular, to present them in person once again after Julie's and my absence last year. While, in headline terms, they are not as positive in excess of income over expenditure as previous years, the accounts still show a very satisfactory performance for the year.

Despite the continuing recessionary economic environment, the financial side of the Klubb remains robust with an excess of income over expenditure of just over £782 (not quite last year's £2,072, but still very creditable) and this results in a closing bank balance of £6,078. This year the main contributor was memberships with event surpluses in second place. I have arranged for copies of the accounts to be distributed to all of you. As before, these are in draft form as I was not able to get them to our auditor, Sonia Gable, for sign-off in advance of tonight's meeting. In the unlikely event that she finds any errors/necessary amendments I will distribute amended final copies of the final accounts with a future Lokation.

Income

Event Profits were down considerably from £2,516 to £488 due mainly to the lack of a Regional Event this year, a repeat of the lucrative April 2008 Hyde Park Activity Mix corporate challenge event and the allocation of 50% of the costs of mapping our new area Horsenden Hill being applied to the first event on it, our June FROLICS event, resulting in a small loss. We also held a series of small evening events which have proven popular and are designed to cover their costs. We unfortunately had to cancel our traditional Trent Park Xmas Score event quite late on due to lack of available manpower, so could not recover the £100 land access fee that we had paid to Enfield Council.

Subscriptions were higher (for the 2nd year in a row) from £681 to £731 as membership numbers increased from 65 to 71 at financial year end (since increased further to 74) and still continue to comfortably cover the club's administration expenses, 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 £947 balance of survey costs charged to that year's Holmbury Regional Event). The main element was £172.50 representing a chargeout to the FROLICS event of 50% of the costs of professionally mapping Horsenden Hill. The rest is made up of small sales of Hyde Park, Hampstead Heath, Leith Hill and Trent Park maps.

Sales of O-Suits at £100 reflect sales of 4 of the last 5 of the original 35 popular Trimtex Klubb O-tops. We have now ordered another 15 (most to specific order) and Julie has them here with her tonight. We have a few extra ones still available at the heavily subsidised price of £25 each, so see Julie afterwards if you are interested or, indeed, if you ordered one and have not yet received it.

Donations of £165 mainly consists of £100 from Activity Mix who were so impressed by the Hyde Park event we organised for them that their members voted it one of their top events of the year. This resulted in them sending us a Grant of £100 to help the club's activities which we have agreed would go towards the purchase of an additional laptop (which Neil has recently completed). The rest is made up of individual donations from Richard & Martin Hime, Catherine Galvin and the Brett Family.

Income from North London SI Consortium of £200 represents another distribution of funds back to participant clubs the same as last year which is the final instalment of the original £1,000 investment.

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

Administration Expenses increased from £386 to £467 due mainly to Other Costs which this year included website related costs of c.£198 (£70 of which is an advance payment for the new MailChimp e-mail circular service which has lots of credit left on it). The other significant element was the £91 premium (unchanged from last year) for insuring the Klubb's growing and valuable stock of equipment.

Relay Subsidies related to the British Relays where we had 3 teams. We had no teams in either the JK or the Harvester, primarily due to their respective locations being far away.

Map Production Costs were up due to the £345 cost of having Horsenden Hill mapped professionally (50% of which has been charged out as map sales to the FROLICS event, as I mentioned earlier). The other £40 is the cost of laying in a stock of waterproof maps of the Hampstead Heath and Trent Park Permanent Orienteering Courses as we have a small, but steady demand for these.

Purchase of O-Suits we did not pay for any new tops during the year, but have received and paid for another 15 since financial year end.

Equipment Purchases over the years, we have steadily built up a good quality and reasonably comprehensive set of equipment to help in the organisation of events. As a result, the only purchase this year was an electronic (solar-powered) digital display clock for the bargain price of £10.

Training expenditure mainly relates to the £46.65 cost of the waterproof maps for the West End Evening Event held on 27/11/2008. It was classified as training expenses as it was an informal event for which no entry fees were charged. However, as these events have become quite popular with non-Klubb members, it was decided to introduce a small fee for all future similar events to ensure costs are covered. The other £24 relates to the cost of 3 Klubb members attending an OCAD course to broaden the skills base within the club.

Finally, my thanks as always to Sonia Gable for agreeing to audit the accounts yet again.

It is my pleasure to conclude with the usual assurance to 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 £6,078 – a record for the Klubb.

5. Election of Officials

Post	Nomination	Proposer	Seconder
Principal Officers			
Chairman	Neil Brooks	Catherine Galvin	Martin Potter
Secretary	Vacant		
Treasurer	Ronan Cleary	Camilla Darwin	Glen Slade
Fixtures Secretary	Camilla Darwin	Glen Jones	Matthew Cook
Membership Secretary	Julie Cleary	Miriam Rosen	Rachel Hopkins
Mapping Officer	Julie Cleary	David Rosen	Glen Slade
Equipment Officer	Catherine Galvin	Ronan Cleary	Rachel Hopkins
Klubb Captain	vacant		
Other Officers			
Lokation Editor	Camilla Darwin	Neil Brooks	Glen Jones
SEO Rep	John Hardy	Julie Cleary	Matthew Cook
Frolics Co-ordinator	Glen Jones	?	?
Other Roles			
Auditor	Sonia Gable	Ronan Cleary	Neil Brooks
Klubb Kit	Julie Cleary	Camilla Darwin	Matthew Cook
Publicity Officer	TBC		

6. LOK Constitution: Currently Committee required to meet at least eight times per year. Amendment to constitution proposed committee to meet at least six times per year.

Proposed Neil Brooks Seconded Matt Cook

Agreed. No votes against

7. Any Other Business

Chair seeking help for Leith Hill event, weekend before to make roadway and for help on the day.

Vote of thanks for Committee and Chair Neil in particular.

No other business

The Lakes 5 (well 4) Days 2010 - by Glen Jones



Perhaps the most beautiful area in England, and 5 orienteering races in 6 days - what could be better in prospect? Delusions of fitness mean I can ignore the reality that I'll probably be knackered by half way through and anyway it all seems a long time off. Think we'll camp, after all that's more sociable than disappearing to a B&B somewhere. So minded, I entered us (Theo and me) back in the warmth and sunshine of a flaming English June.

As the week approached I started to watch the forecast a bit - unsettled - hmm, well I suppose that's to be expected, it is the 'Lake' district after all, lakes are made from water which drops from the sky... Camping, hmm, perhaps a nice B&B with a warm shower could have some attraction after all...No, must set an example for the next generation, don't want Theo to

grow up soft and molly coddled. Then again we could perhaps stay with David & Miriam on the way up - that would be one less night under canvas and guaranteed sociability. Hence the drive up the M6 on Saturday 21st August - to a warm welcome and a comfortable bed.

Sunday dawned fair and a short hop further up the M6 and we were at Swindale North by 10.30 for a 1.15 start (keen eh!). An obliging helper changed our time so we were able to head off earlier - 2.6km walk in to the start with 200m climb. Unlike anything in the SE, Swindale is the sort of classic Lakes terrain one can easily envisage - fast, runnable open moorland, in other words lots of spaghetti and marshes and almost no paths or collecting features! Theo (solid on Yellows but no Lakes experience and aged nearly 10) was down for Oranges (the M12 course) for the week (kids need challenging!) so we spent some time on compass training on the way up. I was determined to run carefully and not lose touch with the map despite inexperience on this terrain. Starting slowly, pacing everything and with careful use of the compass I found the early controls and got the hang of it. Lovely underfoot (once you'd resigned yourself to soaking and bog-smelly feet) and a good map meant I could speed up a little to arrive back 3rd out of 13 so far. Theo had a good run too, so we came away feeling confident (what's up, easy this!).

Over in Coniston we found the campsite - near the lake and with an attractive area of woodland reserved just for orienteers. We pitched in a glade with about 10 other tents that turned out to be mainly RAFO. They didn't have many kids of Theo's age which was slightly disappointing, but of course were friendly anyway. Supper was taken at the Black Bull in Coniston drinking estimable pints of 'Bluebird' with Pete Sacares (a fine way to end the day).

Day 2 was Guard's Wood and Tarn Hows - a short 20 minute cycle from the campsite. This was the day you had to expect - heavy persistent rain, of the 'big-drop' variety that manages to get a lot of you very wet in a short space of time. By the time we arrived at

Assembly we were already pretty soaking, so huddled under the Ultrasport canvas (thanks Ian!) until our time came. This ought to have been much more familiar terrain; a mixture of woodland and forest linked by small sections of field, steep and with detailed contour features including good sized crags. My 3-minute leg from 4 to 5 along the contour past a few knolls and a marsh to just behind a crag.... took 10 minutes and a dispiriting wander around a variety of crags thinking 'is this one that one? Or is it that one?' Determined to pay closer attention for the remainder I set off, but concentrating when you have to wipe your glasses every 30 seconds to remove water/mist is hard, and if you imagine driving in the rain without wipers you'll get a sense of what I was seeing. No excuses though, I continued to run with brain fixed firmly in neutral and made a series of stupid small blunders, arriving back finally a chastened 10th out of 11. Theo had a similar experience and we were pretty glum as well as utterly drenched. Never mind, nice tent to go back to, as shown!



Here a great stroke of luck intervened; good friends (co-incidentally a one-time junior champion with OD but now lapsed orienteer and family) were independently holidaying at a posh Lodge in the Langdales for the week, so after squelching into the campsite shower and depositing all the O kit into a plastic bag we headed swiftly over there to enjoy warmth and a sofa!

Day 3 was to be a day of part open fell and part intricate forest, centred around Harrop Tarn. Initially the event was postponed by a day because of a waterlogged parking field. Subsequently it was cancelled. Apparently the Environment Agency had been concerned that chopping up the field would cause excess pollution from run off of livestock waste into the lake. Theo and I spent the 2 days off doing a day of fishing and then a circular walk around Crinkle Crags and Bow Fell.

Day 4 at Caw Fell was just down the road from Coniston. A dry sunny morning but with a strong wind across the exposed car park. We had an early start and left an hour to cover the 3km walk-in. This was another day of complex open fell - wet feet again and pacing across/around hills. It was a gorgeous area, but this day you really needed to use the crags to navigate - and figuring what is a marked crag and what is an unmarked crag is not easy when some sections look a bit like a moonscape. Still, as I got back I was 1st - out of 3! I found this quite a physical day, I probably did rather more straight line up and down running than would have been sensible but with no collecting features anyway to be seen I was intent on staying in touch with the map at all costs, even if that meant gratuitous climbing and descending (thanks Planner!). I found Theo at the finish and he too had had a pretty good run so we felt a lot better than after day 2. Back finally at Assembly we were able to tuck into grub from Scott's (who have taken over Wilf's). Having only about 10 years experience of Wilf's I'm not really sure I am qualified to

compare, but the jacket potatoes and the pasta seemed pretty good to me although I did hear a comment that the chilli was not quite as good as someone remembered and the new version chocolate cake was not quite the same. I bought a new Scott's mug and was about to take it back to complain that the top didn't fit when Theo pointed out that I was trying to put it on upside down (duh!).

Finally day 5 dawned and with silent relief on my part we struck camp (a real bed tonight, OMG what a wonderful prospect). Off to Helsington Barrows on the edge of Kendal. Again a magnificently situated car park and this time just a 2 minute walk to the start. The area is predominantly open limestone with lots of crags and scrubby bits. Determined to really concentrate and have a clean run I went straight in to the 1st but then on the longer leg to the 2nd managed to run almost right past where the control was to the next re-entrant. The stupid thing was that as I passed the correct one I was thinking "this could be the re-entrant but I reckon it's another 20 paces" so I promptly ran another 80 paces before messing around and then coming back. Groan. 5 minutes lost by the 2nd control. A bit of self flagellation and I completed the remainder of the course somewhat more sensibly but arrived back a disappointing 9th out of 15. Ah well, it's only a game! Theo had a reasonable run and we reflected that he had learned a lot in his week of Oranges and it looked like he had been running against kids mainly a bit older than him and from Northern/Scottish clubs with probably more experience of this terrain. Overall for the 4 days, Theo finished 11th out of 17 (14 of whom ran all the days) and I finished 18th out of 41 (31 of whom ran all the days). It was a good week, by turns interesting, challenging, glorious, wet and memorable.



There's Something About the White Rose - by Greg

Birdseye

Possibly because I used to live in and around Middlesbrough for much of the 1970s, I find I am irresistibly drawn towards the annual White Rose O-fest. The North York Moors themselves can be mysterious - even magical - in late summer, with misty dales and woods and endless purple heather across the tops. But there is something about the White Rose itself, something really rather odd.

I've come to suspect that this oddness starts when you turn off the A19 onto the Scarborough road at Thirsk. Or then again, possibly it's on the way up the notorious double hairpin ('Caravans Prohibited') of Sutton Bank a few miles further on. Just around here, there can only be what followers of Star Trek would immediately recognise as a rupture in the space-time continuum, the other side of which things are subtly different.

What's the evidence? Well for a start the orienteers are on average generally much older - a great proportion of grey hair and more than a smattering of grey beards. Not dramatically odd in itself perhaps, but why should this be?

And it gets more intriguing still - consider the maps. We are all familiar with white areas on O-maps, meaning we can - within our own limitations of course - stretch our legs and go

a bit faster. But at the White Rose such areas, although clearly shown on the map, *simply do not exist on the ground!* It's just possible the printer had run out of green ink, I suppose, but I suspect there's more to it than that.

Take the yellow bits on the map - particularly the pale yellow areas, 'rough open' as we call them. Open, certainly, to the extent that one can see the sky, and admittedly 'rough' is a relative term (fine sandpaper is rough when compared with a window pane for example). And true, there are some lumpy areas where cows and sheep have kept the grass reasonably short. But dense knee-high heather?? And boulders?? And marsh grass?? Perhaps again a green ink shortage, but I'm not so sure.

And then those brown contour lines. Fair enough - we expect a few ups and downs on a good O-course but why, at the White Rose, does a large proportion of the climb often seem to come on the way to the penultimate control? And why is it that, after an hour or so, the contour lines seem much closer together on the ground than shown on the map? If this isn't a distortion of reality I don't know what is.

I have been gathering this evidence for a number of years now, and have observed these phenomena on many occasions. But this year came the real clincher: when at last I got back to the assembly field, wandered over to the familiar Wilf's van for a restorative baked potato, beans and cheese, what happened? OK, the van was still there, with the same rather off-putting green livery (these distortions are really quite subtle), but *Wilf's name had been painted out!* And they were serving *spicy Cumberland sausage baps!* That's really weird!

I rest my case. Perhaps others will have their own evidence of what I might term the 'White Rose effect' and even their own theories and explanations for what is going on. All I can do is tell it as I see it, and continue my observation and research next year. Watch this space....

Afterword:

On the way home, Penny and I stopped at the Sutton Bank car park for a short walk down to the White Horse of Kilburn (setting for the 2002 White Rose, some might remember), and what did we see in the fields below? Crop circles!! Highly intricate, elaborate crop circles!! What more can I say??



The proof? – view down from the White Horse escarpment, August 2010



Keep the River On Your Right - by Clare Todd



Over the last few months, I have been a member of a team helping raise £350,000 for a new RNLI lifeboat on the River Thames as part of the Brawn Lifeboat Challenge. The challenge is aimed at both raising money and raising awareness of the RNLI in London. The challenge runs until the end of the year, with the team who has raised the most money being declared the winner.

The RNLI has 4 lifeboat stations on the Thames at Teddington, Chiswick, Tower and Gravesend. Tower lifeboat station, which is where the new boat will be based is the busiest station in the UK. Last year the station launched 379 times, made 147 rescues and saved 13 lives. RNLI lifeboats on the Thames operate slightly different to their coastal counterparts as three of the four stations use full-time paid lifeboat crew members as well as volunteers. The stations have to be permanently manned because of the required 90 second response time to incidents on the river. Lifeboats on the Thames respond to a wide variety of incidents such as capsized rowers, sinking yachts, people ill or injured on board passenger vessels, people who jump into the river, boat fires, and people who have fallen in.

We are one of ten teams competing to raise the most money towards the £350,000 total. Formula One boss Ross Brawn is involved in the event as an existing supporter of the RNLI and is critiquing the fundraising efforts. We had to pitch to Ross Brawn in April and he was very enthusiastic about our fundraising ideas. My team has already raised over £10,000 through several events including a wine tasting evening, selling more than 500 rubber ducks, a quiz, a charity cricket tournament, and most recently a sponsored walk along the river.

As Tower lifeboat station covers the stretch of river from the Thames Barrier to Albert Bridge, we decided to challenge our fitness and do a walk along the 20 mile southern side of the Thames. To make things more challenging and raise awareness of the RNLI, we decided to dress in yellow lifeboat kit (jackets, trousers and fake life jacket), as well as take it in turns to wear the RNLI Stormy Stan mascot costume (shown in the picture.) The navigation wasn't going to be hard - keep the big water feature on your right and you won't go wrong!

The first section of the walk took us from the Woolwich ferry to the Thames Barrier. This was an area of London I'd only passed through on my way to DFOK events at Shooter's Hill. It was really impressive seeing the Barrier so close up - you really get an idea of the scale. From the Barrier up to the North Greenwich peninsula the landscape was pretty industrial and there was no-one around. Even the area round the Dome was pretty deserted. As we went round the top of the North Greenwich peninsula we had a good view over to Canary Wharf. The Canary Wharf peninsula then dominated the north side of the Thames for several miles, because of the way the river wound round. As Greenwich Park approached it started to get busier again. We didn't fancy adding any extra miles round Greenwich Park (scene of this summer's DFOK event) and contented ourselves with crossing the meridian down by the Thames.

We left Greenwich after a bite to eat, and then continued our way along the Thames. It was amazing how quickly it became residential and quiet again. We wound our way along the path, following diversions every now and then (the Thames path actually spends a surprising amount of time away from the river!) Finally, we got away from the shadow of Canary Wharf and continued along towards Tower Bridge. We got a great view of Tower Bridge from Rotherhithe/ Bermondsey and were lucky enough to see the bridge lifting. We continued along to St Saviours Dock and Butler's Wharf and then suddenly there were loads of people around! Up until that point we had been making good time, but the next section we were really slowed down by the crowds, as well as people wanting to have their picture taken with us! As everyone who took part in the London City race found out, the area around More London was pretty busy- not helped by the fact it was the assembly area for the Rat Race round London.

As previously mentioned, we were taking it in turns to wear the RNLi Stormy Stan mascot costume. I had drawn the lucky straw which meant I got to wear the costume along the busiest stretch of the South Bank. I have now found admiration for the staff at theme parks! A large foam head, significantly compromises your forward visibility, and so any small children approaching from the side were liable to squashing unless one of the non "Stan" costumed people made you aware! Certainly wearing the costumes meant we stood out along the south bank.

The final stretch of the walk from Westminster Bridge onwards was certainly a lot quieter again. At Battersea Power Station we then crossed back into more familiar orienteering terrain in the form of Battersea Park for the final mile! A quick sprint along the bank of the Thames and the end was in sight at Albert Bridge.

Lots of you will have walked the stretch of the south bank from Westminster through to Tower. I would really recommend though continuing along the river, especially from Tower through to Greenwich as it is a really interesting walk. I enjoyed the walk - a change from the usual weekend orienteering events!

With regard to the Brawn lifeboat challenge, we have a couple more fundraising events planned for later in the year: the biggest will be a Call My Wine Bluff event at the River Rooms at Millbank Tower on 29 November. If you would like more details of the wine event or have any great fundraising ideas, please email SpedanToTheFinish@johnlewis.co.uk or to support my team in raising funds for the London lifeboat, please visit www.virginmoneygiving.co.uk/spedantothefinish.



Photo: Clare back at the riverbank, finishing the City of London race, September 2010